



**Today's Quote:**

Einstein's definition of insanity:

"Doing things the same way and expecting different results!"



What patterns are you willing to break to increase your overall leadership effectiveness?

**Breaking Patterns**

By Ralph Simone

When I was training in the martial arts several years ago, I was asked to help out with black belt candidates who were having trouble running three miles in under 24 minutes. It was often the last and most frustrating hurdle for many, the only thing keeping them from achieving their goal of becoming a black belt. What was even more frustrating for some was that they were working really hard at their running. Unfortunately, they were stuck in a pattern of running the same distance and the same speed over and over and over again, getting the same unsatisfactory results.

The solution involved getting them to break their training program routine by introducing speed work and interval training. Speed work/interval training is a technique used to run at faster rates of speeds for shorter distances. This assists with improving speed and increasing heart rate capacity. This pattern-breaking technique enabled them to train their minds and bodies for faster leg turnover, better preparing them to meet their goal.

What patterns are you in that may be limiting your performance? It could be the constant self-talk pattern that "I am not good enough, or smart enough, or strategic enough." Or it could be that in most of your interactions, you show up the same way, rarely if ever varying your approach. Maybe you're consistently calm, nervous, quiet, rigid, flexible, or overbearing. These patterns make you predictable, less interesting, and sometimes ineffective. Consider showing a different side of yourself today – if you tend to be more fierce, try kindness. If your tendency is kindness, be fiercer. If you are usually serious, be more playful.

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**Leader's Toolkit:**

Begin this practice of breaking patterns by **experimenting with doing some common everyday things differently.**

For example:

- Take a different route to work or to other destinations that you usually travel to
- Cross your legs or arms differently while sitting or standing
- Use the opposite ear while speaking on the phone
- Order Chinese take-out and eat the entire meal using chop sticks

Pay attention to how this feels. Also observe whether you see, hear, or feel things differently.

This exercise can help to develop observation or witnessing skills that will expand your awareness and begin to make you more conscious of your **patterned behavior.**

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