

How to Conquer a Bad Day

Transparent leaders are often challenged with just how much to reveal to their teams. Our teams expect us to share all the good, bad and ugly times. They want us to be real.

While I don't think my team needs to see me throw myself on the floor in a raging fit, teaching moments can occur in the course of walking out a challenge. Leaders have bad days. Things go wrong.

When leaders are transparent about their need to cope, trust is built. We teach others how to cope by how we model our coping skills. It seems true that a team reflects the actions of their leader.

Bad days are not to be survived. We can teach and model how to thrive even on our ugliest days. Our teams will note our range of responses to everything. If my bandwidth of responses is wide and varied, my team will lack stability.

I pray that over a long season of working together, my team will see controlled and predictable responses within a fairly narrow margin. I do not want my highs to be high or lows to be low. I want to demonstrate a peaceful, relatively straight-lined wobble on the Richter scale. People will always remember my quakes.

I don't want to lose it. I'm too old to find it again!

My go-to response in every rough patch is to refocus on vision. The thorns and heavy brush are not as troublesome when I remain focused on where I'm headed. I can't lose my why. When we lose our why—we lose our way.

People who throw temper tantrums have probably lost their why. If we can help others recover their why—we will often see a return of peace.

So it's important to recite my why throughout every day. The Holy Spirit will lead me along the perfect path.

"Strengthen the weak hands, and support the feeble knees. Say to those who are of a fearful heart, 'Be strong, fear not'" (Is. 35:3-4a, MEV).

Platform Tip No. 59

How do you add value to your relationships? Is there anything unique about how you do it?

It's very likely that your message is your value proposition. Spend time to develop your plan to deliver value.

Then, show up every day and deliver.

Do you want to learn more about developing your personal platform?

Send for my free series of lessons titled, "The Fundamentals of Creating, Curating and Developing Content for Multiple Platforms." Send your request to: platform@.

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