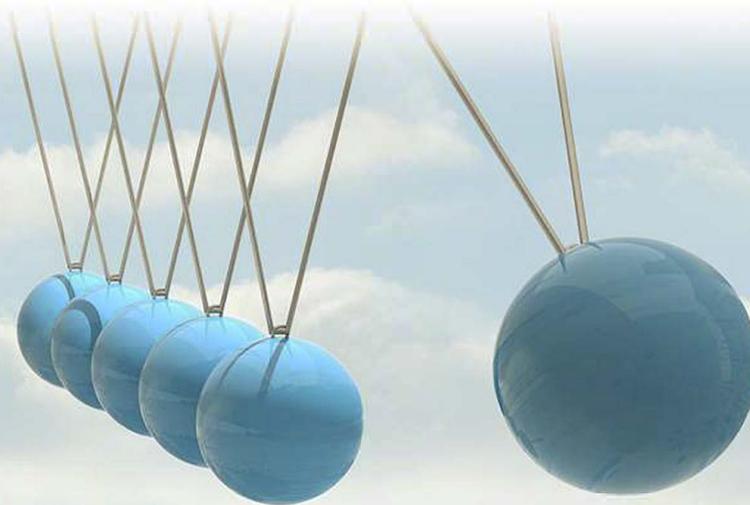




# The 10-Minute Leadership Habit



**A simple plan for continuous  
improvement**

*Designed and developed by*  
**Brian Braudis**  
President, The Braudis Group

**Think different to be different.** When people tell you it's crowded at the top, the prime real estate in your field is taken—experts are already occupying all the good niches, don't believe it!

Rather, believe there is copious room for IMPACT. You distinguish yourself by the way you manage yourself, the way you approach difficulties, how you *see*.

Look around. Is your experience effective, mediocre, and average or do you feel inspiration, stimulating brilliance, smiles, enthusiasm & sunshine?..... Go ahead and look, I'll wait.....I thought so. There's your niche. **You must first be inspired to be inspirational.** High Impact comes from the only relevant leadership model in the Universe, YOU. You create an IMPACT through your individual power and presence. The only caveat is it takes work. The same way you stay near the fire to keep warm you must always be close to new thinking and new habits to deliver your best self, your best results.

If you have my book you know what to do. If not you can order it [here](#).

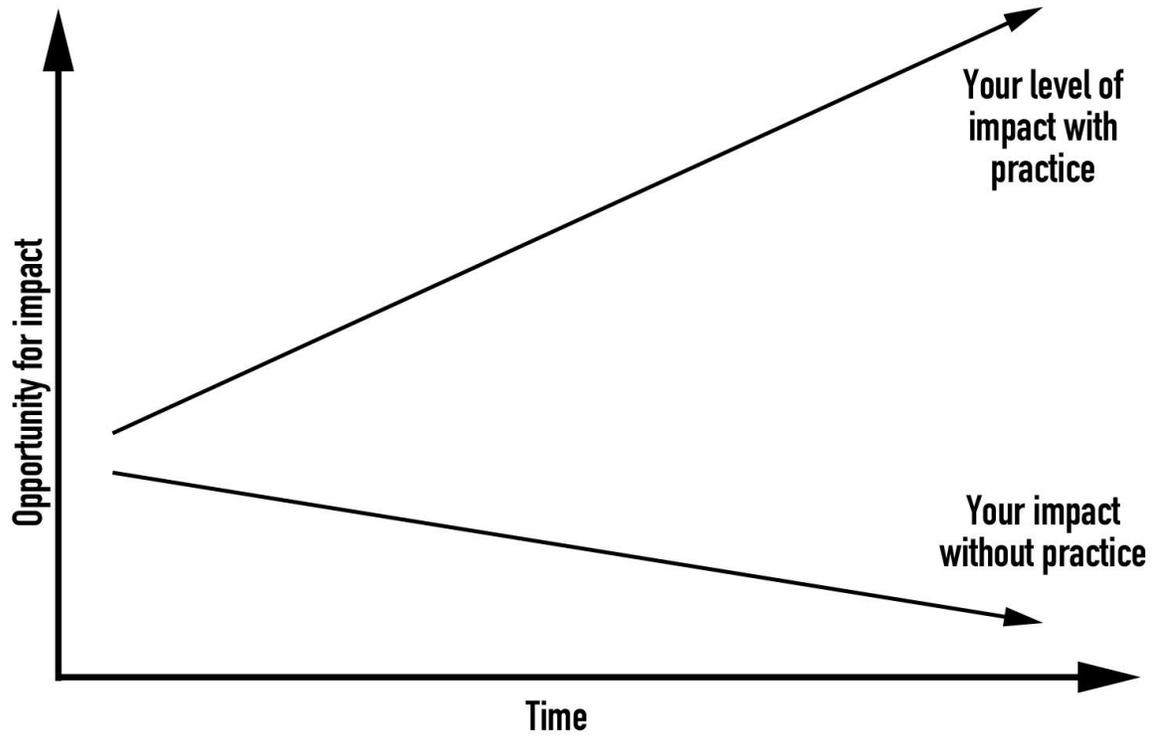
You get to high-impact leadership the same way you get to Carnegie Hall.

The figure below shows the ever-increasing opportunity for leader impact and the need to practice in order to *consistently* deliver High-Impact.

Whether you are managing emotions, leading change or completing an acquisition; nothing influences your actions more than your thinking.

Use the 10-Minute Leadership Habit Tool on the following page to help you rethink and transform your leadership.

In a quiet and private place, invest just 10-minutes each day to reflect, learn and grow. That little 10-minute investment will compound over time and add up to over three hours per month of self-directed growth. The idea is to never be very far from your best thinking and your best results!



This Week's  
Date Range

# The **10** Minute Leadership Habit™

This Week's Top Three Priorities and How to Prepare

- 1
- 2
- 3

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## 10-Minute Reflection & Action

Plan ahead to overcome  
interruptions or resistance

**MON**  
Time: \_\_\_\_\_

**TUE**  
Time: \_\_\_\_\_

**WED**  
Time: \_\_\_\_\_

**THU**  
Time: \_\_\_\_\_

**FRI**  
Time: \_\_\_\_\_

Incorporate a contemplative practice into your development.

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## Leadership Habit Action List

### PAUSE

Reflect on how your thinking  
influences choice, choice  
influences action, and your  
actions deliver results.

### BUILD A HABIT

#### Application

Bring what you're reading &  
studying to the situations  
you encounter.

#### Repetition

Daily Investment! Like  
pennies in a piggy bank add  
up to a significant prize.

#### Reinforcement

From mentors, peers,  
coaches, and through what  
you are reading.

How will you hold  
yourself accountable?

What are you cultivating that will  
increase the impact you are having?

Check-in Date/Time: