

### **Above the Line by Urban Meyer**

- 💡 Live each day skillfully, on purpose and intentionally
- 💡 Leaders set the standard, and then supply the tools, inspiration and support to meet that standard
- 💡 The way that I respond to events will determine my outcomes
- 💡 Remember to Press Pause, Get My Mind Right, Step Up, Adapt and Adjust, Make a Difference and Build Skill
- 💡 Leadership define Culture; Culture produces beliefs and behaviors that lead to outcomes
- 💡 I need to lead myself first; and then lead others by example
- 💡 Relentless effort is the key to achieving success and significance
- 💡 I need to develop my mental toughness and be clear about the process required to reach my goals
- 💡 Elite performance requires elite preparation
- 💡 You never know when your opportunity will come; the key is to be ready
- 💡 People do not experience my intentions; they experience my behavior
- 💡 Trust is built when people have repeated experience of my behavior in three areas: Character, Competence and Connection
- 💡 Alignment to a common vision is required for team success
- 💡 I will find people who will enhance my approach without changing the core
- 💡 The real power of my leadership is not my level of authority, but my level of influence
- 💡 Do whatever I can to reinforce someone's confidence by helping them achieve small victories; giving up on someone takes nothing - but helping them change takes a tremendous amount of time, energy, discipline and love
- 💡 Invest the time to THINK - deeply, originally and bravely
- 💡 Exceptional leaders think about common things in an uncommon way
- 💡 The highest levels of performance are empowered by the deepest levels of belief
- 💡 Belief creates vision, strength of will and resilience; and is a force multiplier