

Take Charge of You

Tags: [#personal-leadership](#)

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Prep

IF BOOK, ADD TO READWISE

Dialogue

Take us back to 1997 -- KFC, Pizza Hut, Taco Bell -- you were going to be co-leader of the new company.

This might never have happened if I hadn't been able to coach myself through that crucial moment.

Hw did self coaching help?

What you need is to develop a good understanding of who you are and what drives you. And then you need a process, a kind of blueprint you can follow that will help you use that knowledge to create conditions that will allow you to grow and thrive.

Joy is in this book a lot. How do you define it? How does it help you take charge?

Use joy as your destination finder.

Find your joy blockers

What's getting in the way of my joy?

- Think back to your worst days
- Apply the question to different categories in your life
- Could I be more specific?

Find Your Joy Builders

What would grow your joy personally or professionally?

- Flip prior questions
- Most memorable days

Discover Your Single Biggest Thing

Discover your single biggest thing.

Why just one thing?

- Look for commonalities in your lists.
- What would you regret if you did not do?

What have you changed your mind on?

Reserve

All of humanity's problems stem from man's inability to sit quietly in a room alone. -Blaise Pascal

You make your number 1 priority leadership development.

Examples of Single Biggest Things:

Start my own business and become my own boss.
Take Start my charge of my health and and well-being by getting into the best shape possible.
Find out if I can make it as a professional coach, athlete, singer, actor, or [fill in the blank].
Go back to school and get my doctoral degree.
Create a podcast that people actually listen to and gets out my message.
Become the head of my division or company.
Get my real estate license without sacrificing the work-life balance that's so important to me; in other words, continuing be the best parent I can be.
Finish writing my novel or screenplay.
Finally make that big move to a new town and to the new home I've been dreaming about.
Figure out what my next act will be when I change careers or retire.

Quotes

Highlight [8]: At the end of my presentation I said to Enrico, “Okay, you don’t think I can be CEO. I think I can, but I’ll accept that I don’t have as much financial experience as you’d like. So all I ask is that you give me someone I can learn from.” I suggested a few names of people who, in my opinion, would be stronger CEOs than the head of Taco Bell. One of them was Andy Pearson, a former president of PepsiCo and renowned professor at Harvard Business School. I knew that Pearson had a deep well of experience, which would complement my own, and that, at the age of seventy-two, he would be ready to let me take the reins sooner rather than later. Enrico listened and agreed. Pearson came on board as CEO, and I accepted the position of president. What’s more, Pearson became one of my closest friends and allies. Even though he had a three-year contract as CEO, he stepped aside after we had worked together for just two years. That’s when I was named CEO of Yum! Brands, the largest restaurant company in the world.

Highlight [26]: Key Question #1: What’s Getting in the Way of My Joy?

Highlight [28]: Of course no one is perfectly joyful all the time. Even the things that make us feel joy can take hard work and even sacrifice to attain. So no, we’re not inviting you to skip your dentist appointment or eat cheeseburgers for breakfast, lunch, and dinner just because it makes you feel joyful in the moment. (After all, any joy you get from these things could easily be undercut later on due to unwanted consequences!) What we’re going to do here, over the next few sections, is use joy as your destination-finder. When you get into your car and set out on a journey to someplace new, the first thing you typically do is type your destination into the GPS. That’s how you decide which route is best to take to get to where you want to go. This is something we have all done countless times before. But let’s back up for a moment. In order to do that, first you have to know what your destination should be. How do you decide where you want to go in the first place?

Highlight [32]: Key Question #2: What Would Grow Your Joy Personally or Professionally?

Highlight [32]: Ingrid Fetell Lee, author of *Joyful*, is one of those who made a thorough study of the subject, and she proposed that “while contentment is curled up on the sofa, and bliss is lost in tranquil meditation, joy is skipping, jiving, twirling, giggling.” “It is a uniquely exuberant emotion,” Fetell Lee continued, “a high-energy form of happiness.” That “high-energy” part is important. People who love what they do often say they feel energized by it. People who don’t feel the opposite.

Highlight [37]: Key Question #3: What’s the Single Biggest Thing You Can Imagine That Would Grow Your Joy Personally or Professionally?

Highlight [42]: EXAMPLES OF SBTS: PERSONAL, PROFESSIONAL, OR BOTH • Find out if I can make it as a professional coach, athlete, singer, actor, or [fill in the blank]. •••••
••• Go back to school and get my doctoral degree. Create a podcast that people actually listen to and gets out my message. Become the head of my division or

company. Get my real estate license without sacrificing the work-life balance that's so important to me; in other words, continuing to be the best parent I can be. Finish writing my novel or screenplay. Finally make that big move to a new town and to the new home I've been dreaming about. Figure out what my next act will be when I change careers or retire.

Highlight [44]: SELF-COACHING TIP: If nagging doubts arise that threaten to derail your process—thoughts like I really want that but it's impossible—return to your list of Joy Blockers and add them to the list. Once you have done that, leave them there on the page and return to where you left off in this process. Writing something down can take away some of its power, and turning the page can signal to the part of your brain that has these concerns that, while you're not ignoring them, you're setting them aside to be addressed at another time.

Highlight [45]: One thing you can do to spur your thinking is to move the question outside of yourself. Often it's easier to analyze what's working and not working in other people's lives than it is to analyze our own. Think about whom you admire in different areas of your life. If you feel unsettled in your career, for example, think about whose career path you admire and ask yourself: "What does that person have that I don't have?" Then, "Is that something that might bring me joy too?" Also remember what we said in the introduction to this book: self coaching does not mean that you have to go it alone. If you have a friend, parent, spouse, or mentor whom you trust enough to ask for advice on this subject, then ask. Tell the person you are feeling stuck, uninspired, unhappy, or whatever describes your situation, and you are wondering what you could do to make a real difference in your life. Ask where in your life the person sees you expressing more joy and where you seem to show less of it. A word of caution, however: We will continue to talk throughout this book about getting help and counsel from the people around you, but at this early stage make sure to only ask people you know have your best interests at heart. And even then, don't take anything anyone else says as "the right answer." This is your life and your decisions, so consider anything you hear from others as simply more information, more fodder for your brainstorming, which you can choose to use or ignore as you see fit.

Highlight [47]: Key Question #4: What Would It Mean If I Accomplished My Single Biggest Thing ?

References