



## **Your Thought Life** by Nancy Quinn Rummel

Our most valuable possession is our thought life. What we think determines our attitude, mood, actions – and, ultimately, how others perceive us. Do we think positively or negatively? Do we inspire hope or fear? Do we think our organization is a good place or a mess?

We control our thoughts and can kill stinking thinking when it creeps in. Sure there are plenty of reasons for stinking thinking these days, but it really does not help. Our most important job as a leader is to inspire hope. How do we do this consistently in the midst of challenges?

First, think about this great quote by the Roman poet Horace: “Adversity has the effect of eliciting talents which, in prosperous circumstances, would have lain dormant.”

Second, stay focused on your vision of what you want your life and workplace to be. Ted Jennings, a professor at the Chicago Theological Seminary, said: "Hope is daring to envision something that is beyond either optimism or planning. . . . It is an articulation of a vision, and, as the Bible says, without a vision, the people perish."

Third, within our workforce, we need creative solutions to resource concerns. Let's help our staffs believe in themselves and their leaders. Let's talk and be honest with our team. Address their questions and put any fears or anxieties in perspective. Help each other to be resilient and creative in developing new solutions, whatever adversities we might be dealing with.

Your thought life is yours and yours alone. Monitor your thoughts. Take the time. Do the work. Inspire hope!

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." ~ John Quincy Adams