

The key from today is:

Get very clear about and keep your attention on **the future** you are committed to and the values at your core.

**Develop the discipline** to pause and assess each event and communication in light of your commitments. Take your next step in service to your future, not as a reaction based on automatic, unexamined assessments from your past. Learn your triggers (people exhibiting disrespect, for example, or lack of candor) and move them into the realm of choice instead of *letting them run you*.

**People follow a leader** who is pulled by a compelling future and is adept at using data from a variety of sources, even unfriendly ones. They are made uncomfortable by an authority who is the victim of events or who devotes his energy to repairing the past. Instead, use the precious present to set-up a fulfilling future.

—Tony Mayo

<http://mayogenuine.com/blog/capsule-coaching/>