

ELECTED OFFICIALS ARE THE ONLY UN-RESOURCED HIGH STAKES LEADERS..

**CEOs, ATHLETES, ARTISTS, AND TOP PERFORMERS ALL ORIENT EVERY ASPECT
OF THEIR LIFE TOWARDS EXCELLENCE.**

NOW WE CAN TOO!

Elected Leaders Collective

www.electedleaderscollective.com

Arete'

(Ancient Greek: ἀρετή) *verb*

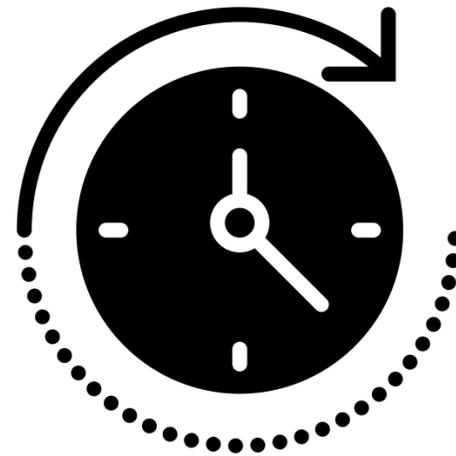
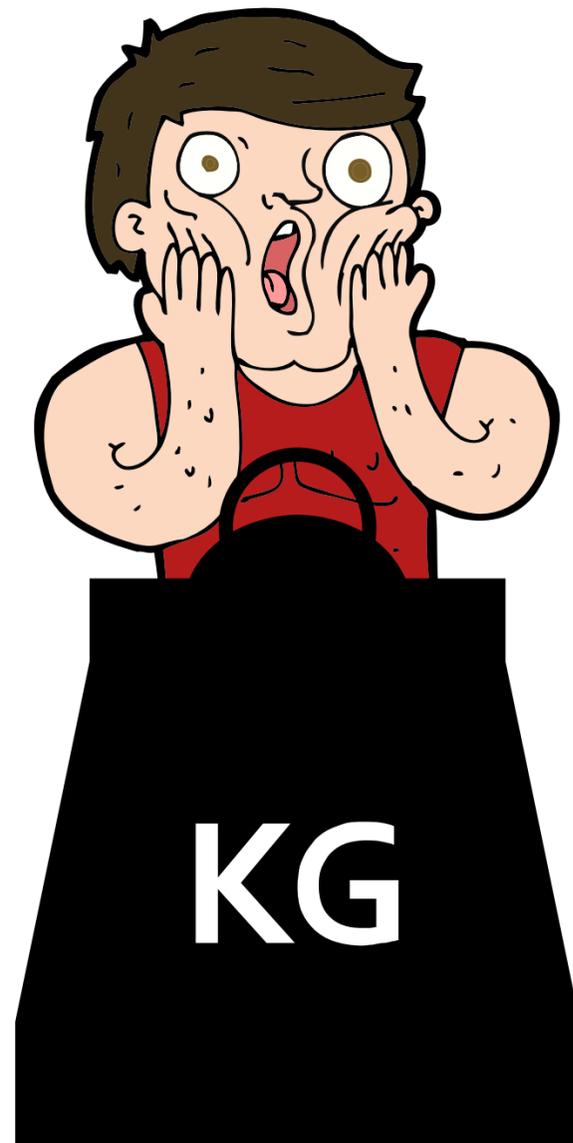
**Aligning every aspect of your life
towards excellence and virtue to
reach your highest potential.**

a daily practice





"Challenge is the Seed of Success"



THE DENVER POST

Aspen councilman rails against visitors in social media post, apologizes

5 Jan 2020 By Carolyn Sackariason



Shoppers brave a light snow in downtown Aspen.

ASPEN» City Councilman Skippy Mesirow apologized last week for posting a rant on social media about the crowds in town during peak season and th



YOUR AD HERE »

Aspen councilman gets tongue lashing from colleagues for email suggesting answers for housing survey

News [FOLLOW NEWS](#) | October 27, 2020



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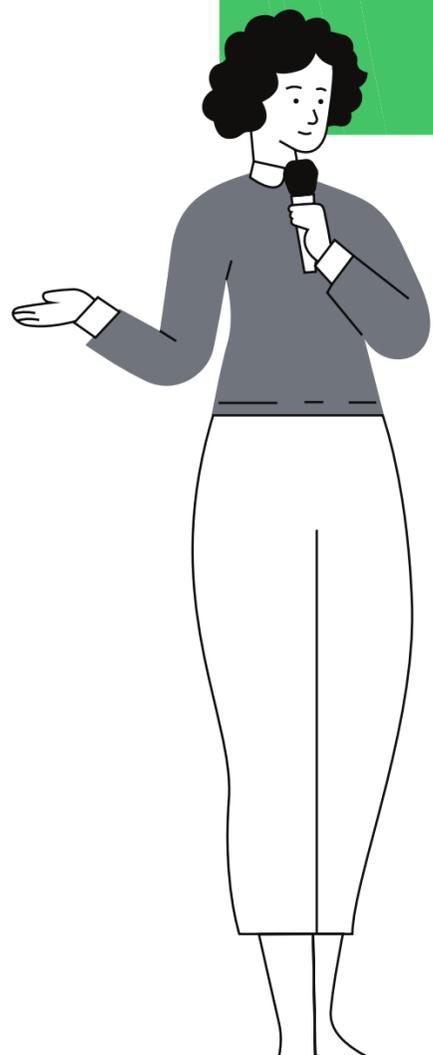


Aspen City Council candidate Skippy Mesirow
Anna Stonehouse/The Aspen Times



**Simple Approaches to Reach Your
Highest Potential of Service**

Today's Agenda



Get Off the Digital Hamsterwheel

1

Hide the Phone

2

Homescreen that Works

3

Emails + Social for You

Center Your Mind

4

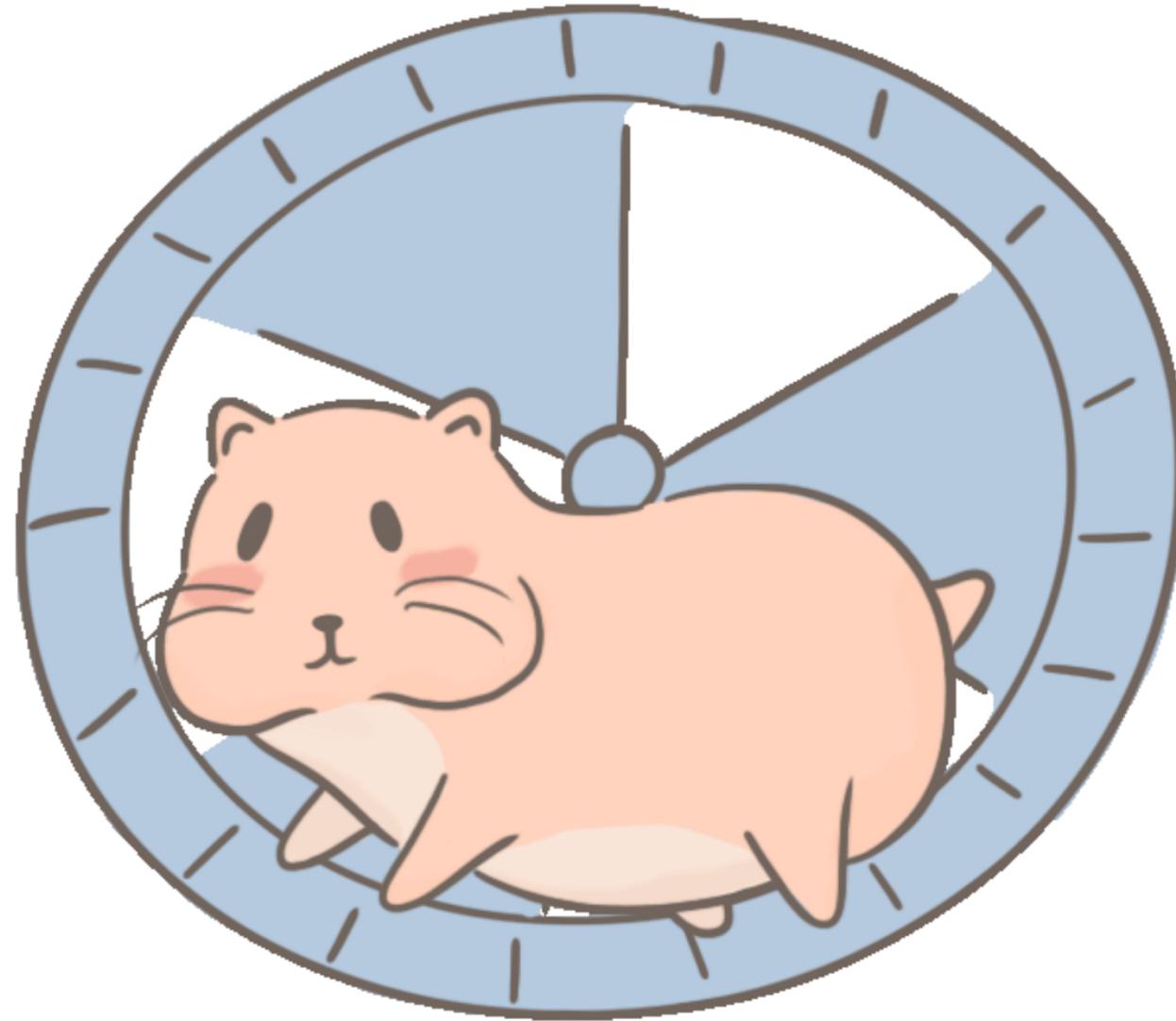
Mindfulness Meditation

Own Your Future

5

Intention + Accountability

Get Off Your Digital Hamsterwheel!



Practice #1

Hide the Phone

Removing the phone from your physical environment to increase acuity and performance.



Rude!

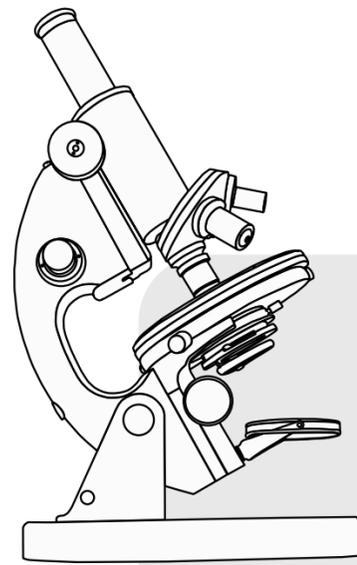
The Problem

- Xmas Presents
- Tractor Beam
- Anxiety Microwave
- Phantom Ring

What else?

Feels Like

Add your thought here



Science Says

Add your thought here

- Having a smartphone present, face down on a table, on silent, reduces your cognitive function as much as not sleeping
- "Separation" raises HR & blood pressure



The Mere Presence of One's Own Smartphone Reduces Available Cognitive Capacity.

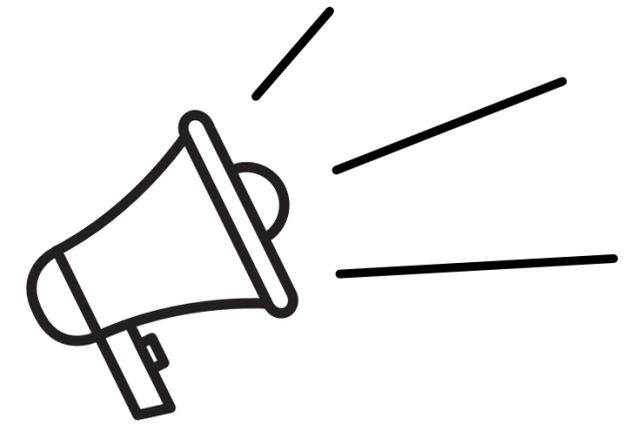


The Impact of iPhone Separation on Cognition, Emotion, and Physiology.



Attention in dichotic listening: Affective cues and the influence of instructions





Why?

Say Whaaat!?

Humans learn to automatically pay attention to things that are habitually relevant to them

- Brain in "search mode."
- Attempts to block the signal pull wattage

GOOD NEWS!

- The farther the phone, the less the effect

How To:

Keep in-person meetings in-person.

Easy as 1-2-3 do-re-mi.



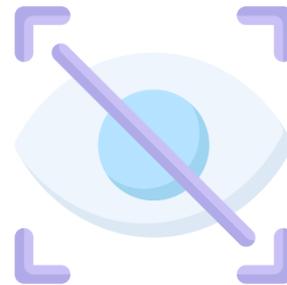
1

Turn volume and vibration off



2

Put it in the bag



3

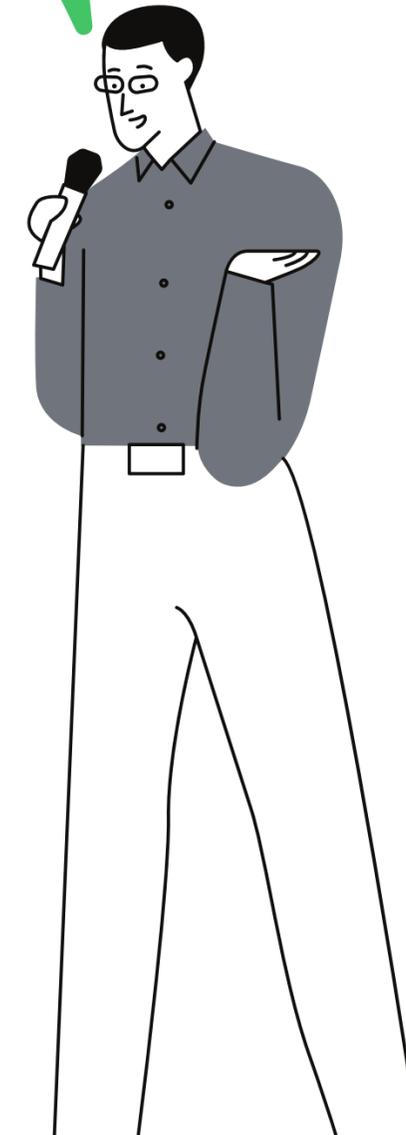
Keep it out of site

Practice #1

Hide the Phone

Did that make sense?

Questions?



Practice #2

Home screen that works for you.

Organize your device's home screen to reduce stress and anxiety.

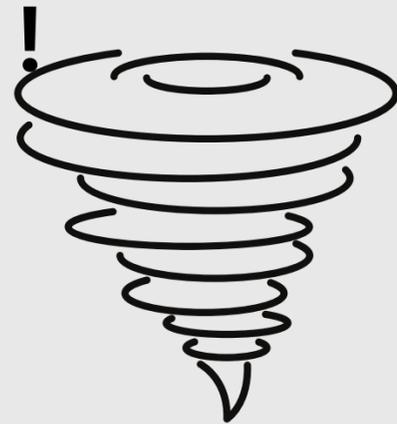


Ahhhh...

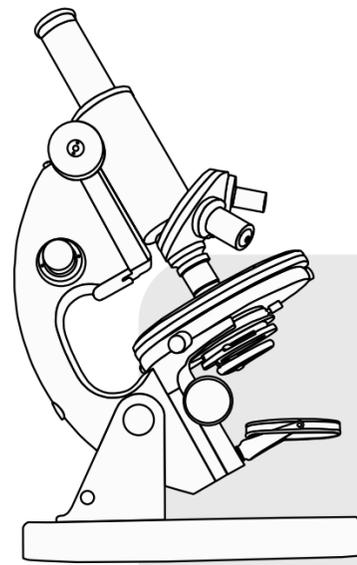
The Problem

Feels Like

Vortex!!



Add your thought here



Science Says

Add your thought here

- Mobile notifications release dopamine.
- Like drug addiction, they make us feel great then give negative feelings of withdrawal.



★ Disruption and Recovery of Computing Tasks

★ The new drug on the block: texting

★ Are Notifications Driving Us Crazy?



Why?

Say Whaaat!?



Dopamine is a neurotransmitter released when we do something that meets a survival need.

- Phone = connection, \$\$\$, & status
- World's best-funded army using your brain chemicals
- Your brain is trained to associate 'cell phone' with 'dopamine.'

How To:

Home screen that Works for You



1

Identify "Call-You" apps

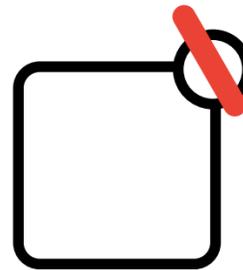


2

Turn off Alerts

In-App Settings:

App > settings > notification > "pause all"

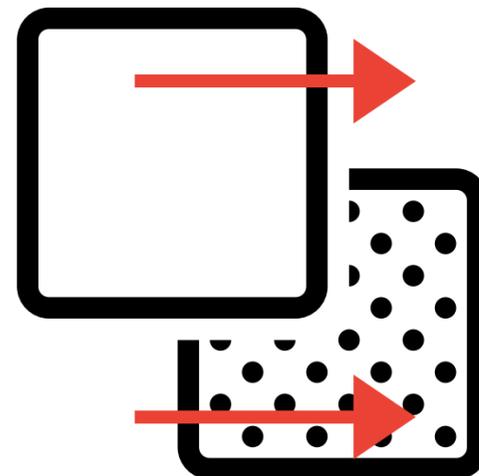


3

Turn off Badges

In Phone Settings:

notifications > apps > "allow notifications" off



4

Make a Second Home Screen

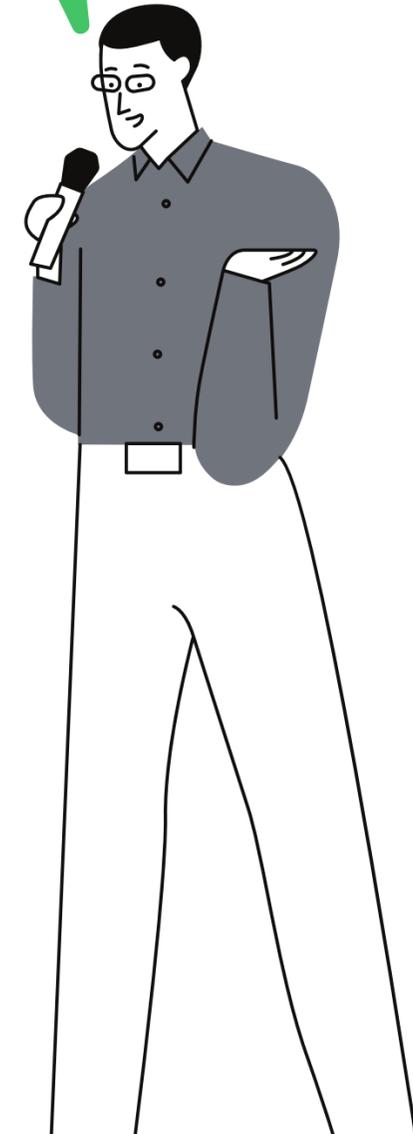
Edit home screen > drag

Practice #2

Home screen that works for you

Questions?

Did that make sense?



Practice #3

Email + Social for YOU

Batch your emails and social media to put significant time back into your day.



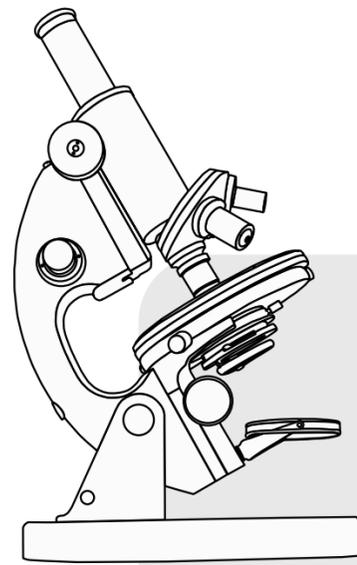
That's Better

The Problem

- Buying each vegetable for your recipe from a different store

Feels Like

Add your thought here



Science Says

Add your thought here

- Time loss: 21m per day, 3.5h/w, 128h/5.3d per year in switching!
- It takes an average of 23m 15s to refocus on a task after interruption.
- Multitaskers have less brain density in the anterior cingulate cortex, the brain region responsible for empathy and emotional control.



Checking email less frequently reduces stress



The challenge of attention residue when switching between work tasks

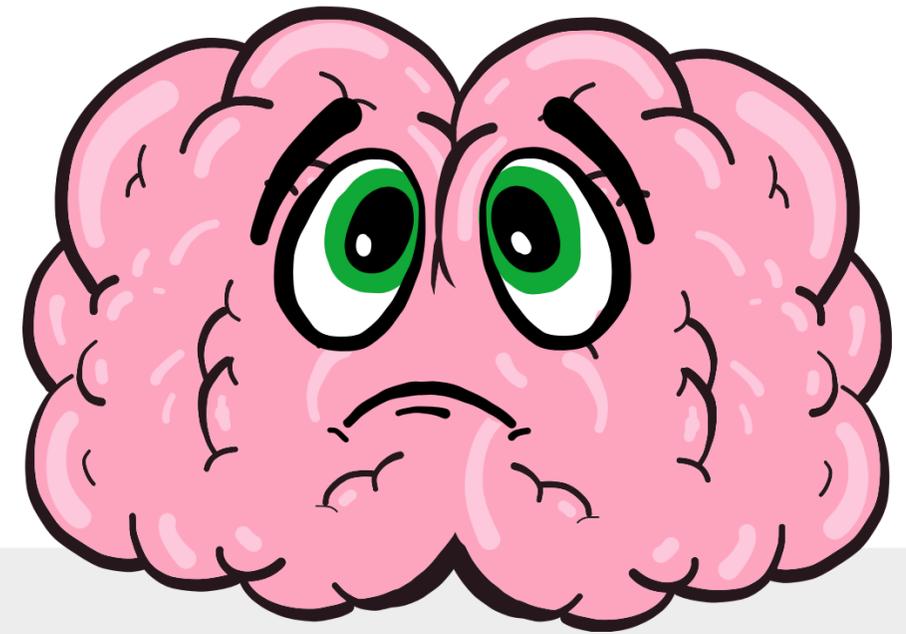


Multitasking is Killing Your Brain and Productivity, According to Neuroscientists.



Why?

Say Whaaat!?



Our brain lacks the architecture to perform two or more tasks simultaneously.

- We switch between tasks, wasting time.
- Multiple task goals place greater demands on the frontoparietal control and dorsal attention networks, which are limited in their capacities.

GOOD NEWS!

- With boundaries, you will improve focus, increase productivity & reduce stress.

How To:

Batch Emails + Social

Make them work for you, don't work for them.



1

Set a Goal



2

Create an Away Message

3

Make your Inbox invisible
"Inbox When Ready"



4

Stay Committed

How To:

Away Message

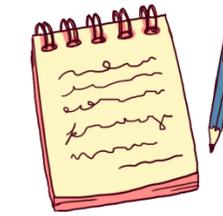


1

Email Setting

2

Away or Vacation Message On



3

Craft Message



4

Save!

Hello Friends + Co-Workers,

To be more present, focused, and productive I am now checking email three times per day. This provides me better focus and acuity in responding to your emails and more presence for the human in front of me or the task at hand.

If you need me immediately - please call! :-) My cell is 847.530.0811

...Stay happy my friends.

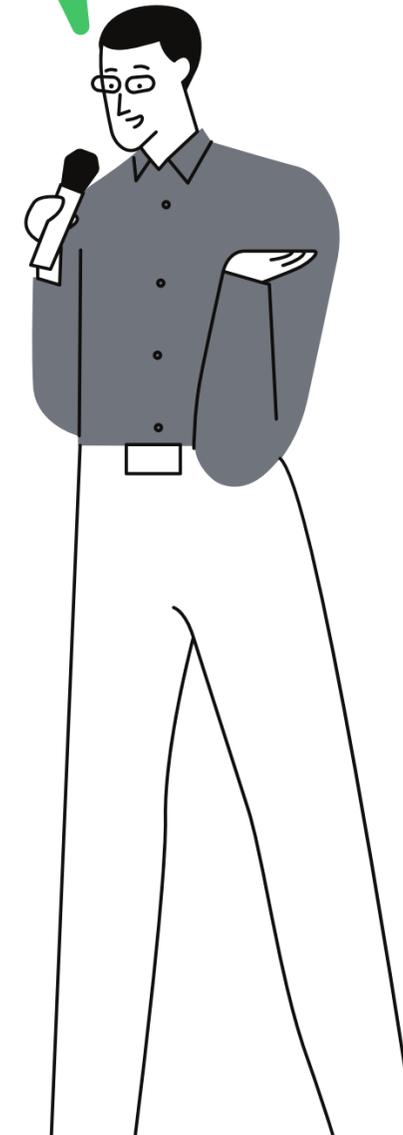


Practice #3

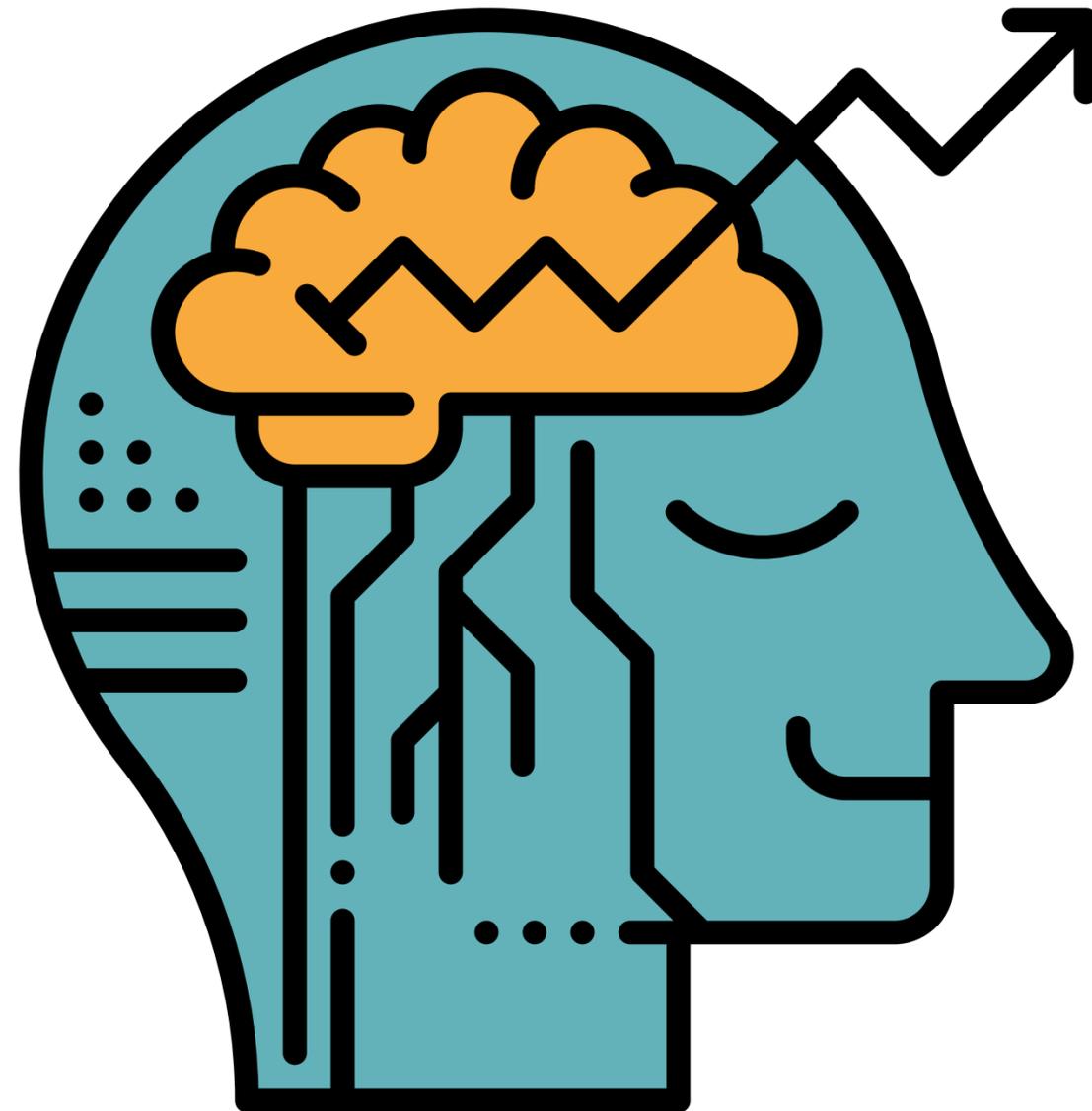
Email + Social that Serve You

Did that make sense?

Questions?



Center Your Mind



Practice #4

Mindfulness Meditation

Center yourself to reduce reactivity and increase equanimity.



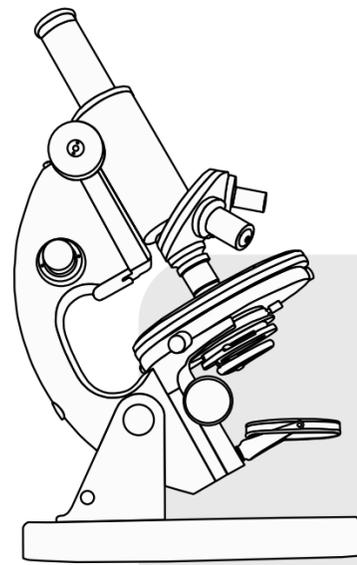
Serenity soon

The Problem

- **Distraction**
- **Reactivity**
- **Agitation**
- **Judgment**

Feels Like

Add your thought here



Science Says

Add your thought here

- **Reduces mind-wandering and improves our ability to solve problems.**
- **You build resilience as the mind and body bounce back from stress and stressful situations.**
- **Increases compassion and reduces biases**



Intensive Meditation Training Improves Perceptual Discrimination and Sustained Attention



Reduced stress and inflammatory responsiveness in experienced meditators

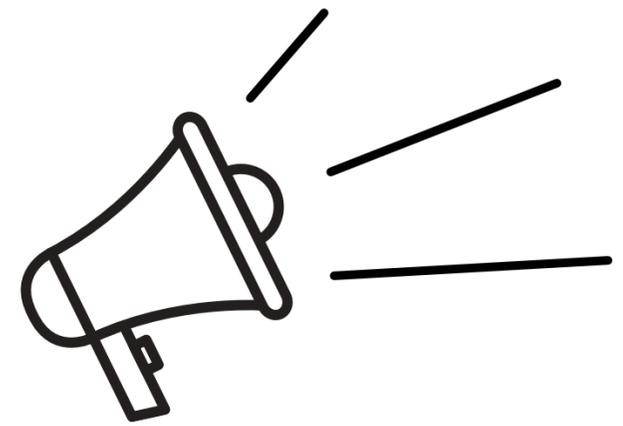


Mindfulness Can Make You Less Biased



Why?

Say Whaaat!?



We show a decrease in Beta waves as our brain activity decreases in the

- Frontal lobe
- Parietal lobe
- Thalamus
- Reticular formation

GOOD NEWS!

- Meditation builds compassion, equanimity, and opens your mind.

How To:

Choose what works. Start (and keep)
Meditating

Just 1 minute a day, keeps the
judgment away.



1

Grab an App!



2

Start Small



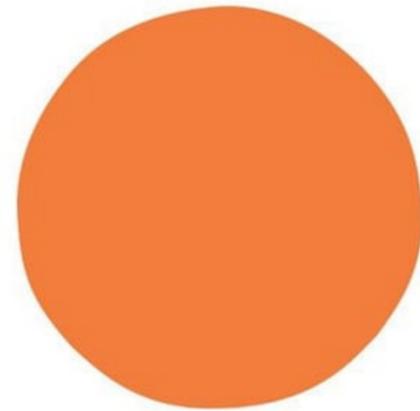
3

Keep Going!

Choose your App



Waking Up



Headspace



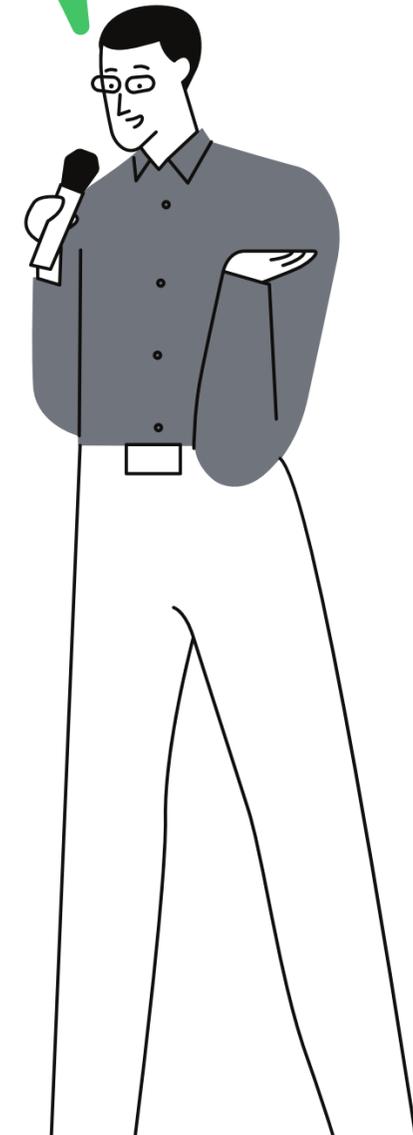
Calm

Practice #4

Mindfulness Meditation

Questions?

Did that make sense?



Own Your Future



Practice #5

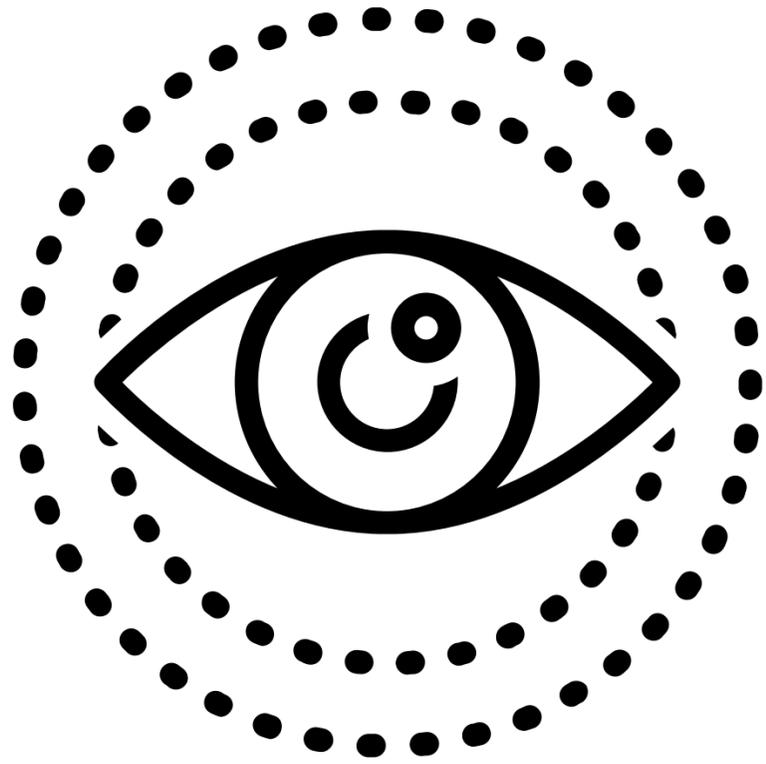
Intention and Accountability

Define your future, create habits to manifest it, and hold yourself accountable.

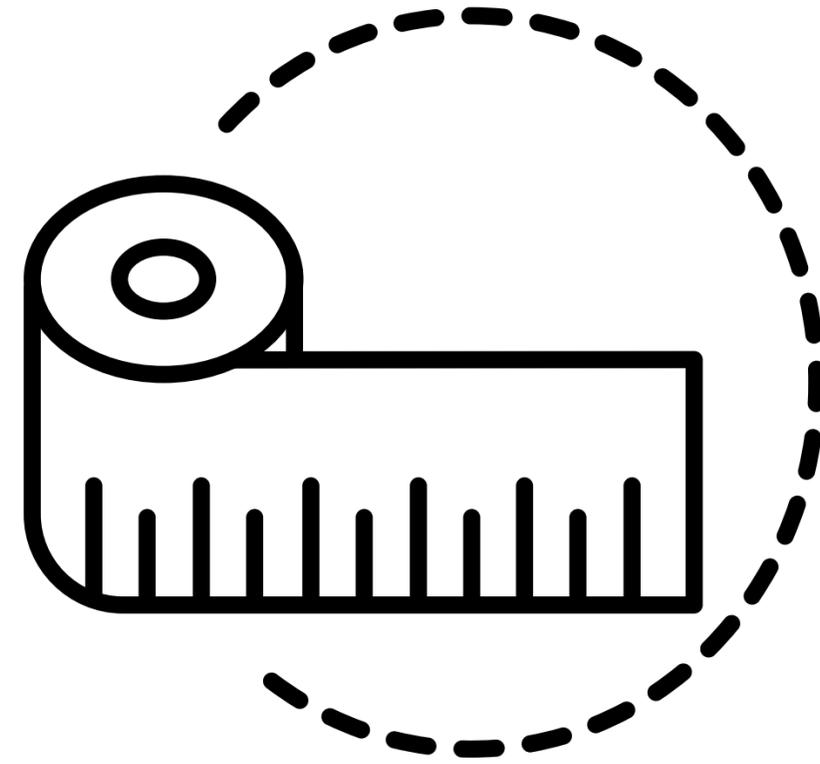


1 – 2 Minutes /Day

Month



**We Go Where
We Look**



**Measure What
Matters**

Intention = Reality to manifest

Method = Action taken towards your intention

Outcome = Specific measurable goal

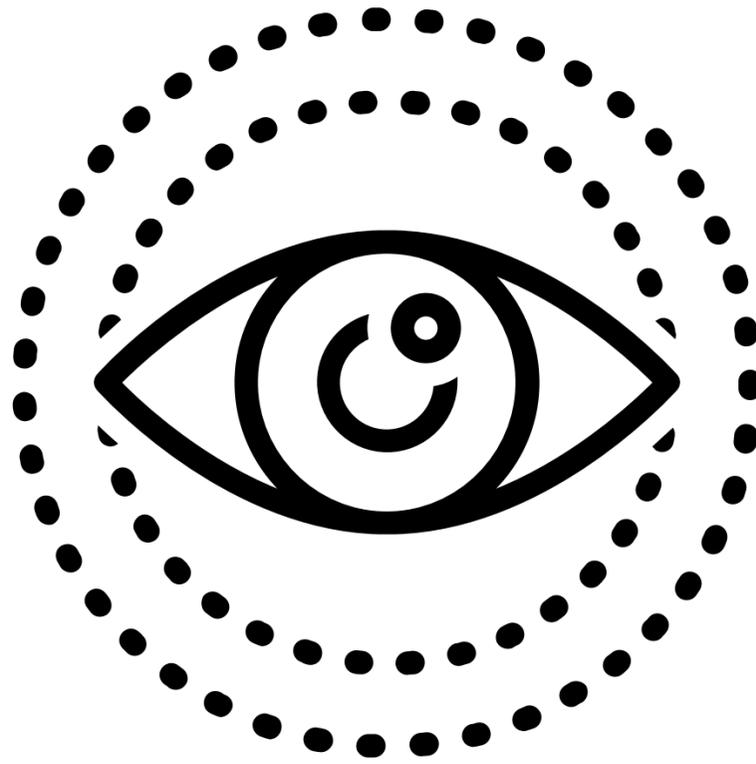
e.g.

I = I will make my day for work me, and not work for my day

M = Social Media 2x per-day

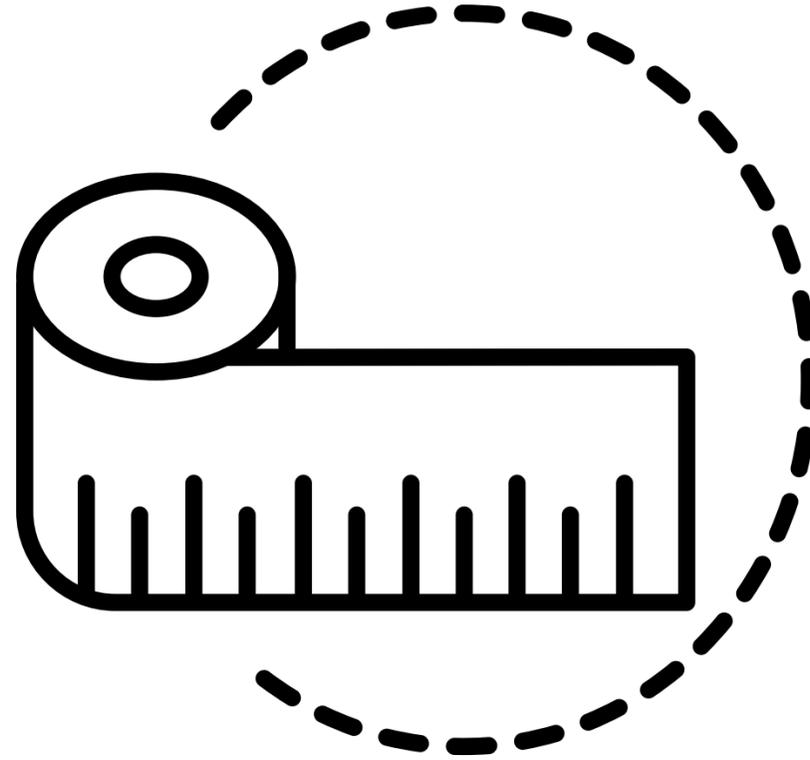
M = Meditate

O = Everything North Star Aligned



Read Aloud Each Morning

Intention



Capture Each Evening

Intention

- ———
- ———
- ———

Track Each Evening

Method & Outcome

Yes

No

Choose Your Tool



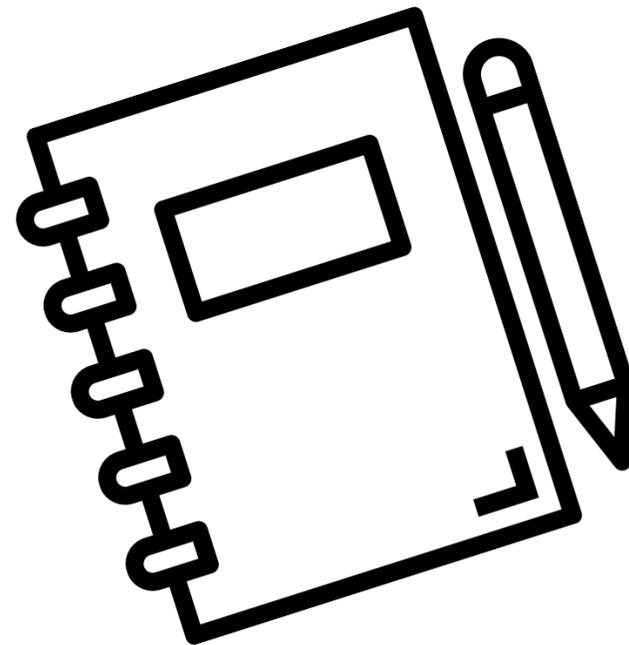
Momentum



Notes



Google Sheets



"Each night I try myself by court-martial to see if I've done anything effective during the day. I don't mean just pawing the ground. Anybody can go through the motions. But something *really* effective."

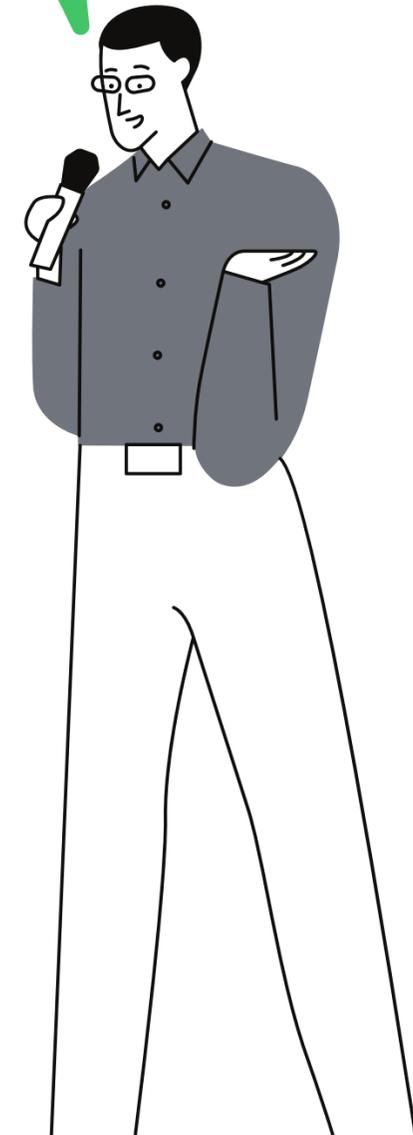
- Winston Churchill

Practice #5

Intention + Accountability

Questions?

Did that make sense?



**"We don't rise to the level of
our expectations, we fall to the
level of our training."**

- Stoic Philosophy

Elected Leaders Collective

A peer-to-peer support network by elected leaders, for elected leaders, to transform our world.

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- Peer support & Learning
- Access to world-class experts, coaches, office hours, mentorships, cohort programs, & more

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