



5 DAILY HABITS
FOR STRESS-FREE
LEADERSHIP

My name is James Wallace and for 28 years I've been a leader in corporate IT. I've had the privilege of working with truly talented technical teams as well as serving as the systems engineer for one of the top IT vendors in the world. In that time I've learned just how difficult it can be to fill a leadership role in the every-changing and pressure-packed world of technology.

This realization led me to become a coach for technology leaders and teams.

I've helped countless leaders grow and thrive, many even moving on to greater leadership roles within their companies and organizations, and I've found that getting the most out of your teams starts with you.

What follows are five of the most effective habits I've used with my clients to help them become more effective, more successful, and far more fulfilled leaders. Leading highly technical professionals has its own unique challenges, **but what all leaders share is the need to tap into their own creativity, confidence and connection with their teams.**

By following the five daily habits outlined ahead, you'll discover and develop these skills and enjoy this amazing journey of leadership like never before.



A top-down view of a wooden desk. On the left, a silver laptop is open. To its right is a white coffee cup on a saucer. Below the laptop, a pair of sunglasses and several small photos are scattered. The background is a dark, textured wood grain.

SET YOUR INTENTION

Start Your day focused on what you know needs to happen. Do this before you read emails or start interacting with your teams. The daily drift will pull and push you away from what you know you need to get done. This will be your compass. Make sure you focus on 3 key areas every day:

- **Growth**—*Your own development I encourage you to set an intention to do something that scares you every day*
- **Leadership**—*Expand your leadership skills every day. Do something that connects or grows your service to your team.*
- **Productivity**—*What is the one essential thing that must get done today. Make it a priority*

SHOW APPRECIATION



Take a moment and recognize someone for what they did for you or your organization. This should be as specific as possible and clearly state why you are grateful. This can be a thank you card, an e-mail, or even better in person. Do this before you read e-mails or get distracted by your day. The trust and rapport this will build is invaluable. Remember to say why you are grateful!

PRACTICE MINDFULNESS

Studies show that regular practice of mindfulness significantly improves productivity, alertness, and emotional intelligence. There is also strong evidence it improves health and reduces stress. I've found this practice to be essential to improving the effectiveness of leaders. Do any of the following twice a day and see the powerful positive effect this will have on your life:

- *Meditate 5-15 Min*
- *Focused breathing 5-15 Min*
- *Walk outside for 30 Min*
- *Yoga for 30 Min*

REFLECT



Journal one to thirty minutes at the end of the day about your experiences. Capture what you noticed and how you felt. Recognize where you judged others and made assumptions. This reflection will help you see what you didn't when your mind was problem solving. This practice will also help you sleep because you will have offloaded the busy thoughts in your mind onto paper. And no cheating—this needs to be done by hand.



BE GRATEFUL

As you're reflecting on your day specifically list three things that occurred that you're grateful for. This is a quick and easy way to reprogram your brain to see the positive events in your life. One challenge for technical leaders is that we can't help but view the world as problems to solve. Over time our brains develop efficiency (neuroplasticity) to look for problems, which triggers stress and blocks us from seeing the opportunities. Daily gratitude will rewire those parts of the brain and help you see, not just problems to be solved, but joy, happiness, and fulfillment.



FREE LEADERSHIP ASSESSMENT

Practicing these daily habits will drastically increase your effectiveness as a leader, **but if you want to go beyond simple tips and instead work directly with a leadership expert** who can help you clarify your vision, uncover your most common obstacles, and identify actionable steps to become a great leader—free of charge—click below to schedule a complimentary *Fountainhead Leadership Assessment* today.

SCHEDULE NOW

