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Week One Leadership Tool

★★★★★

160 Minutes w/ Friedman

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Product Description

Week 1 - New Tool Added and Thoughts Before Use

- QBQ Book
- Stop playing the victim card and make the situation better yourself
- Blame solves nothing
- QBQ must be "I" focused and contain an action
- Leadership does not need a title - a worker who bought Coke for a customer
- Stress management = choice management
- Whatever you carry is what you spill out
- Fixed mindset → Growth mindset
- Be a good person and provide value
- Don't work on something that isn't in line with your goals
- Success is determined by the questions you ask yourself at the moment of decision

Tool Description

This week's 1 tool helps me understand the importance of QBQ and how it can give me a better mindset. The tool will allow me to stop blaming others and look to myself as a solution to fix a problem I am dealing with. This tool also lets me know that when I am stressed, it's probably because I am failing to take action on something. Furthermore, this tool helps me understand that I should always question the decisions I am making and have a growth mindset where I try to get better every single day.

Customer Reviews

★★★★★ Using Week 1 Leadership Tool – Thought

Verified Student

■ ■ Thought about all the times I tried blaming other people and getting them to step up when I could have taken initiative myself

★★★★★ Using Week 1 Leadership Tool – Thought

Verified Student

■ ■ Thought about all the times I have been stressed and realized it was because I wasn't taking action on the stress, like finishing school work or studying. ■ ■

★★★★★ Using Week 1 Leadership Tool – Thought

Verified Student

■ ■ Maybe I need to think about some of my business decisions a bit more and ask “why”? ■ ■

★★★★★ My QBQ of the Week

Verified Student

My QBQ of the week:

How can I better deal with adversity in a way that doesn't put the blame on others and focuses on personal self-growth?

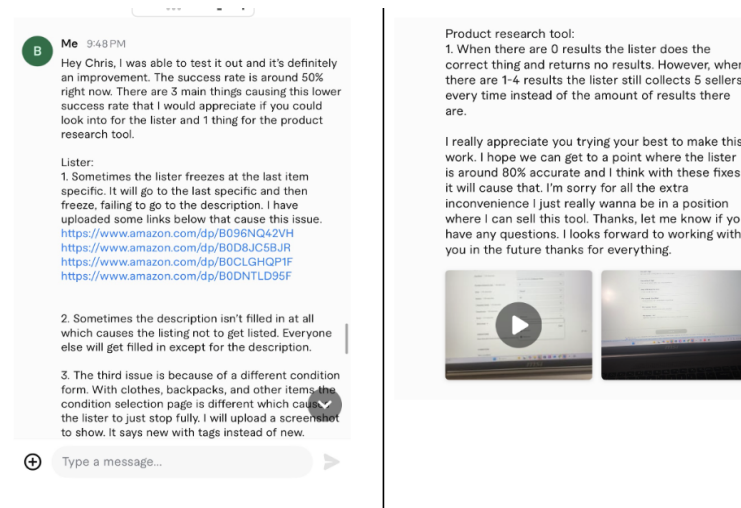
● When my Virtual assistant screws up → I probably didn't train him well enough. How can I better assure my VA doesn't screw up in the future when a mistake is made?

■ Following this QBQ, every time my VA screws up, whether that is putting in the wrong shipping address into eBay or forgetting to message a customer back, I message him back in a polite manner. I'll try and figure out what I can do to make it not happen in the future. For example, I sent my VA a video showing him how to deal with a return on ebay after he messed it up.

● When my developer screws up → I probably didn't give him clear enough directions. What can I do differently when giving my developer directions that will ensure he codes everything correctly?

■ Following this QBQ, I began questioning the directions I was giving to my developer. When he wouldn't code something exactly how I wanted it I used to internally get mad and think How could he be doing this. Now, I make sure to reiterate the directions even more clearly and be ultra specific.

■ I make sure now to include organized bullet points in every message, citing exactly what needs to be changed, as well as videos explaining myself.



Customer image

★★★★★ My Pledge to Take Action

Verified Student

My Pledge to take Action:

After reflecting on the stress management topic we discussed in class, I realized that pretty much all my stress was a result of things building up in the back of my head. Assignments, business stuff, and even social life things. They were compounding without me doing anything about it. A change I made that proved beneficial was every time something stress invoking popped into my mind, I would take some time to address it. Something that comes to mind is filing my annual report for my LLC. I put it off for a while and then one day decided to sit down and grind it out, which was a

process that took a lot less time than I thought. Most of the time, things appear to be way harder in your head than they actually are. You just have to start.

Customers say

This tool got some good use and made an impact on my business and personal life. I hope to keep using this tool throughout my life every time I am stressed out or am facing adversity. I now understand the importance of taking action yourself instead of relying on others to change their behavior.