LE
LEADER'S
EDGE

LE
LEADER'S
EDGE

Sharpen the Saw

2023

"UNLOCKING SUCCESS THROUGH DAILY RENEWAL AND EFFECTIVE HABITS"

LE LEADER'S EDGE

LE LEADER'S EDGE

YOU ARE INVITED TO ATTEND THE

Safe Harbor Social

SATURDAY, NOVEMBER 11

DOORS OPEN AT 5:45 PM

TOM BENSON HALL OF FAME STADIUM
CLUB LEVEL

SAFE HARBOR SOCIAL

TO LEARN MORE ABOUT THE EVENT OR TO PURCHASE TICKETS,
VISIT SAFEHARBOROHIO.ORG/SOCIAL OR SCAN THE QR CODE.

Round Tables 2024

LEADER'S EDGE

RADICAL MANHOOD

LEADER'S EDGE

2023

Sharpen the Saw

Mental

Bruce Pulver

ABOVE THE CHATTER

Physical

Dr. Michelle Levitt,

FELLOW OF THE AMERICAN ACADEMY OF PEDIATRICS

LE LEADER'S EDGE

2023

Sharpen the Saw

Brian Millard

SPEAK YOUR PEACE

Social / Emotion

Dwight Mason

FOUNDER OF LEADERS EDGE

Spiritual

LEADER'S EDGE

2023 Sharpen the Saw

"Developing and Maintaining a Healthy Soul"

Spiritual

Dwight Mason

FOUNDER OF LEADERS EDGE

LEAD PASTOR, NEW POINTE

LEADER'S EDGE COACH @ WORK

DMASON@NEWPOINTE.ORG

Developing and Maintaining a Healthy Soul

Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23

LEADER'S EDGE

2023 Sharpen the Saw

LEADER'S EDGE

2023 Sharpen the Saw

You are the Keeper of Your Soul

“A healthy soul is an integrated soul, and an unhealthy soul is a ‘dis-integrated’ one”

DALLAS WILLARD

LEADER'S EDGE

2023 Sharpen the Saw

You are the Keeper of Your Soul

We wonder:

Why we don’t have energy ?
Why we can’t sleep ?
Why we’re not creative ?

LEADER’S EDGE

2023 Sharpen the Saw

Developing and Maintaining a Healthy Soul

Indicators of a Unhealthy Soul

LEADER'S EDGE

2023 Sharpen the Saw

Developing and Maintaining a Healthy Soul

Things that Contaminate The Soul

DRIVE
DISTRACTIONS
DISHONESTY

LEADER'S EDGE

2023 Sharpen the Saw

Developing and Maintaining a Healthy Soul

"Our soul is like a stream of water, which gives *strength*, *direction*, and *harmony* to every other area of our life. When that stream is as it should be, we are *constantly refreshed and exuberant* in all we do, because our soul itself is then *profusely rooted in the vastness of God* and His kingdom, including nature; and all else within us is enlivened and directed by that stream. Therefore we are *in harmony with God*, reality, and the rest of human nature and nature at large."

Dallas Willard

LEADER'S EDGE

2023 Sharpen the Saw

You are the Keeper of Your Soul

LEADER'S EDGE

2023 Sharpen the Saw

You are the Keeper of Your Soul

Benefits of a healthy Soul :

- Courage
- Clarity
- Connection
- Confidence
- Character

LEADER'S EDGE

2023 Sharpen the Saw

You are the Keeper of Your Soul

A healthy soul allows to have the ability to treat yourself and others with kindness in the face of failure, rejection, defeat, and other difficult experiences.

LEADER'S EDGE

2023 Sharpen the Saw

You are the Keeper of Your Soul

LEADER'S EDGE

2023 Sharpen the Saw

LEADER'S EDGE

2023

Sharpen the Saw

safe HARBOR

INTRODUCING, **Melissa Brown**

LE LEADER'S EDGE

YOU ARE INVITED TO ATTEND THE

Safe Harbor Social

SATURDAY, NOVEMBER 11

DOORS OPEN AT 5:45 PM

TOM BENSON HALL OF FAME STADIUM
CLUB LEVEL

SAFE HARBOR SOCIAL

TO LEARN MORE ABOUT THE EVENT OR TO PURCHASE TICKETS,
VISIT SAFEHARBOROHIO.ORG/SOCIAL OR SCAN THE QR CODE.

LEADER'S EDGE

2023 Sharpen the Saw

"Building A Power House"

Dr. Michelle Levitt

DOUBLE-BOARD CERTIFIED PHYSICIAN OR
FOUNDER. DR. MICHELLE WELLNESS SOLUTIONS.

Physical

BUILDING A **POWERHOUSE**

SHARPENING THE SAW
PHYSICALLY

LEADER'S EDGE

2023 Sharpen the Saw

PSA

YOU DON'T NEED
MORE INFORMATION,
YOU NEED TO
TAKE EMPOWERED ACTION
ON WHAT YOU KNOW

"If more information
was the answer,
we'd all be
billionaires with
perfect abs"
-Derek Sivers

LEADER'S EDGE

2023
Sharpen the Saw

EMPOWERMENT

em·pow·er·ment
/im'pouərmənt/

1. authority or power given to someone to do something

2. the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights

- Having power and control over your life
- Going after life with strength & confidence
- Being internally driven vs. externally motivated
- Choosing to tap into the power that is ALREADY AVAILABLE TO YOU

LE LEADER'S EDGE

2023 Sharpen the Saw

“Good leaders build products. Great leaders build cultures.
Good leaders deliver results. Great leaders develop people.
Good leaders have vision. Great leaders have values.
Good leaders are role models at work. Great leaders are role models in life."
-Adam Grant

Good leaders take care of their bodies
Great leaders build powerhouse bodies
-Dr. Michelle

LE LEADER'S EDGE

2023 Sharpen the Saw

PHYSICAL HEALTH

If eating healthier and exercising were that simple, we would all be doing it, and doing it well!

“TRY”

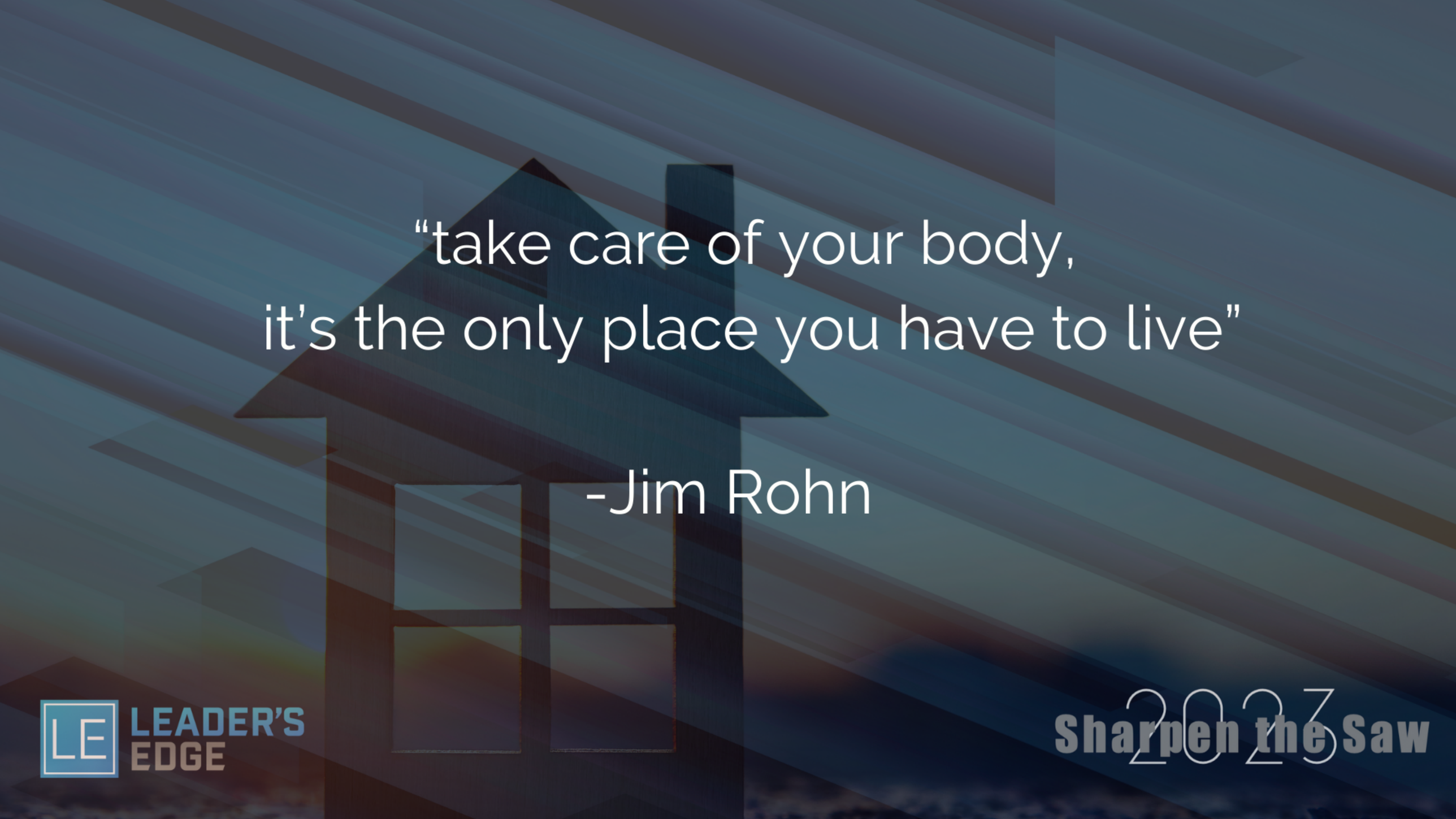
- EAT LESS
- EXERCISE MORE
- DIETS
- MEDICATIONS
- SUPPLEMENTS
- SLEEP AIDS

- NOTHING

LEADER'S EDGE

2023

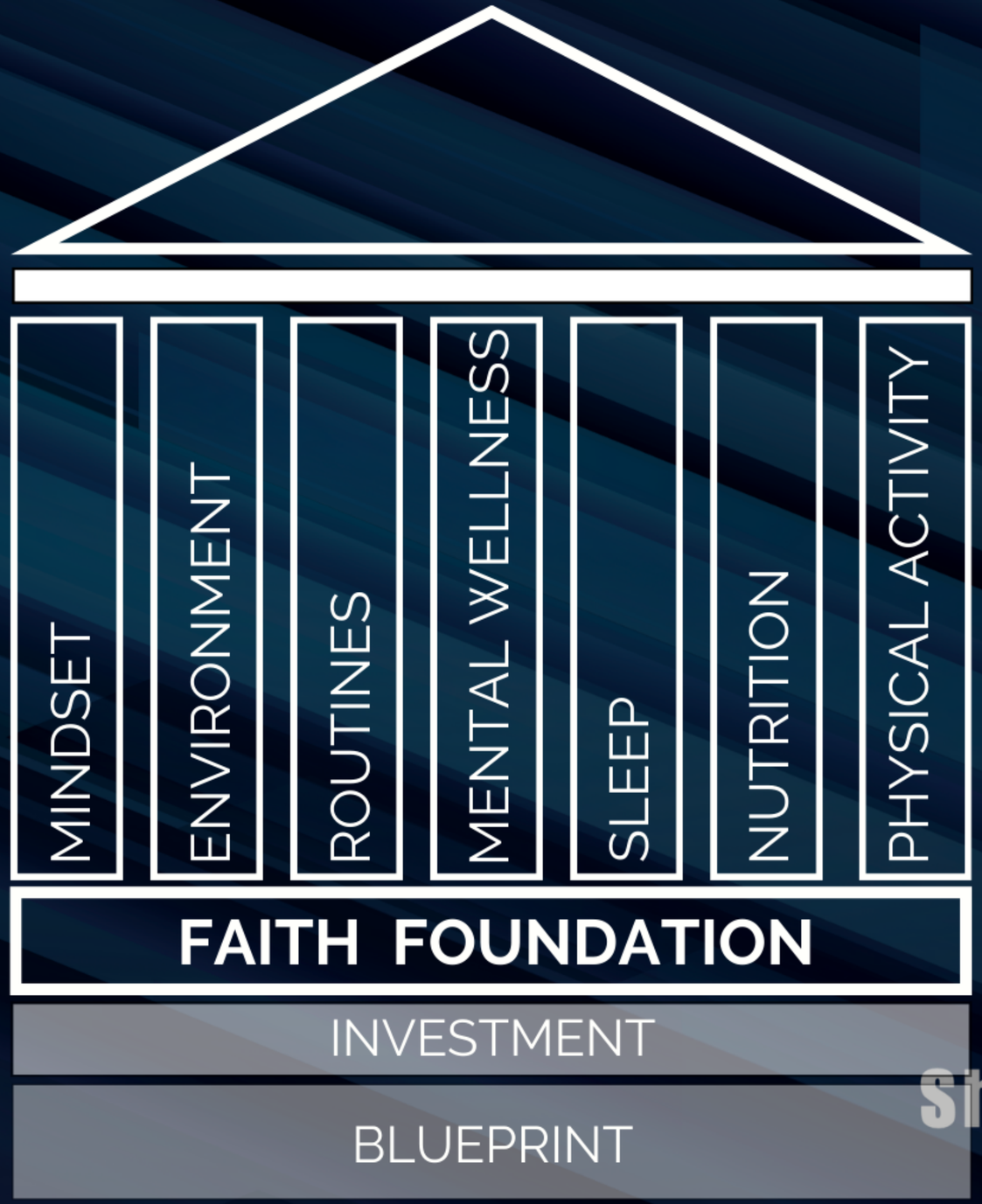
Sharpen the Saw


“take care of your body,
it’s the only place you have to live”
-Jim Rohn
LE
LEADER’S
EDGE
2023
Sharpen the Saw

PHYSICAL

POWERHOUSE

pow·er·house
/ˈpou(ə)rˌ(h)ous/
a person or thing
of great energy,
strength, or power



LEADER'S EDGE

2023

Sharpen the Saw

"Everyone who hears these words of mine and puts them into practice is like a **wise** man who builds his house on the **rock**. When the wind, and the rain, and the storms come, **it will not fall** because it has its **foundation** on the rock.
But everyone who hears these words and does not put them into practice, is like a **foolish** man who builds his house on the **sand**. And when the wind, rain, storms, and floods come, it falls, and **great is the fall**. "

Matthew 7:24-27

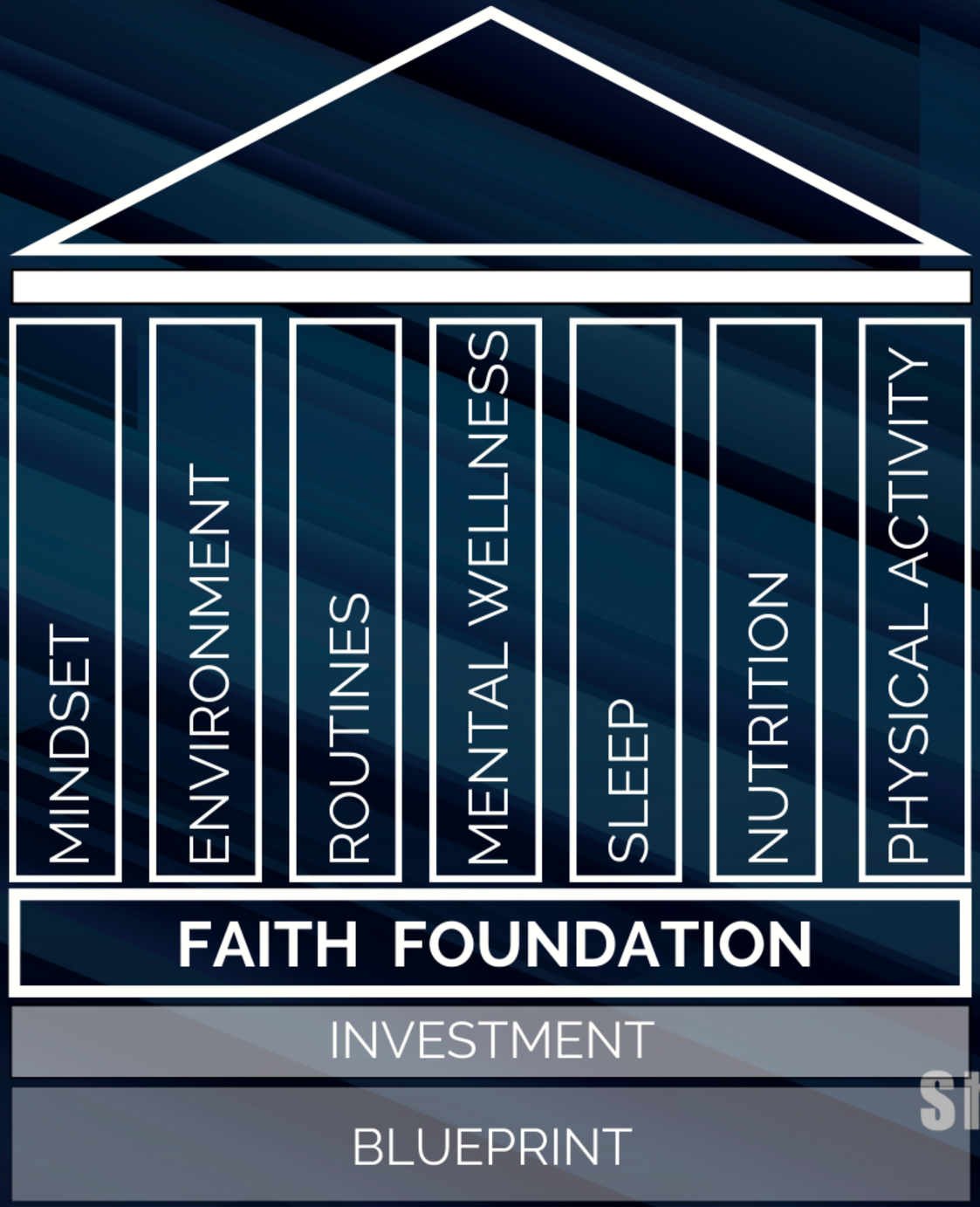
LEADER'S EDGE

2023 Sharpen the Saw

PHYSICAL

POWERHOUSE

pow·er·house
/ˈpou(ə)rˌ(h)ous/
a person or thing
of great energy,
strength, or power



LEADER'S EDGE

2023

Sharpen the Saw

IT'S TIME TO DO THINGS DIFFERENTLY

What does a man profit
if he gains the whole world
only to lose his soul?

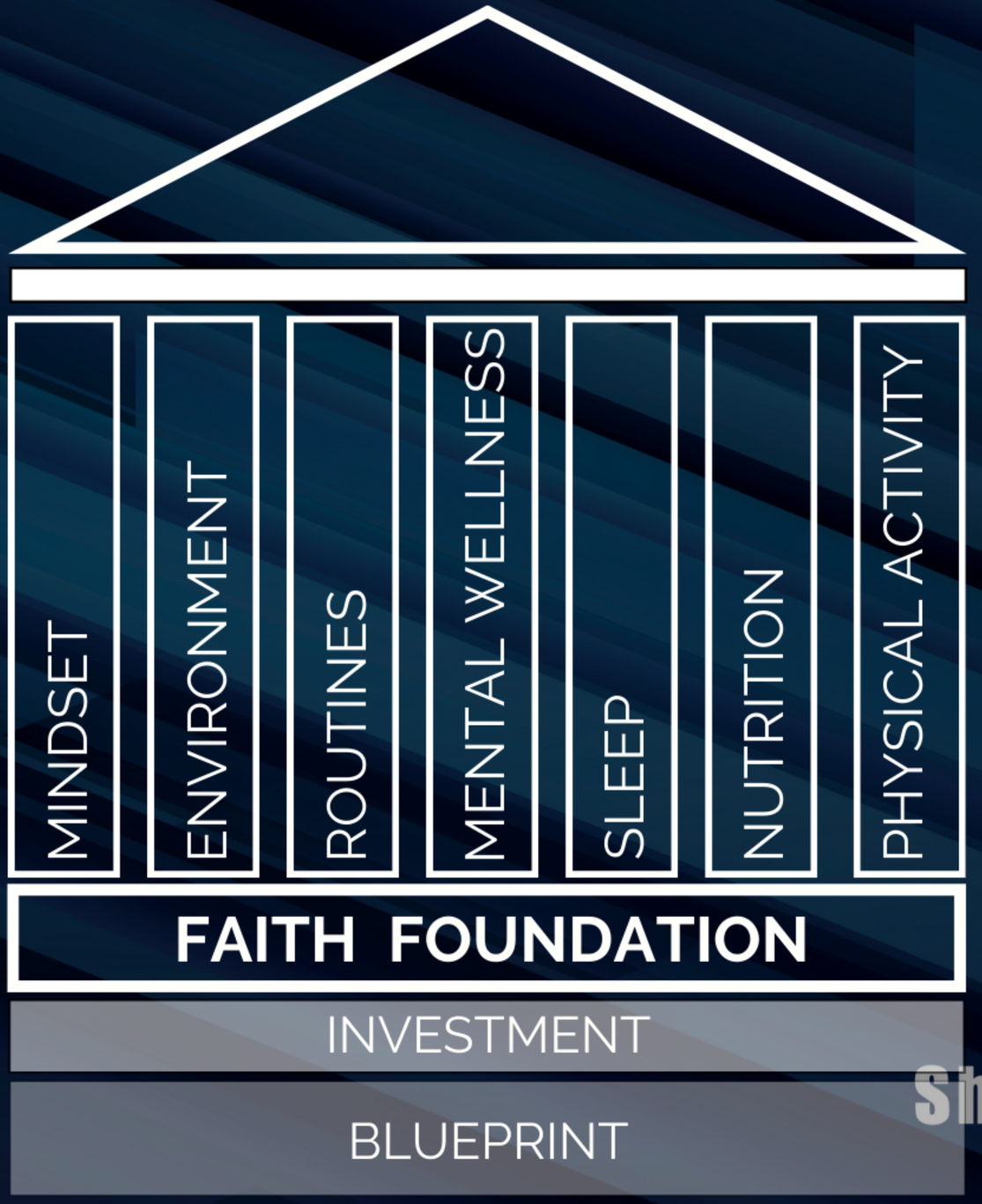
Or what shall a man give in
exchange for his soul?
Matthew 16:26

LE LEADER'S EDGE

PHYSICAL

POWERHOUSE

pow·er·house
/ˈpou(ə)rˌ(h)ous/
a person or thing
of great energy,
strength, or power



LEADER'S EDGE

2023 Sharpen the Saw

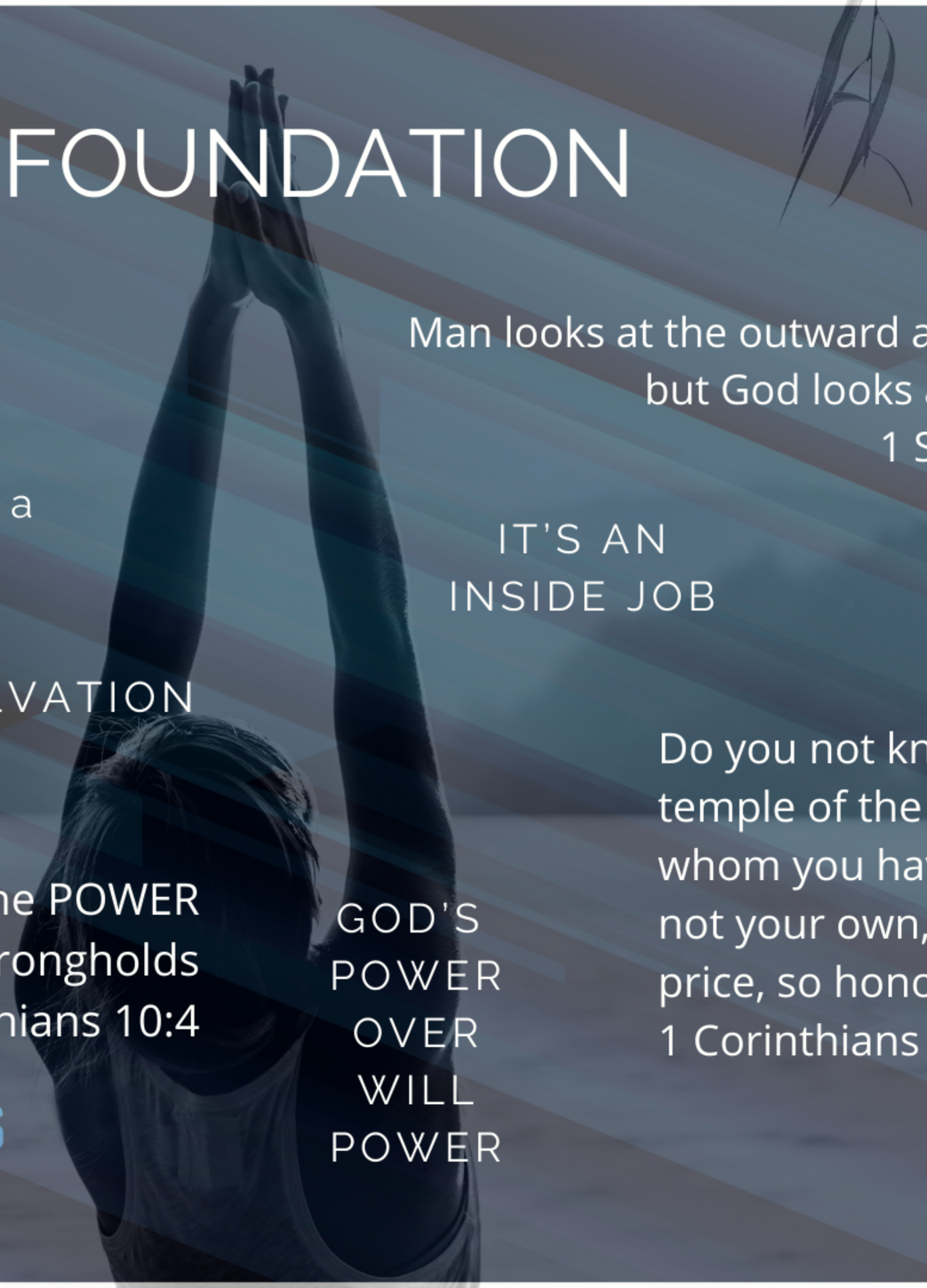
SET YOUR LIFE UP TO WIN

- Do things differently
- FOUNDATION on FAITH
- Build the FRAMEWORK
- USE POWER TOOLS

LEADER'S EDGE

2023 Sharpen the Saw

FAITH FOUNDATION



For by grace you have been saved through faith. It is the gift of God, not a result of our works
Ephesians 2:8-9

SALVATION

Man looks at the outward appearance, but God looks at the heart
1 Samuel 16:7

IT'S AN INSIDE JOB

As for me and my HOUSE we will serve the Lord
Joshua 24:15

CORE DRIVER

We have divine POWER to tear down strongholds
2 Corinthians 10:4

GOD'S POWER OVER WILL POWER

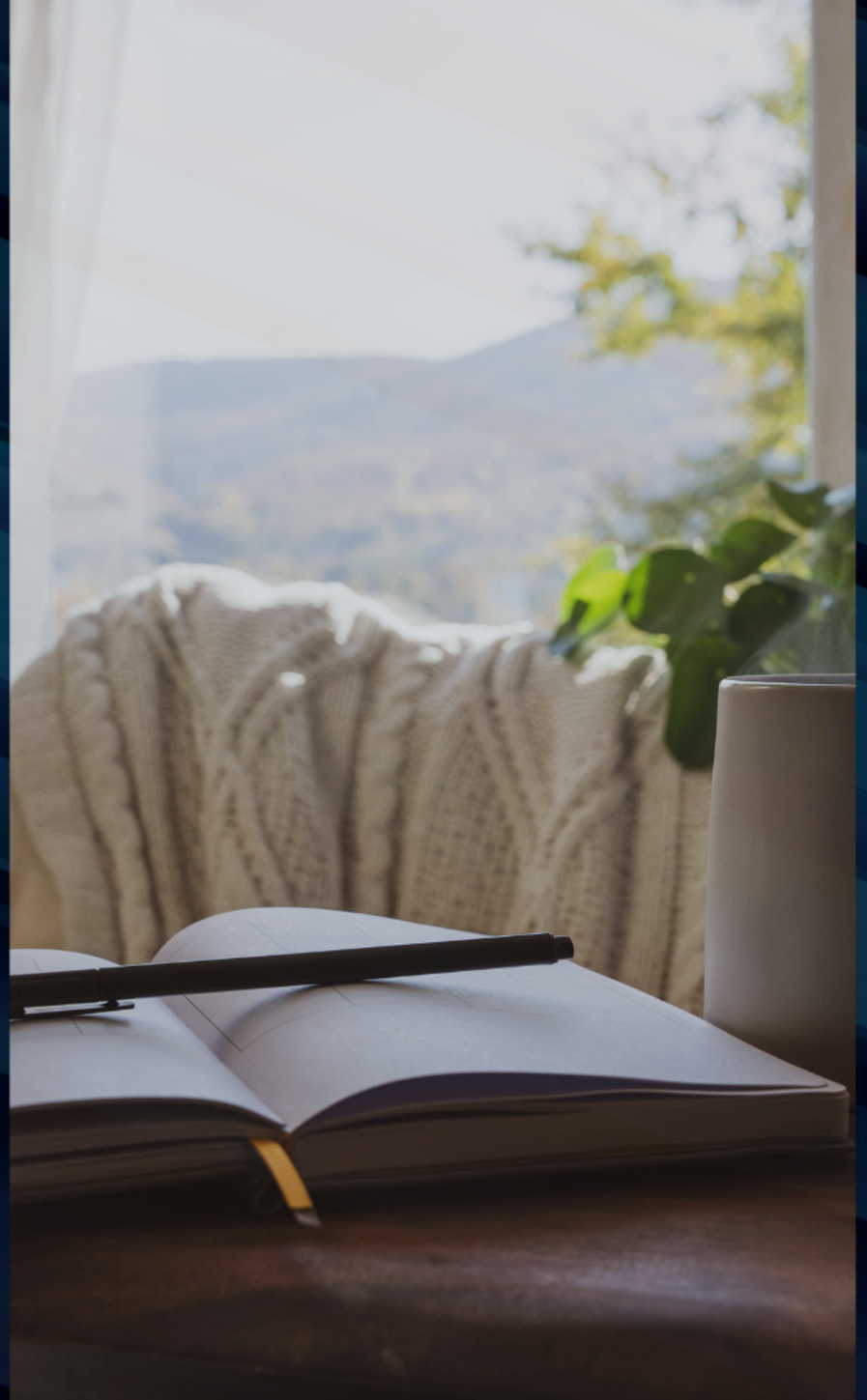
Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, you were bought with a price, so honor God in your body
1 Corinthians 6:19-20

WE **GET** TO

LEADER'S EDGE

2023 Sharpen the Saw

- SALVATION
- HOLY SPIRIT POWER
- IDENTITY IN CHRIST
- GOD'S WORD
- PRAYER



FAITH foundation

POWER TOOLS

2023

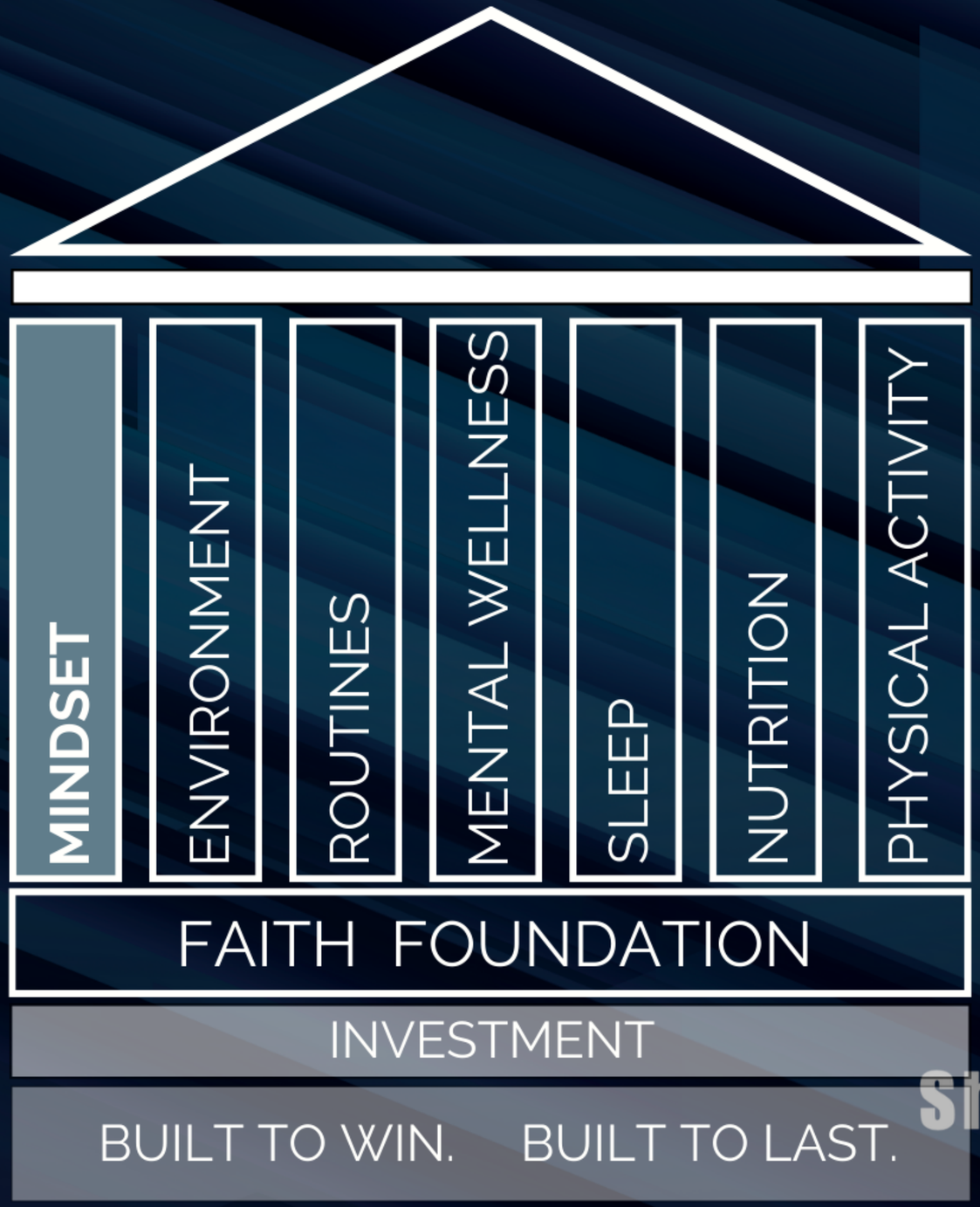
Sharpen the Saw

LEADER'S EDGE

PHYSICAL

POWERHOUSE

pow·er·house
/ˈpou(ə)rˌ(h)ous/
a person or thing
of great energy,
strength, or power



LEADER'S EDGE

2023 Sharpen the Saw

MINDSET

EVERY BATTLE YOU WILL EVER FACE
IS FIRST WON OR LOST
IN YOUR MIND

-Joan of Arc

LEADER'S EDGE

2023 Sharpen the Saw

The POWER of the MIND

Take every thought captive...

2 Corinthians 10:5

Do not conform
to the patterns of this world,
but BE TRANSFORMED
by the renewing of your MIND
Romans 12:2

LEADER'S EDGE

2023 Sharpen the Saw

SET YOUR MIND UP TO WIN

- Your IDENTITY matters: WHO before the DO
- The POWER of I AM
- The POWER of 3 to TRAIN the mind
- The POWER of CHOICE
- The POWER of FOCUS
- The Power of WORDS

LE LEADER'S EDGE

2023 Sharpen the Saw

THE POWER OF IDENTITY

i·den·ti·ty
/īˈden(t)ədē/

1. the fact of being who or what a person or thing is

2. a close similarity or affinity (Genesis 1:27: YOU were created in the image of God!)

- *Your sense of who you are*
- *The distinctive qualities that make you unique*
- *DIVINELY DEFINED vs. shaped*
- *Your God-given identity will never change*

LEADER'S EDGE

2023 Sharpen the Saw

THE POWER OF I AM

God said it first:
"as a man thinks in his heart,
so he is"
Proverbs 23:7

I AM:

Two of the most POWERFUL words, for what you place after them shapes your identity and therefore your reality

LEADER'S EDGE

2023 Sharpen the Saw

THE POWER OF IDENTITY

The **WHO** before the DO

BE- DO - HAVE

vs.

HAVE -DO-BE

LEADER'S EDGE

2023

Sharpen the Saw

THE 5 C SYSTEM FOR SUCCESS: your POWER TOOL for IDENTITY

- **CLARITY:** get clear on the WHO before the DO (core values + core identities)
- **COMMITMENT**: Commit to BEING that person, even if...
- **CONGRUENCY:** choose the thoughts & behaviors that are in alignment with that person
- **CONNECT:** Stay connected with your power sources
- **CONSISTENCY:** Be persistent in the quest to BECOME that person until you ARE that person

POWER TOOL

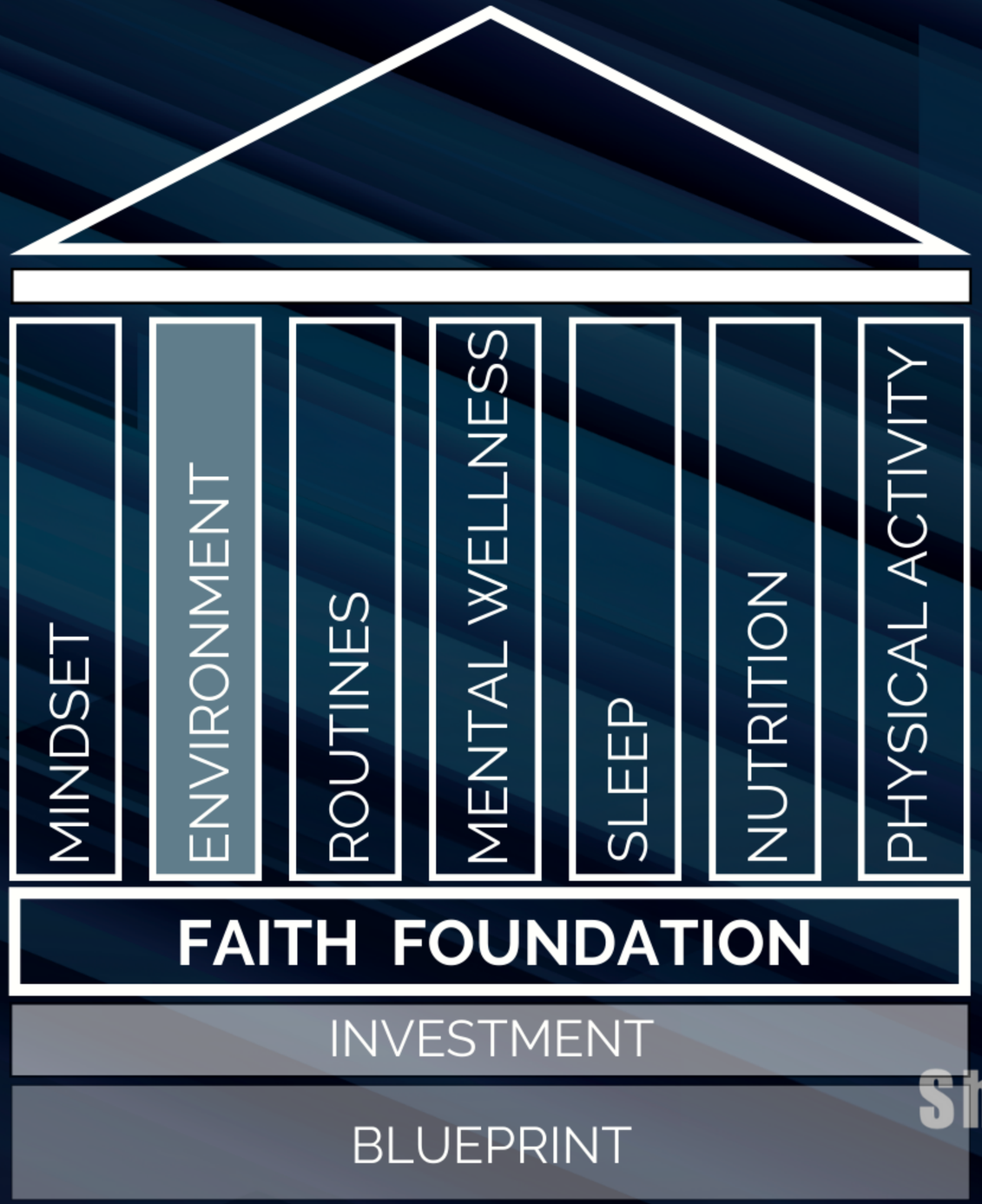
LEADER'S EDGE

2023 Sharpen the Saw

PHYSICAL

POWERHOUSE

pow·er·house
/ˈpou(ə)rˌ(h)ous/
a person or thing
of great energy,
strength, or power



LE LEADER'S EDGE

2023 Sharpen the Saw

ENVIRONMENT

"We worry far too much about outcomes instead of focusing on inputs"

-Mark Batterson, The Circle Maker

LEADER'S EDGE

2023 Sharpen the Saw

SET YOUR ENVIRONMENT UP TO WIN

Check your inputs:

- MENTAL CLUTTER: WHAT ARE YOU LETTING IN (what are you reading, watching, listening to?)
- PHYSICAL CLUTTER: WHAT'S AROUND YOU?
- IRON SHARPENS IRON: WHO'S AROUND YOU?

What we CONSUME is more than just what we eat & drink

LE LEADER'S EDGE

2023 Sharpen the Saw

AVOID ENERGY VAMPIRES

- MENTAL CLUTTER IS AN ENERGY VAMPIRE
- PHYSICAL CLUTTER IS AN ENERGY VAMPIRE
- PEOPLE CAN BE ENERGY VAMPIRES: THEY EITHER ENERGIZE YOU OR SUCK THE LIFE OUT OF YOU
- SOCIAL MEDIA IS A TIME SUCK ENERGY VAMPIRE

ENVIRONMENT

POWERTOOL

DO AN ENERGY AUDIT

2023

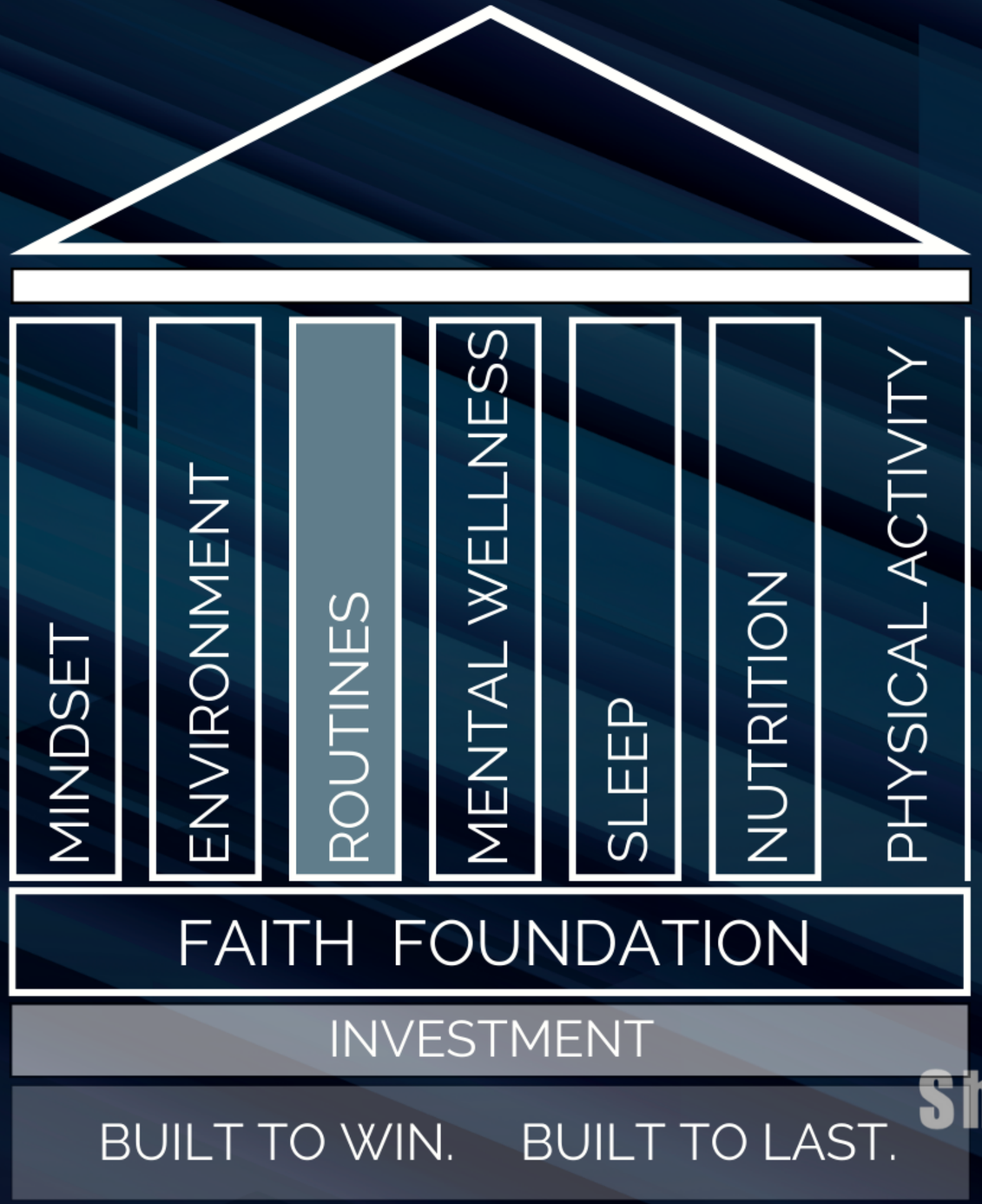
LEADER'S EDGE

Sharpen the Saw

PHYSICAL

POWERHOUSE

pow·er·house
/ˈpou(ə)rˌ(h)ous/
a person or thing
of great energy,
strength, or power



LE LEADER'S EDGE

2023 Sharpen the Saw

ROUTINES
SYSTEMS & HABITS

"You do not rise to the level of your goals.
You fall to the level of your systems."

-James Clear, Atomic Habits

LEADER'S EDGE

2023 Sharpen the Saw

THE **POWER** OF **TODAY**

Let's be all in TODAY. We can't do anything about the past, and we aren't promised tomorrow, all you have is TODAY. Who do you want to be TODAY. Go after God's highest & best TODAY. BUILD your POWERHOUSE TODAY.

"Awake, those who sleep,
and arise from the dead,
and Christ will shine on you,
Look carefully then
how you walk,
not as fools but as wise,
redeeming the time"

Ephesians 5:14-16

LEADER'S EDGE

2023 Sharpen the Saw

SET YOUR TIME UP TO WIN

- You don't want to "manage" your time, you want to **PRIORITIZE WHAT MATTERS**
- Routines, systems, and habits empower you to **take control** of your TIME
- Like anything else, it takes repetition and consistency to **anchor your systems**, but once you do, you will have so.much.more.time. (and less stress!)
- If you have kids at home, implement the POWER of the FAMILY MEETING

LE LEADER'S EDGE

2023 Sharpen the Saw

3 STEP **SYSTEM**

- PLAN FOR JUST THE UPCOMING WEEK
- P.M. ROUTINE: the best morning routine starts the night before!
- A.M. ROUTINE

LEADER'S EDGE

REDEEM THE TIME

POWERTOOL

2023

Sharpen the Saw

POWER TOOL: 3 STEP SYSTEM TO REDEEM THE TIME

1
- RETREAT, REFLECT & RESET
- BRAIN DUMP
- TO DO LIST
- SCHEDULE YOUR PRIORITIES
- WHO DO YOU NEED TO BE
- FAMILY MTG

WEEKLY

2
- PURGE
- PRACTICE GRATITUDE
- PLAN
- PREP
- PRIORITIZE
- PRAY
- PROMISES

NIGHTLY

3
- AFFIRM
- ALIGN
- ANCHOR

MORNING

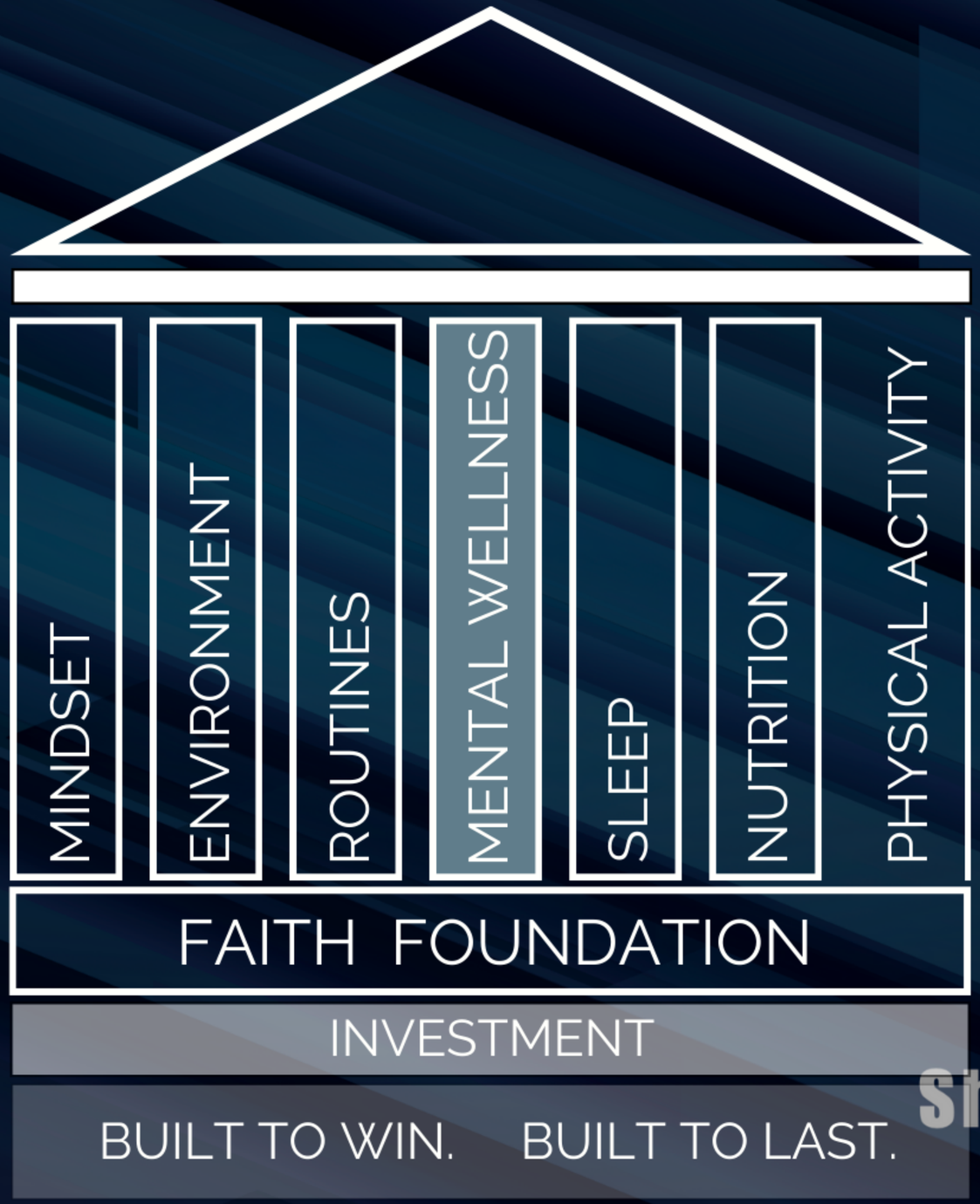
LE LEADER'S EDGE

2023 Sharpen the Saw

PHYSICAL

POWERHOUSE

pow·er·house
/ˈpou(ə)rˌ(h)ous/
a person or thing
of great energy,
strength, or power



LEADER'S EDGE

2023 Sharpen the Saw

MENTAL WELLNESS

Mental health is not just the absence of mental illness, it is a state of mental well-being that enables people to enjoy life, cope with stress, realize their abilities and fulfill their potential, as well as having a sense of connection with others
-World Health Organization

LEADER'S EDGE

2023 Sharpen the Saw

SET YOUR MENTAL WELLNESS UP TO WIN

- stress MANAGEMENT vs. empowering STRATEGIES
- Self-care-SCHEDULE IT!
- SOUL care- SCHEDULE IT!

POWER TOOLS
T.A.G.
JOURNAL
T.H.I.N.K.
S.T.O.P.
W.I.N.
BREATH PRAYER

LEADER'S EDGE

2023
Sharpen the Saw

THE POWER OF FOCUS

you have the POWER to control:

- YOUR ATTITUDE
- YOUR EFFORT
- YOUR CHOICES
- YOUR IDENTITY
- YOUR RESPONSES
- WHAT YOU DO WITH A THOUGHT
- WHAT YOU FOCUS ON

LEADER'S EDGE

MENTAL WELLNESS POWERTOOL

FOCUS ON WHAT YOU **CAN** CONTROL

2023

Sharpen the Saw

T.A.G.
Time Alone with God

Psalm 1:1-3, Joshua 1:8
Meditate on His Word day and night, then you will like a tree planted by streams of water that yields fruit in its season, its leaf does not wither. In all you do you will prosper

Proverbs 4:20-22
God's Words are life to those who find them and health to the whole body

MENTAL WELLNESS POWER TOOL

Just like you schedule your self-care, schedule your soul care!

LEADER'S EDGE

2023 Sharpen the Saw

“The first wealth is health”

-ralph waldo emerson

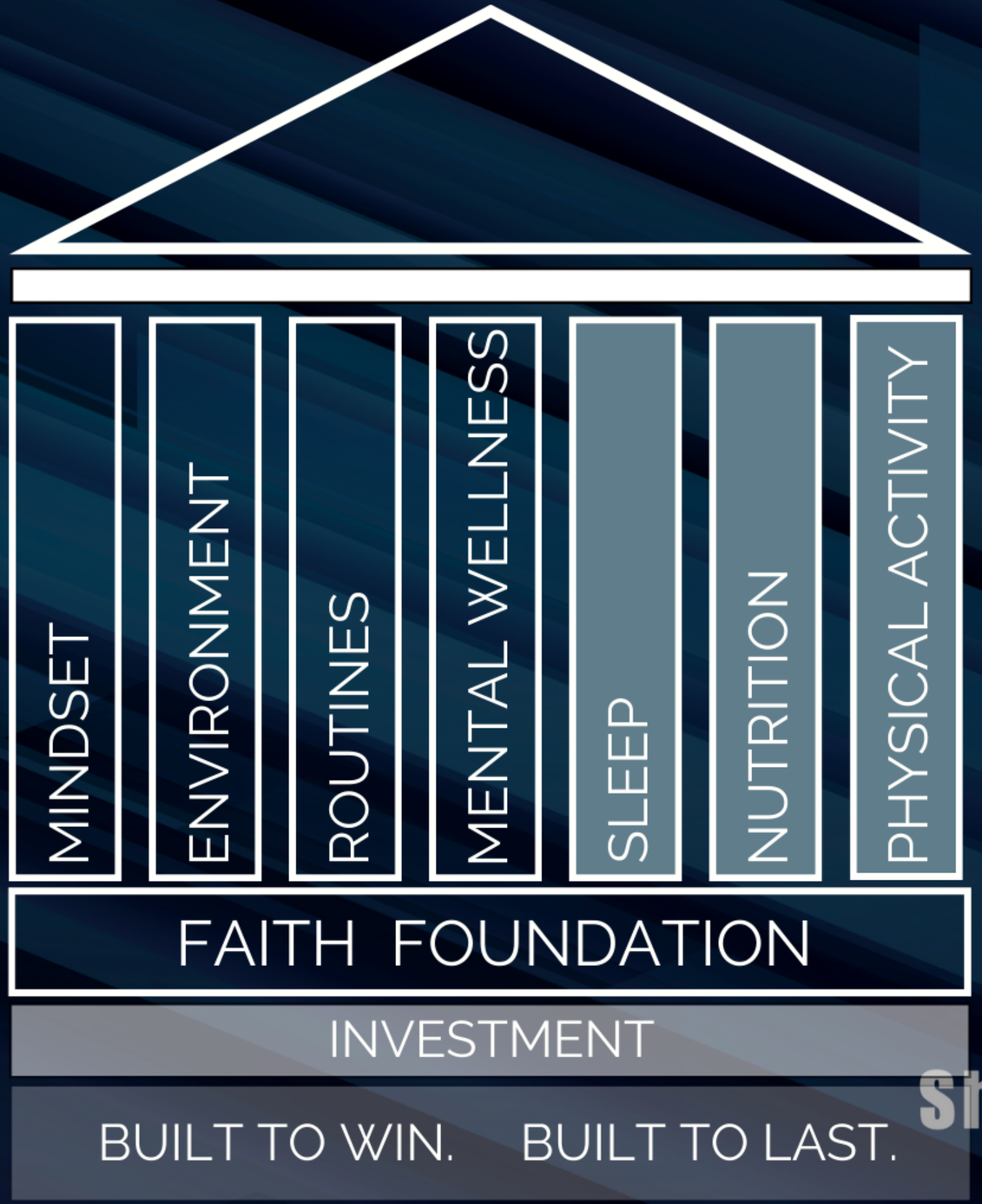
LEADER'S EDGE 2022

2023 Sharpen the Saw

PHYSICAL

POWERHOUSE

pow·er·house
/ˈpou(ə)rˌ(h)ous/
a person or thing
of great energy,
strength, or power



LEADER'S EDGE

2023 Sharpen the Saw

WE DON'T WANT TO "MANAGE" OUR HEALTH, WE WANT TO TAKE CHARGE OF OUR HEALTH!

- Our "health"care system has become a disease-management system
- It's time to do things differently
- It's YOUR HOUSE, take back control!

LE LEADER'S EDGE

SET YOUR BODY UP TO WIN

- SLEEP
- NUTRITION
- PHYSICAL ACTIVITY

LEADER'S EDGE

2023 Sharpen the Saw

“ROME wasn't built in a day but they worked on it every single day”

THE POWER OF 1% BETTER

DITCH THE “ALL- OR- NOTHING” MINDSET

GOD SAID IT FIRST:

Luke 16:10 Be faithful in the little things

Galations 6:7 You reap what you sow

Zechariah 4:10 Do not despise these small beginnings, for the Lord rejoices to see the work begin

LE LEADER'S EDGE

2023 Sharpen the Saw

DAILY ANCHOR
COMMITMENTS

1% better

COMMITMENTS
to self, God, your family, your business, your team...

POWER TOOL

LEADER'S EDGE

2023

Sharpen the Saw

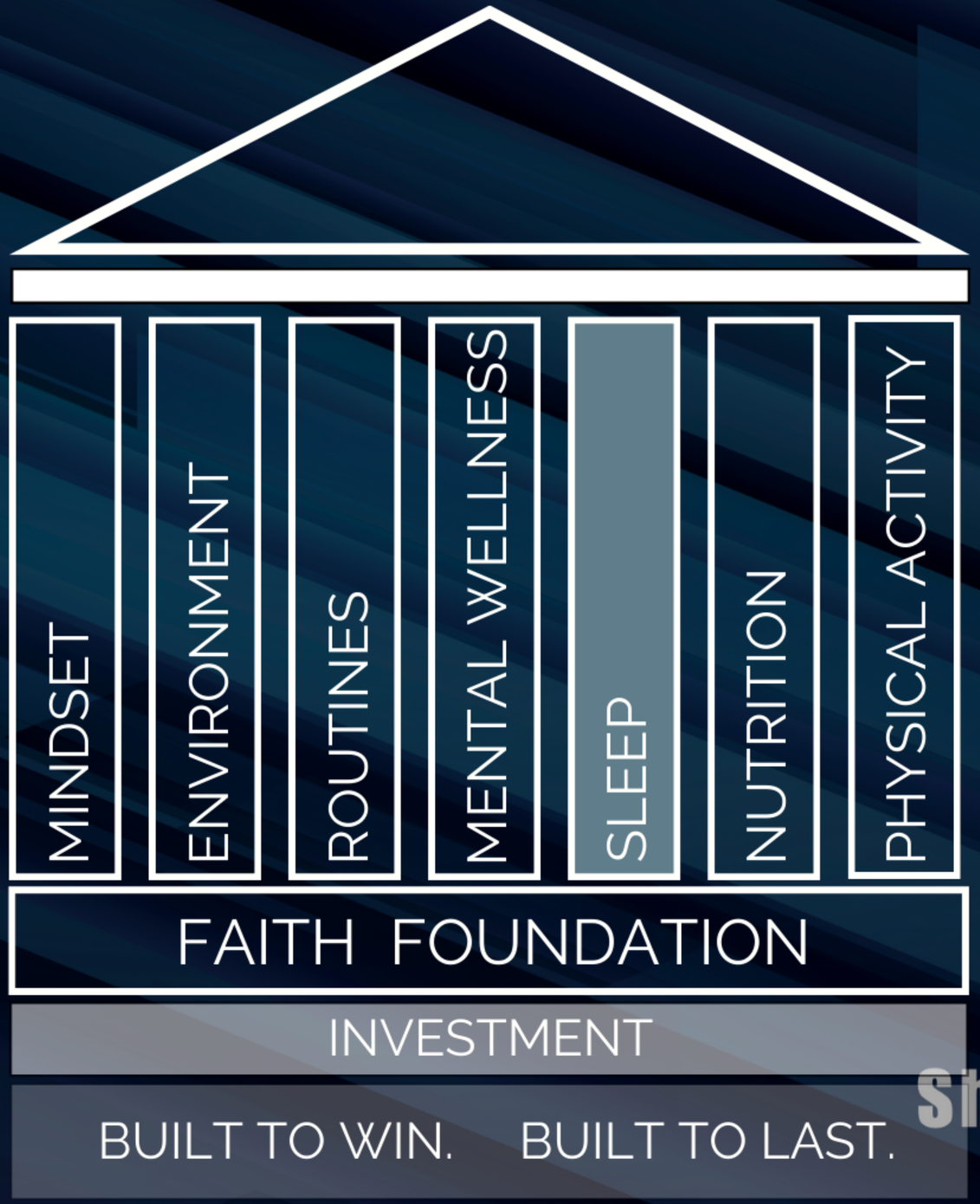
"Early to bed and early to rise
makes a man healthy, wealthy, and wise"

-Benjamin Franklin

PHYSICAL

POWERHOUSE

pow·er·house
/ˈpou(ə)rˌ(h)ous/
a person or thing
of great energy,
strength, or power



LEADER'S EDGE

2023 Sharpen the Saw

SET YOUR SLEEP UP TO WIN

- CONSISTENT SCHEDULE/AVOID EXTREMES/CIRCADIAN
- ENVIRONMENT (dark room, temp 65-68, no clutter, no screens)
- SOLID BEDTIME ROUTINE
- GET DAILY ACTIVITY
- GET DAILY FRESH AIR/SUNSHINE
- BE AWARE OF SLEEP DISRUPTORS

(screens, alcohol, caffeine,mental clutter, light, noise)

LEADER'S EDGE

2023 Sharpen the Saw

The 10-3-2-1-0 SYSTEM

- 10 hours before bed: no more caffeine
- 3 hours before bed: no more food or alcohol
- 2 hours before bed: no more work to mentally transition to relaxation
- 1 hour before bed: no more screens
- 0: the number of times you hit snooze in the morning

SLEEP

POWERTOOL

LEADERS EDGE

2023

Sharpen the Saw

“LET FOOD BE THY MEDICINE
AND MEDICINE BE THY FOOD”

-HIPPOCRATES

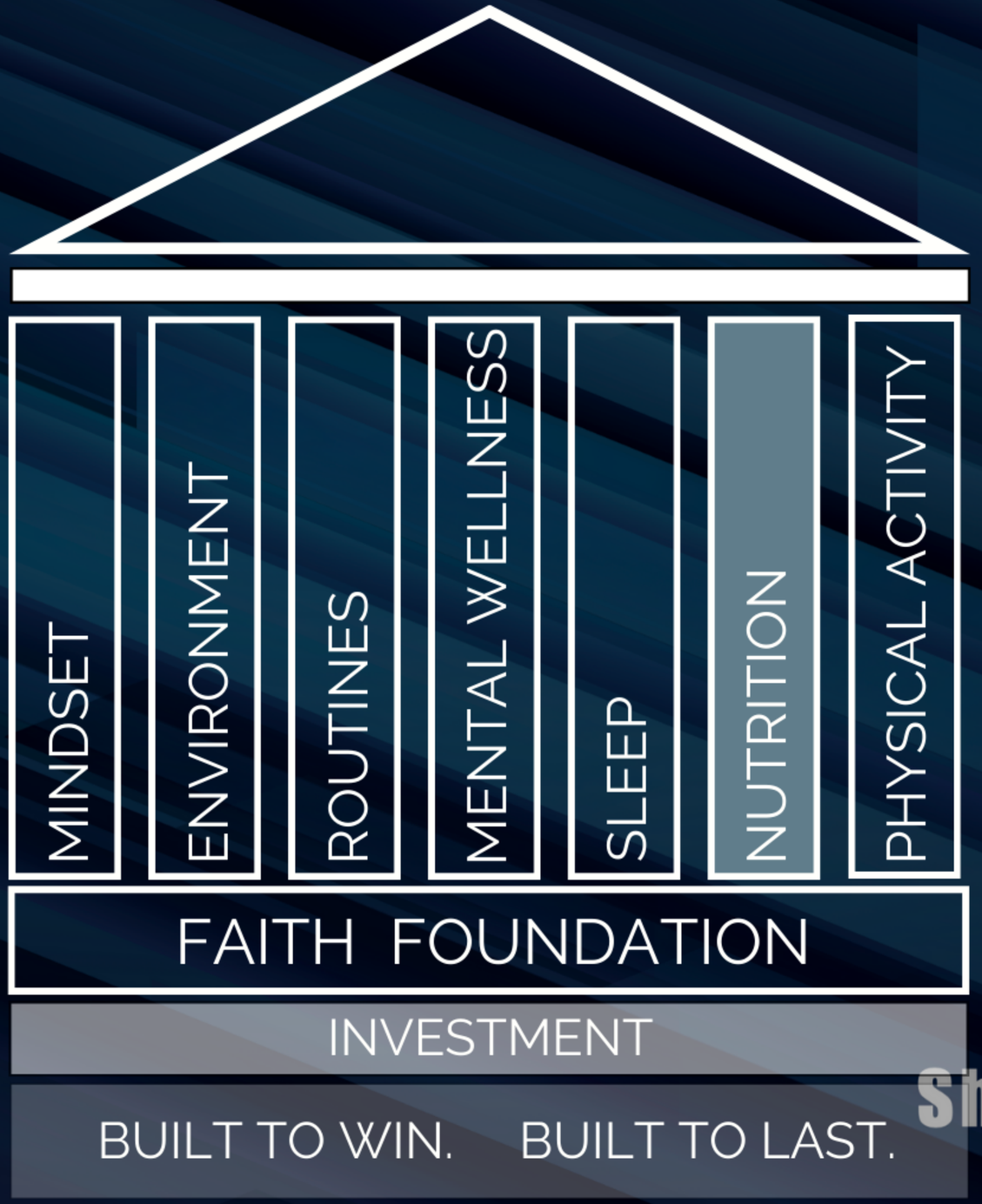
PHYSICAL

POWERHOUSE

pow·er·house

/ˈpou(ə)rˌ(h)ous/

a person or thing of great energy, strength, or power



LE LEADER'S EDGE

2023

Sharpen the Saw

SET YOUR NUTRITION UP TO WIN

- FIND THE FIT FOR YOU
- POWER UP with SYSTEMS: The 5 “S” SYSTEM to EMPOWERED eating
- POWER UP WITH HYDRATION
- POWER UP WITH PROTEIN
- The POWER OF PROTECTING THE HOME: REDUCE THE POWER OF PROCESSED FOOD
- The POWER OF BEING PROACTIVE

LE LEADER'S EDGE

2023 Sharpen the Saw

POWER TOOL: EMPOWERED EATING

THE 5 "S" SYSTEM

1. STRUCTURED MEAL TIMES- NO SNACKING
2. SIT DOWN
3. SCREEN FREE/DISTRACTION FREE
4. SLOW DOWN & SAVOR
5. STOP WHEN SATISFIED BUT NOT STUFFED

POWER UP WITH HYDRATION

Stop drinking sugar sweetened drinks-- you're sweet enough already

Adding electrolytes can super charge your brain

NUTRITION

POWERTOOL

LEADER'S EDGE

2023 Sharpen the Saw

THE POWER OF PROTEIN

Stop eating dessert for breakfast !

Make sure you have protein at every meal

LEADER'S EDGE

NUTRITION

POWERTOOL

2023

Sharpen the Saw

THE POWER OF PROTECTING THE HOME

Processed food is powerful.

Simple 1% better step: do not stock it in your home
You have the POWER to control what you bring into your home

LEADER'S EDGE

NUTRITION POWER TOOL

If you don't recognize ingredients on the nutrition label, your body won't either

2023 Sharpen the Saw

THE POWER OF BEING PROACTIVE

PLAN AND PREP MEALS

PREPARE YOUR MINDSET/IDENTITY

PROACTIVELY EAT PROTEIN

LEADER'S EDGE

NUTRITION POWERTOOL

"IF YOU FAIL TO PLAN, YOU ARE PLANNING TO FAIL"-BEN FRANKLIN

2023

Sharpen the Saw

"If you don't make time for exercise, you will probably have to make time for illness **--robin sharma**

"We don't stop exercising because we grow old, we grow old because we stop exercising" **-Dr. Kenneth Cooper**

"I hated every minute of training, but I said, 'don't quit'. Suffer now and live the rest of your life as a champion"

-Muhammad Ali

"The first time I see a jogger smiling, I'll consider it"

-Joan Rivers

LEADER'S EDGE 2022

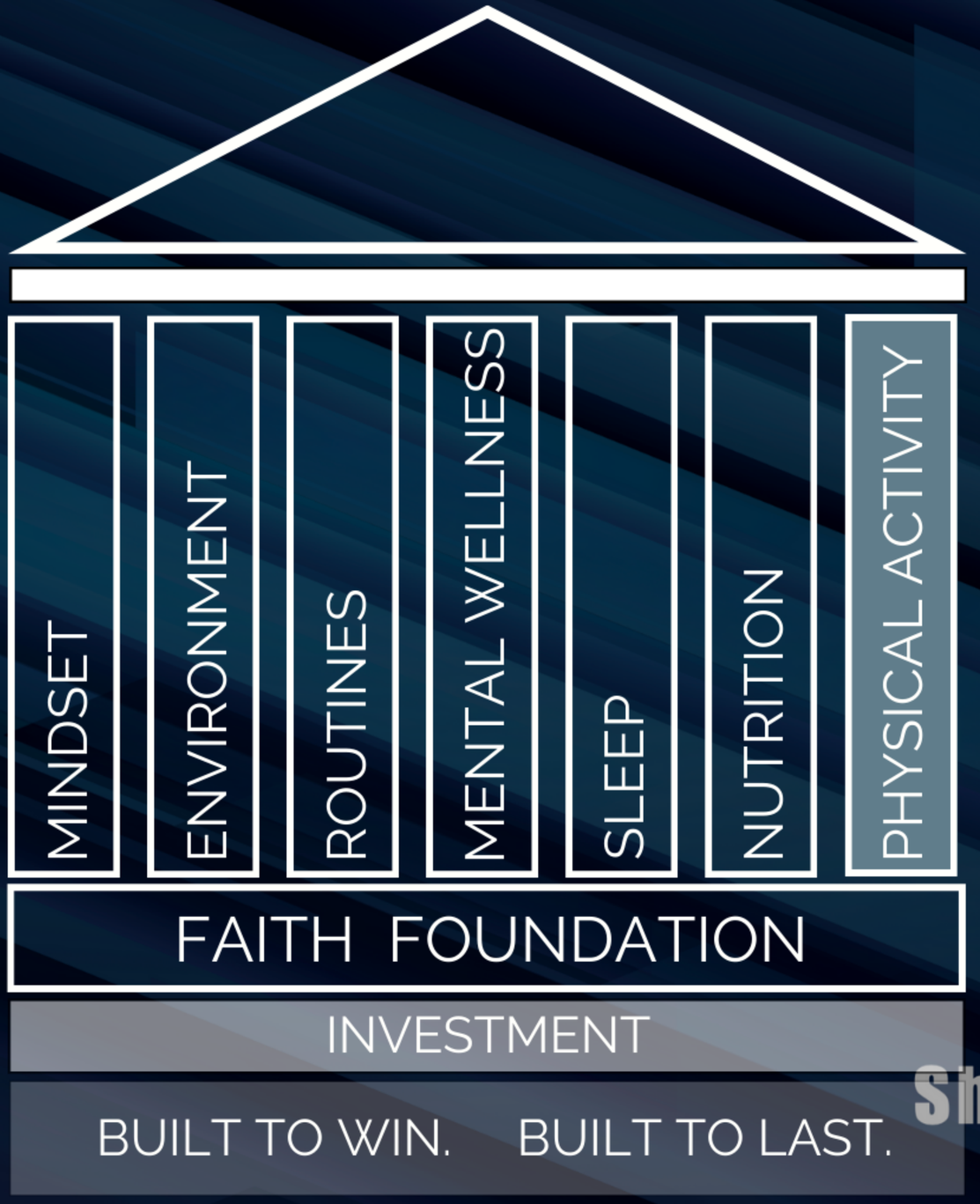
"MOVE IT OR LOSE IT"

2023 Sharpen the Saw

PHYSICAL

POWERHOUSE

pow·er·house
/ˈpou(ə)rˌ(h)ous/
a person or thing
of great energy,
strength, or power



LEADER'S EDGE

2023 Sharpen the Saw

SET YOUR PHYSICAL ACTIVITY UP TO WIN

- IDEAL: Strength train + Walking/Cardio + Mobility/flexibility
- FIND THE FIT FOR YOU
- SCHEDULE IT AS A PRIORITY
- REFRAME “exercise” and “working out” to TRAINING FOR A MORE POWERFUL WHY
- REPLACE “have to” with GET TO

LEADER'S EDGE

2023 Sharpen the Saw

Physical Activity Guidelines

- Move more and sit less-- sitting is the new smoking!
- 150-300 minutes of moderate intensity aerobic activity or 75-150 minutes of vigorous (or combo) spread throughout the week
- Strength-training activities 2 or more times per week
- Add in balance training
- adjust activity to what your chronic conditions & abilities allow
- CDC: 10,000 steps per day

only 24.2% of adults meet the physical activity guidelines

CDC health statistics 2020

LEADER'S EDGE

2023 Sharpen the Saw

ASK YOURSELF THESE QUESTIONS:

- What do I like to do?
  What do I enjoy?
- What do I have access to (home or community)? What can I afford?
- What do I have time for in the season I'm in right now?
- What is the best time of day for me to get active?
- Who will support me, encourage me, hold me accountable?
- Do I need invest in a personal trainer in order to have skin in the game to increase my commitment?

POWER TOOL!

HOW TO FIND THE FIT FOR YOU

LEADER'S EDGE

2023 Sharpen the Saw

USE THE **POWER** OF REDEEMING THE TIME:

POWER TOOL

- Schedule movement on your calendar as a daily anchor commitment just like any other important non-negotiable appointment or meeting- COMMITMENT & INTEGRITY TO SELF

SCHEDULE IT!

- WRITE IT DOWN!

FITT Rx

- Plan and prep what you will do, when you will do it and get your clothes and shoes ready!

LE LEADER'S EDGE

2023 Sharpen the Saw

THE POWER OF YOUR WHY

TRAIN TO:

- Improve brain health
- Build muscle: the organ of longevity
- Manage your mood, stress, & anxiety
- Prevent injuries
- Get and keep good posture
- Carry your groceries easily
- Play with your kids/grandkids
- Build strong bones
- Walk up & down stairs without getting winded
- Sit and stand without help
- Walk without a cane when you're older
- Be as independent as possible
- Stay off medication
- Honor God in the body He gave you

PHYSICAL ACTIVITY

POWER TOOL

STOP TRYING

START TRAINING

LE LEADER'S EDGE

2023 Sharpen the Saw

"Everyone who hears these words of mine and puts them into practice is like a **wise** man who builds his house on the **rock**. When the wind, and the rain, and the storms come, **it will not fall** because it has its **foundation** on the rock.
But everyone who hears these words and does not put them into practice, is like a **foolish** man who builds his house on the **sand**. And when the wind, rain, storms, and floods come, it falls, and **great is the fall**. "

Matthew 7:24-27

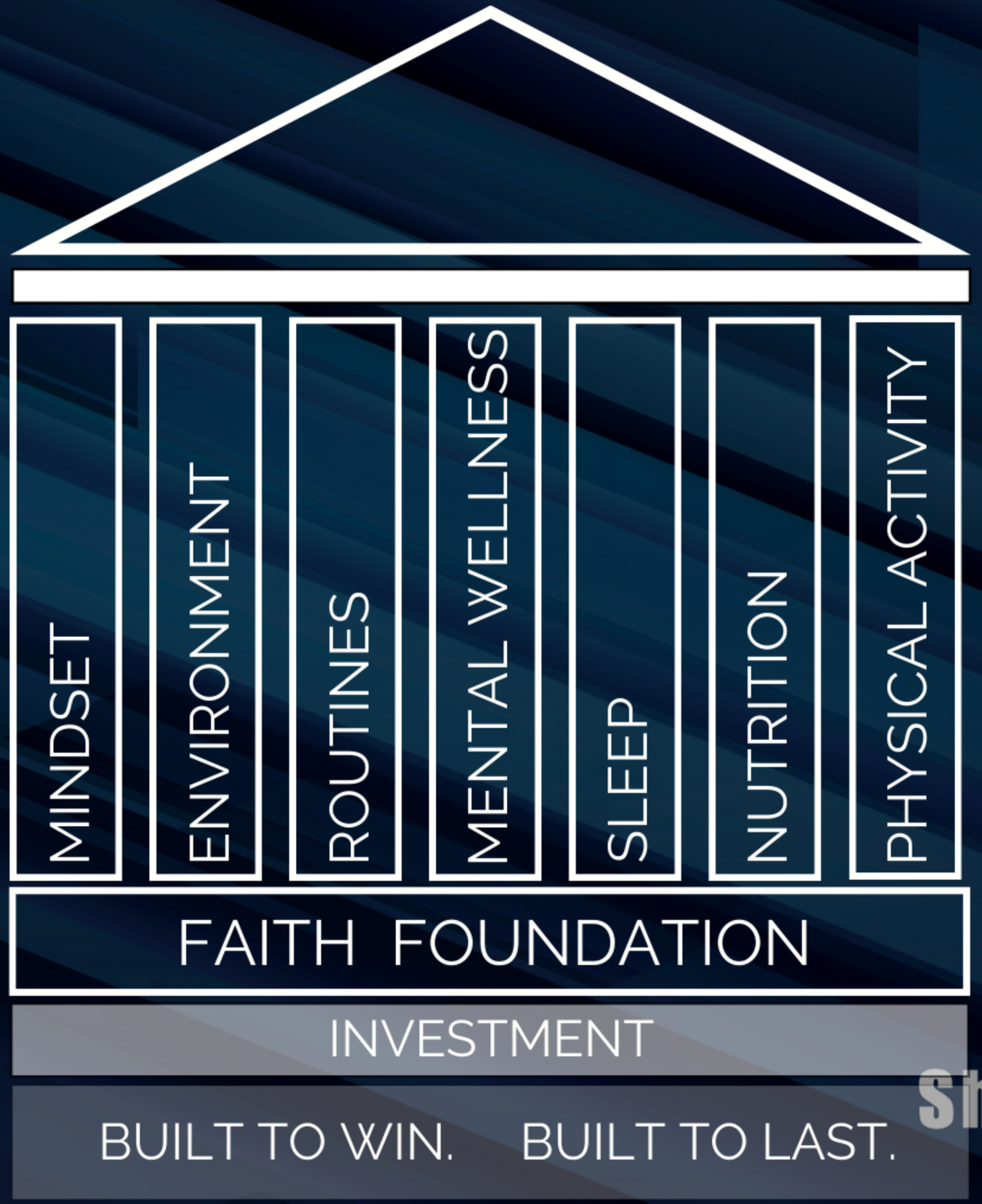
LEADER'S EDGE

2023 Sharpen the Saw

PHYSICAL

POWERHOUSE

pow·er·house
/ˈpou(ə)rˌ(h)ous/
a person or thing
of great energy,
strength, or power



LEADER'S EDGE

2023 Sharpen the Saw

"take care of your body,
it's the only place you have to live"

-Jim Rohn

LEADER'S EDGE

2023 Sharpen the Saw

Michelle Levitt MD

- Daughter of the King
- Board Certified American Board of Pediatrics
- Board Certified American Board of Obesity Medicine
- Founder, Dr. Michelle Wellness Solutions LLC
- Creator of The Anchored System and Girl Powerhouse
- Certified Personal Trainer
- Certified Performance Enhancement Specialist
- Certified Sports Nutrition Coach
- Certified Revelation Wellness Instructor

LE LEADER'S EDGE

2023 Sharpen the Saw

www.anchormindbodysoul.com

my mission

I'm on a mission to help women and girls get anchored in their faith so they have a rock solid foundation in the crazy world.

I educate, equip, and empower women with the tools they need to connect their faith to their wellness so they can build a strong mind, feel confident in the body God gave them, and live empowered from deep within their soul.

I created the ANCHORED and POWERHOUSE Systems to do just that!

work with me

www.anchormindbodysoul.com

LE LEADER'S EDGE

2023 Sharpen the Saw

Dr. Michelle Wellness Solutions LLC

Thank you!
Let's goooo!
LEADER'S EDGE
2023
Sharpen the Saw

LEADER'S EDGE

2023 Sharpen the Saw

CULTIVATING HEALTHY RELATIONSHIPS WITH OTHERS...and Yourself

Brian Millard

SPEAK YOUR PEACE

CEO, FOUNDER OF SPEAK YOUR PEACE
AND COACH BRIAN @ WORK

SYPINFO1@GMAIL.COM

Social / Emotion

“They get bored in childhood and hurry to grow up, only to miss their childhood. Worried for tomorrow, they forget about today, and in the end, they live neither today or tomorrow. They live as if they will never die but die having never really lived."

– PLATO CIRCA 380 B.C.

Sharpening Your Relationships

The Rules

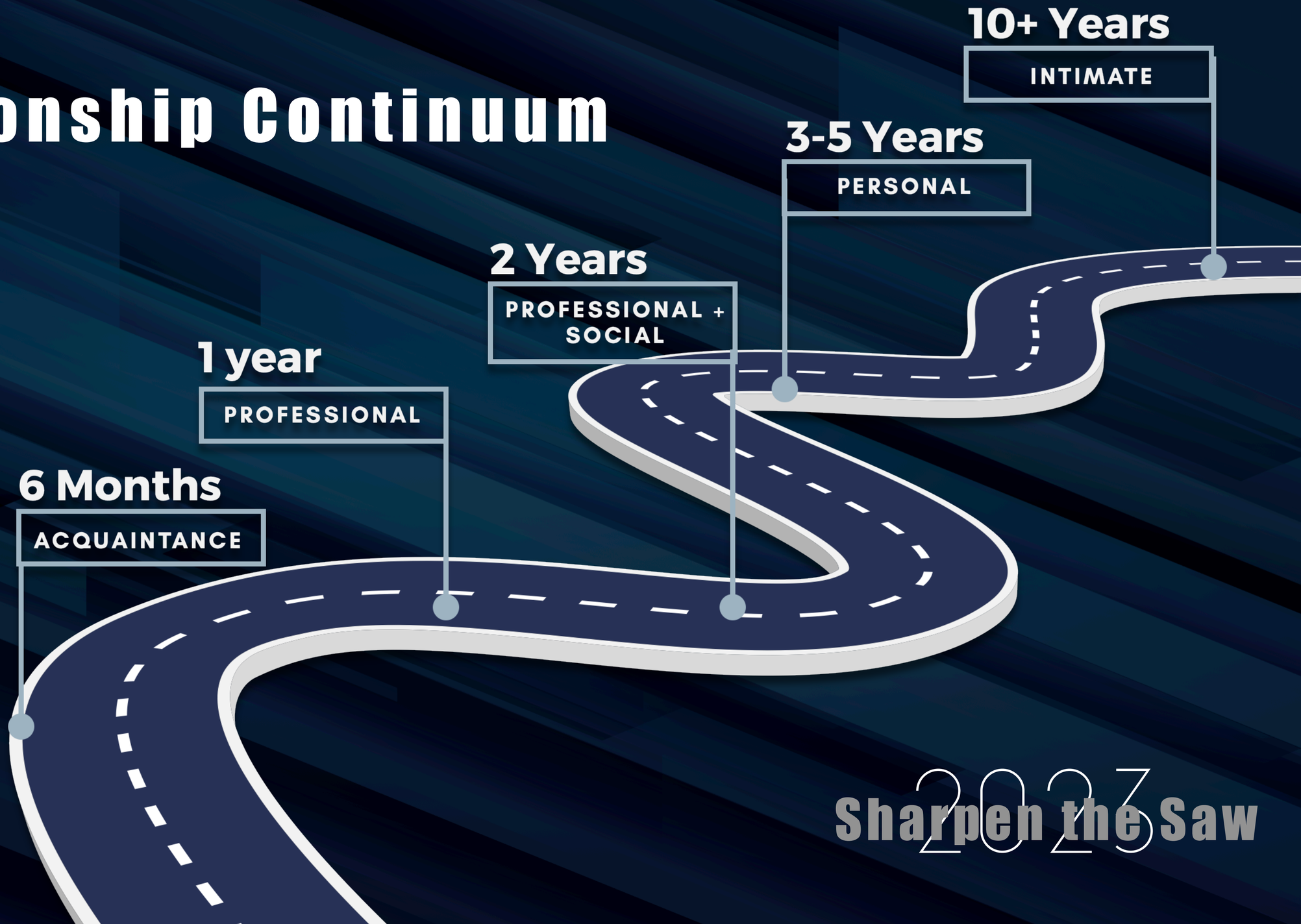
The Ranking

The Reality

LEADER'S EDGE

2023 Sharpen the Saw

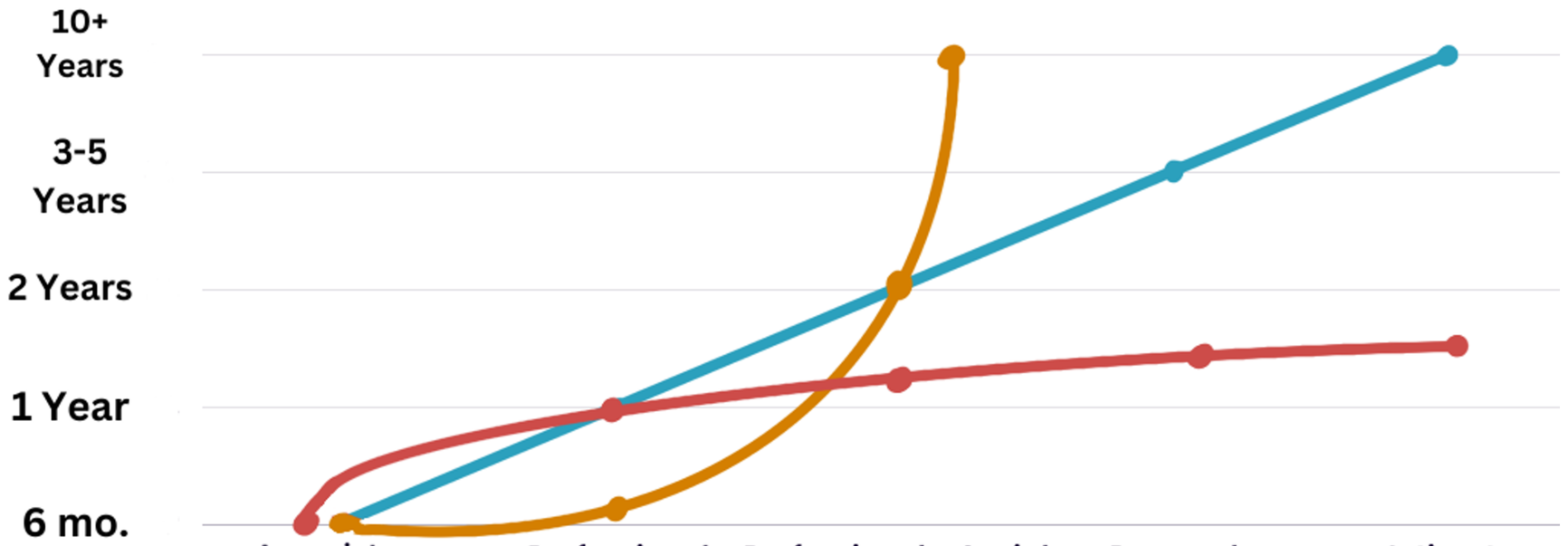
Relationship Continuum



LEADER'S EDGE

2023 Sharpen the Saw

Relationship Trends



Healthy

The relationship matures at a steady rate in shared time and space.

Restricted

Despite significant shared time and space, the relationship has plateaued.

Unrestricted

The eagerness and urgency to progress the relationship pushes past the time needed to grow at a healthy rate.

Of course there is an exception...

LEADER'S EDGE

2023 Sharpen the Saw

LEADER'S EDGE

2023

Sharpen the Saw

Sharpening Your Relationships

The Rules

The Ranking

The Reality

LEADER'S EDGE

2023 Sharpen the Saw

Sharpen Your Reflections

What's it like on the other side of you?

The Gold Rule of Relationships

LEADER'S EDGE

2023 Sharpen the Saw

Sharpen Your Relational Skill Set

Make Peace With your Past

LEADER'S EDGE

2023 Sharpen the Saw

Make Peace with Your Past

UNRESOLVED **CONFLICTS**
UNPROCESSED **GRIEF**
UNFINISHED **GUILT**
UNFULFILLED **PROMISES**

LEADER'S EDGE

2023 Sharpen the Saw

“If you don’t make peace with your past, you will stay a prisoner to it.”

LEADER’S EDGE

2023 Sharpen the Saw

Sharpen Your Relational Skill Set

Make Peace With your Past
Be Purposeful with your Present

LEADER'S EDGE

2023 Sharpen the Saw

Make Peace With your Past

The choices you make today are the predominant factors in your success and satisfaction of tomorrow.

LEADER'S EDGE

2023 Sharpen the Saw

Sharpen Your Relational Skill Set

Make Peace With your Past
Be Purposeful with your Present
Stay Positive About Your Potential

LEADER'S EDGE

2023 Sharpen the Saw

Questions?

LEADER'S EDGE

2023 Sharpen the Saw

Thank You!

LEADER'S EDGE

2023 Sharpen the Saw

Brian Millard

SPEAK YOUR PEACE

CEO and Founder

sypinfo1@gmail.com

330-323-5670

Social / Emotion

LEADER'S EDGE

2023 Sharpen the Saw

The Power of Our Words

Mental

Bruce Pulver

ABOVE THE CHATTER .OUR WORDS MATTER

THE WORD GUY. AUTHOR. TEDX SPEAKER
GUIDE. PODCASTER & ENCOURAGER

The Power of Our Words

"Death and life are in the power of the tongue;
And they that love it shall eat the fruit thereof"

Proverbs 18:21 KJV

LEADER'S EDGE

2023 Sharpen the Saw

S hare - YOUR WORDS ARE AN ASSET

M anifest - YOUR WORDS ARE AN ASSET

A lign - MINDSET DRIVES ACTIONS

R ecognize - POWER OF A SINGLE WORD

T ake Away - AN IMMEDIATE NEW SKILL

LEADER'S EDGE

2023 Sharpen the Saw

PSYCHOLOGY TODAY Numbers

25,000 - 50,000 Thoughts/day

70% Negative

95% Repeated

LEADER'S EDGE

2023 Sharpen the Saw

MAYO Clinic

Health Benefits of Positive Words and Thinking

LIFE SPAN
RESISTANCE TO ILLNESSES
PSYCHOLOGICAL AND PHYSICAL WELL-BEING
CARDIOVASCULAR HEALTH
BETTER COPING SKILLS DURING HARDSHIPS & TIMES OF STRESS

RATES OF DEPRESSION
LEVELS OF DISTRESS AND PAIN
RISK OF DEATH CARDIOVASCULAR DISEASE AND STROKE
RISK OF DEATH FROM CANCER
RISK OF DEATH FROM RESPIRATORY CONDITIONS
RISK OF DEATH FROM INFECTIONS

LE LEADER'S EDGE

2023 Sharpen the Saw

Story of a Broken Heart

LEADER'S EDGE

2023 Sharpen the Saw

The New England Journal of Medicine

DISSECTING ANEURYSM IN PREGNANCY ASSOCIATED WITH AORTIC INSUFFICIENCY*

Report of a Case with Successful Surgical Repair

MICHAEL HUME, M.D.,† AND GERALD KROSNICK, M.D.‡

NEW HAVEN, CONNECTICUT

THE various surgical technics now available for the management of dissecting aneurysm of the aorta have recently been summarized.[1] Alertness and an aggressive approach in diagnosis and treatment will be rewarded with an increasingly favorable prognosis in the patients who do not succumb abruptly in the initial phase of the disease. Pregnancy is one of the conditions with which aortic medial necrosis and dissecting aneurysm are associated. Acute aortic insufficiency as a further complication of dissecting aneurysm in pregnancy is relatively uncommon, and the management of such a case, reported below, illustrates many of the technical difficulties that may be encountered. It is believed that this is the first case in which this combination of lesions was successfully corrected in a pregnant woman.

CASE REPORT

D.W.P., a 32-year-old gravida 2, para 1, was admitted to the Grace–New Haven Community Hospital on April 8, 1961, at term, in active labor and complaining of severe pain in the thorax and left leg. Severe pain, located in the epigastrium and left pectoral area awakened the patient and was followed shortly by spontaneous rupture of the amniotic membranes. In transit to the hospital severe pain developed in the left leg, followed by numbness and weakness so that the patient was unable to stand at the time of admission.

A previous uncomplicated pregnancy had terminated with the delivery of a healthy male child 33 months before admission. There were no complications in the post-partum period. The present pregnancy had been uneventful. A weight gain of 8.2 kg. (18 pounds) had occurred, the blood pressure had remained normal, and no edema and no proteinuria had been noted. There was no past history of hypertension or rheumatic or cardiovascular symptoms. The family history was noncontributory.

Physical examination revealed a well developed pregnant woman in acute distress who was complaining of pain in the left leg. Uterine contractions were occurring every 3 to 5 minutes. Body configuration was mesomorphic, and general examination did not reveal abnormalities of the ocular lenses, arachnodactyly or skeletal deformities. The blood pressure was recorded at 130/78 on admission and became 170/40 shortly thereafter. The pulse at that time was 90 and of a collapsing quality. A loud, blowing, to-and-fro murmur was heard along the left sternal border in the 3d intercostal space and was transmitted to the apex, where some observers heard, in addition, a low-pitched, rumbling diastolic murmur. The 1st heart sound was accentuated at the apex. The lungs were clear. The abdomen was enlarged by the pregnant uterus, over which the fetal heart tones were audible in the left lower quadrant. No other organs could be felt. The left external iliac pulse was absent; the right common femoral artery revealed a thrill and bruit. The only other pulse palpable in the lower extremities was the right popliteal. The left lower leg was pale and insensitive, and there was no motion of the toes. Cyanosis extended up the left thigh to above the inguinal ligament. Rectal examination revealed the cervix to be dilated 3 cm.

Because labor was progressing slowly the left femoral artery was explored under continuous spinal anesthesia with 0.15 per cent tetracaine hydrochloride (Pontocaine) with epinephrine, 1:200,000, revealing that this vessel was collapsed and pulseless. Low-transverse cesarean section was then carried out through a long midline abdominal incision, and a normal male infant weighing 2977 gm. was delivered. After removal of the placenta and repair of the uterus the left iliac artery was exposed. Good pulsations could be felt in the common iliac and internal iliac arteries on the left and throughout the right side, but there was no pulsation in the left external iliac artery. Palpation of the common iliac artery revealed that it contained thrombotic material, which was removed through a short transverse arteriotomy. Because this failed to restore flow distally further exploration lateral to the sigmoid mesentery was performed. It became apparent that dissection of the media was present and had become circumferential in the external iliac artery, with obliteration of the true lumen. Exposure of the abdominal aorta revealed the presence of a false lumen on the anterior aspect of its bifurcation extending down both common iliac arteries. The false lumen was decompressed by division of the left common iliac artery near its origin. An 8-mm. re-entry lumen was constructed proximally, and the divided wall was reinturned distally. It was necessary to bypass the external iliac artery, a crimped knitted dacron replacement of 8-mm. diameter being inserted end to side, above and below. Pedal pulses were restored when the anastomosis was completed, and the abdomen was closed with continuous and interrupted sutures.

The blood pressure stabilized at 140/50 in both arms, 110 systolic in the right leg and 85 systolic in the left leg, as judged by obliteration of the pedal pulse by the blood-pressure cuff. A bruit could be heard in the right brachial artery, both carotid arteries and in the right femoral artery. There was a pronounced systolic motion of the earlobes. Blowing systolic and diastolic murmurs were present along the left sternal border and were transmitted to the apex of the heart and to the neck. Hypesthesia over the left foot cleared after several days. The patient received penicillin, streptomycin and methylergonovine maleate (Methergine) and also opium alkaloids (Paratopon) for incisional pain. Autonomic blockade was continued with tetracaine hydrochloride in an effort to prevent hypertension. After 48 hours the peridural catheter was removed. Films of the chest taken with a portable apparatus disclosed clear lung fields, slight enlargement of the heart and widening of the aortic arch. An electrocardiogram showed only peaking of the T waves throughout, suggesting ischemia. By the 3d post-operative day a few rales were noted at the end of inspiration at both lung bases, and reserpine was introduced and phenobarbital given. The blood pressure ranged from 130/40 to 165/32. On the 7th postoperative day the cardiac rate rose to 160, and the venous pressure to 100, and dyspnea, orthopnea and cyanosis and cough occurred, productive of pink foam. Rales and wheezes were heard throughout both lung fields. Improvement followed rotating tourniquets, administration of oxygen with intermittent positive pressure and by nebulizer, alcohol and isoproterenol (Isuprel). Morphine and aminophylline were given intravenously, and digoxin, 1.2 mg. Symptoms returned when the tourniquets were discontinued, and phlebotomy was then performed, with the withdrawal of 500 ml. The systolic blood pressure fell to 90, and metaraminol bitartrate (Aramine), 10 mg., was administered and repeated every 2 hours to maintain the blood pressure between 90 and 100. The plasma was removed from the blood obtained at phlebotomy, and the cells returned to the patient. Irregularities of the pulse were attributed to digoxin, and potassium chloride (40 milliequiv.) was given.

*From the Department of Surgery and the Department of Obstetrics and Gynecology, Yale University School of Medicine.
Aided by the Danbury-New Milford (Connecticut) Heart Association.
†Assistant professor of surgery, Yale University School of Medicine; Markle Scholar in Medical Science.
‡Clinical instructor in obstetrics and gynecology, Yale University School of Medicine.

Reprinted from the *New England Journal of Medicine*
264:124-128 (January 24), 1963

MARCH 35 CENTS • THE MAGAZINE FOR YOUNG ADULTS
REDBOOK

by Terry Morris

THE ORDEAL OF DOROTHY PULVER

WITH HER OWN LIFE AND THAT OF HER UNBORN CHILD AT STAKE, SHE FACED A COMBINATION OF RISKS THAT NO OTHER WOMAN IN MEDICAL HISTORY HAD EVER SURVIVED

Moments of happiness, roughhousing with her sons Brent and Douglas (left) or socializing with them and husband Arthur (above), help Dorothy Pulver forget a frightening past.

through the day Dorothy Pulver moved easily through well-ordered world of her home, untouched by any e of anxiety, although she expected to give birth in ut ten days. That morning—April 8, 1963— her obste- ian had assured her that her condition was good. Reas- ring too was the happy memory of having given birth ithout incident, three years earlier, to a son, Douglas. nd she had, besides this, her own history of splendid alth, with nothing more serious than measles and in- ected tonsils in all her 32 years.

Yet that night, from the instant a sharp stab of pain wakened her so suddenly that she cried out, Dorothy ulver was plunged into a battle for life which no one in reviously recorded medical history had ever won. Only ow that her recovery is complete can Dorothy and her husband bear to reconstruct the events of that night and the months and years that followed.

"The way it happened," she says, "I knew least of anyone how desperate the situation was. I remember that awful stab in my chest and the way labor pains began with the intensity I'd never felt with Douglas. Then my sac of water broke and the doctor told Art to get me to the hospital right away. But it was eleven o'clock at night and Douglas was fast asleep, and we had to look after him first."

Arthur Pulver telephoned their next-door neighbors, Florence and Robert Stebbings, who had three children of their own. "I spoke to Bob," Arthur recalls, "and we decided the best thing would be for Douglas to sleep at their house. So I wrapped him in a blanket and Bob came to get him. And Douglas slept through it all."

Moments later Bob Stebbings returned. He asked if the Pulvers wanted him to drive them to the hospital. Arthur Pulver gratefully accepted. With Bob Stebbings behind the wheel of the car, he could concentrate on helping Dorothy.

Arthur eased his wife into the front seat of the two-door sedan, where she sat with one leg extended, and he got into the back.

"As we drove," Dorothy Pulver recalls, "the pain in my leg went away, but instead there was this numbness. I couldn't feel the leg and I got panicky. I begged Art to help me wake it up. He climbed over beside me and began to rub the leg. 'It's nothing,' (Continued on page 124)

Lauren Order

Teresa R. Greene

Paige Turner

Cliff Hanger

Gustov Wind

Justin Case

Ophelia Pulse

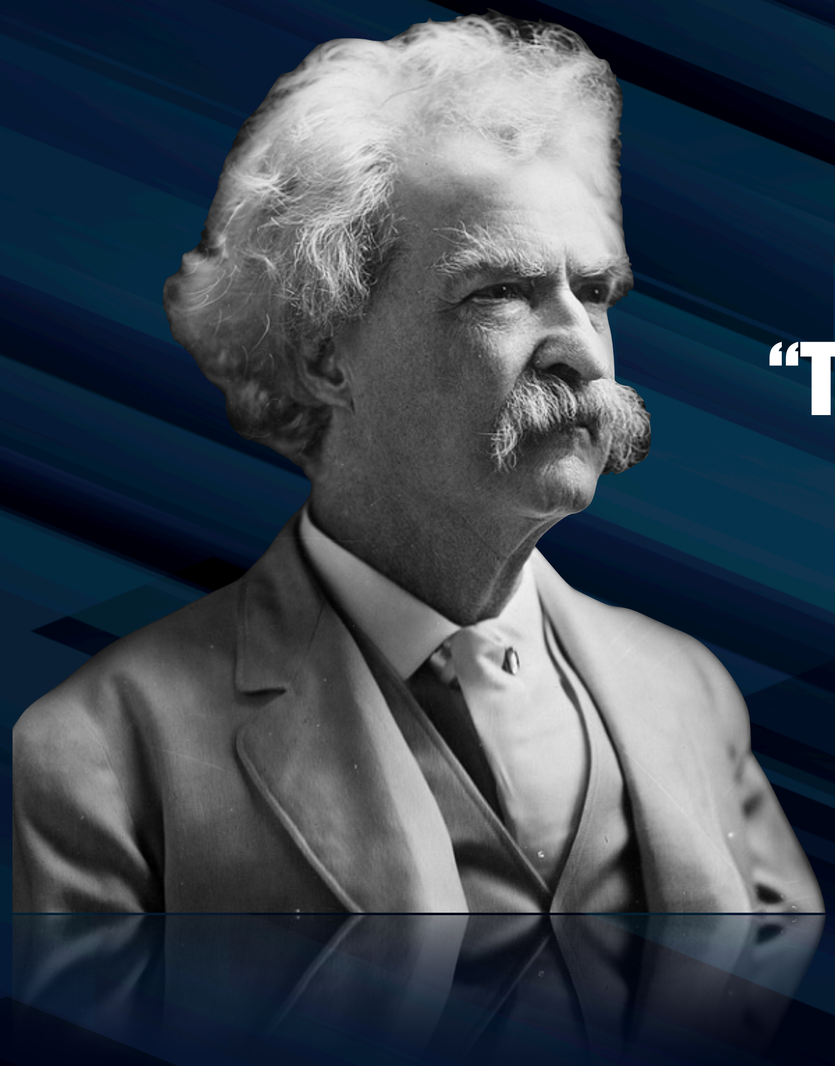
LEADER'S EDGE

2023 Sharpen the Saw

Life as a Pulver Child

LEADER'S EDGE

2023
Sharpen the Saw



"The two most important days in your life are the day your are born and the day you find our why"

MARK TWAIN

LEADER'S EDGE

2023 Sharpen the Saw

Story of a Broken Spirit

LEADER'S EDGE

2023 Sharpen the Saw

My BAM! Moment

LEADER'S EDGE

2023 Sharpen the Saw

STRONG

Stand
Tall
Remain
Optimistic
Now
Go for it

AWESOME

A
Wonderful
Experience
Shall
Overwhelm
My
Expectations

YES I CAN

You
Expect
Success
In
Challenging
Activities
Now

LE LEADER'S EDGE

2023 Sharpen the Saw

On my FAITH JOurneY

FAITH

F acing
A nything
I nsurmountable
T rust
H im

TRUST

T o let go when afraid
R elying not on my understanding
U sing Faith not searching for facts
S aying YES without seeing
T ested makes it stronger

GIFTS

G od
I nstalled
F eatures
T o
S hare

LEADER'S EDGE

2023 Sharpen the Saw

On my FAITH JOurneY

I can SETTLE

S eek ye first the kingdom of GOD (Matthew 6:33)
E verything God has created is good (1 Timothy 4:4)
T rust in the Lord with all my heart (Proverbs 3:5)
T he Lord is my strength and my shield (Psalm 28:7)
L ays me down in green pastures (Psalm 23:2)
E nables peace beyond my understanding (Phil 4:7)

LEADER'S EDGE

2023 Sharpen the Saw

Manifest – Your Words are an Asset

MEMORABLE

Ask not what your country can do for you…

INSPIRATIONAL

When the going gets tough…

DECLARATIVE

One small step for man, one giant leap…

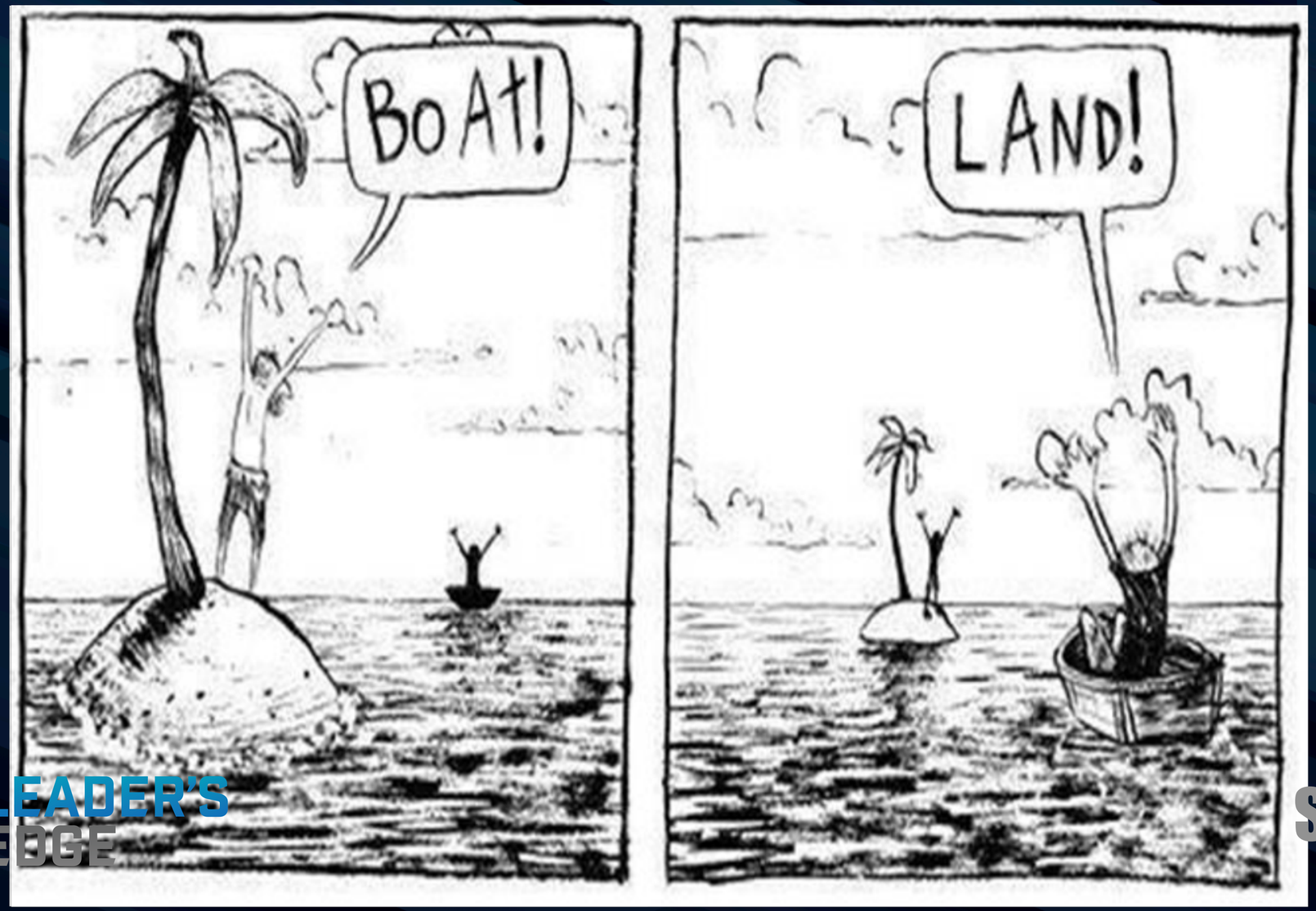
MOTIVATIONAL

Just __?__ It (Nike)

LEADER'S EDGE

2023 Sharpen the Saw

The Asset of Perspective



LEADER'S EDGE

2023 Sharpen the Saw

Align - Mindset drives actions

C an't
H andle
A nymore
N egative
G ut-Wrenching
E xperiences

Change

C ircumstances
H ave
A ltered
N ow
G et
E ngaged

C hallenge Disruptively
H elp Endlessly
A ct Compassionately
N avigate Pragmatically
G et after it Tenaciously
E ngage Passionately

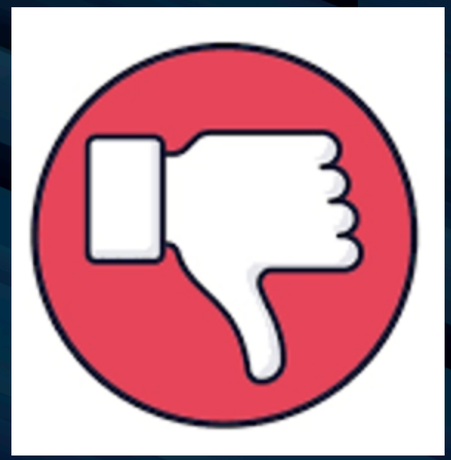
LEADER'S EDGE

2023 Sharpen the Saw

Align - Mindset drives actions

Mindset drives actions

- BOUND
- BUCKLE
- HOLD UP
- LEFT
- STUCK



LEADER'S EDGE

2023 Sharpen the Saw

Are We Paying Attention?

Untie the

Kick the ‘t

are not	aren't
cannot	can't
could not	couldn't
did not	didn't
do not	don't

©2008 abcteach.com

LEADER'S EDGE

2023 Sharpen the Saw

Recognize the power of a single word

COMMIT

What

C ount
O n
M e
M aking
I t
T here

How

C ome with +
O ur time
M ake self-promises
M ake service the priority
I nline goals and actions
T he results come

Why

C ould save a life
O h the ripple to inspire
M y team benefits
M ore to lose by waiting
I t just means more
T he time is now

LEADER'S EDGE

2023 Sharpen the Saw

not able
notable

LEADER'S EDGE

2023 Sharpen the Saw

no where
now here

LEADER'S EDGE

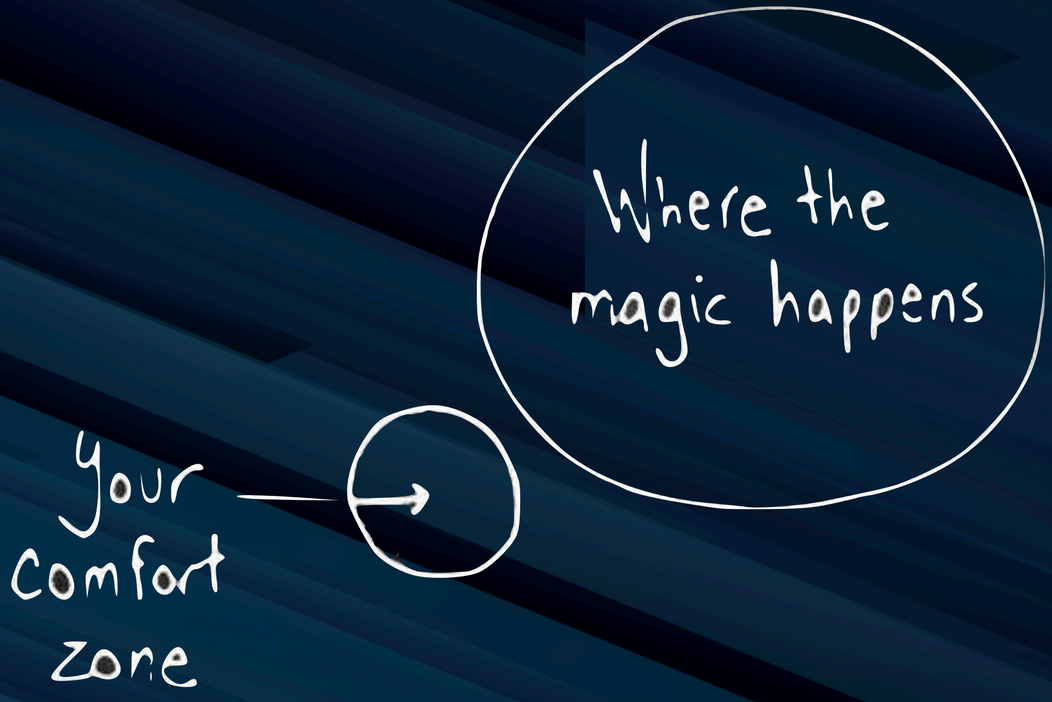
2023 Sharpen the Saw

The Take Away - A New Mindset Trigger

LEADER'S EDGE

2023 Sharpen the Saw

Your Take Away -



Pick your word

Write it vertically

For each letter, write a word or phrase defining what the word means to you

THERE ARE NO WRONG ANSWERS

LEADER'S EDGE

2023 Sharpen the Saw

Closing Challenge

- Pay attention to your thoughts/words
- Replace a “-”with a “+”
- Keep your word with you
- Find opportunities to share your word with others
- Track your progress, actions, and outcomes

| CHANGE **Words** | CHANGE **Mindset** | CHANGE **Outcomes** |

The Power of Our Words

Mental

Bruce Pulver

ABOVE THE CHATTER

Scan QR Code to stay connected

LEADER'S EDGE

Sharpen the Saw

2023

"UNLOCKING SUCCESS THROUGH DAILY RENEWAL AND EFFECTIVE HABITS"

LE LEADER'S EDGE

safe
HARBOR

LE LEADER'S EDGE

YOU ARE INVITED TO ATTEND THE

Safe Harbor Social

SATURDAY, NOVEMBER 11

DOORS OPEN AT 5:45 PM

TOM BENSON HALL OF FAME STADIUM
CLUB LEVEL

SAFE HARBOR SOCIAL

TO LEARN MORE ABOUT THE EVENT OR TO PURCHASE TICKETS,
VISIT SAFEHARBOROHIO.ORG/SOCIAL OR SCAN THE QR CODE.

Round Tables 2024

LEADER'S EDGE

RADICAL MANHOOD

LEADER'S EDGE

2023

Sharpen the Saw

Bruce Pulver

ABOVE THE CHATTER

Mental

Dr. Michelle Levitt,

FELLOW OF THE AMERICAN ACADEMY OF PEDIATRICS

Physical

LE LEADER'S EDGE

2023

Sharpen the Saw

Brian Millard

SPEAK YOUR PEACE

Social / Emotion

Dwight Mason

FOUNDER OF LEADERS EDGE

Spiritual

LE LEADER'S EDGE