7 Moments That Define Excellent Leaders

Dr. Frank Tracz Director of Bands Kansas State University

#1 - A Moment to Commit Giving Your All Time Best

"Your life changes the moment you make a new, congruent and committed decision"

Think Excellence
 Create a Compelling Cause
 Secure Your Foundation

#2 - A Moment to Plan *Taking Time Out*

"It takes time to succeed because success is merely the natural reward of taking time to do anything well"

Set a High-definition Vision
 Optimize Your Sweet Spot
 Magnify Your Leadership

#3 - A Moment to Act Making Every Minute Count

"It's not the hours we put in on the job but what we put into the hours that counts."

Check Your Focus
 Treasure Your Precious Resources
 Make Real-time Decisions

#4 - A Moment to Connect

Reaching for the Hands of Time

"Many Times a day I realize how much my own outer and inner life is built upon the labors of my fellow men, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received from that connection."

Look Beyond Your Employees
 Cultivate Your Network
 Ritualize Your Team

#5 - A Moment to Invest Giving Your Time To Improve A Life "If we are to truly invest in this generation of workers, we must offer a brain to pick, an ear to listen, a model to follow and, sometimes, a push in the right direction"

Inspire Future Leaders
 Live Your Legacy
 Exercise Your Brain

#6 - A Moment to Change *Adapting to the Times "We cannot become what we need to be by remaining what we are."*

Delight in Discomfort
 Know Fear
 Multiply Your Power of One

#7 - A Moment to Conquer *Standing the Test of Time* "Time is the cruelest teacher; first she gives the test, then teaches the lesson."

Move Through Adversity
Take Your Stand
Stick To It

Seizing the Moment A Time to Excel

How good is hot chocolate?

"You can only know if you have been outside, sledding, careening down hill about as fast as you ever want to go, until you've gone until you just cannot climb the hill even one more time, until you realize that your clothes are drenched, and coldness has gripped through your skin down to your very core, until you drag yourself to the kitchen, to warmth and sustenance and light. That's how good hot chocolate is."

Dr. Frank Tracz

Kansas State University ftracz@ksu.edu (785) 532-3816