

APPETITE FOR SUCCESS

Modeling: A Servant Leader's Influence

Leader Attribute of the Month



Modeling is more than just leading by example; it's a powerful tool through which servant leaders inspire commitment, dedication, and greatness in their followers. By embodying values and behaviors consistent with their organization's beliefs, servant leaders shape environments and set ethical tones that resonate with their teams.

The influence of a leader's modeling is profound. Followers observe and emulate their leader's actions, internalizing their behavior and values. When leaders consistently demonstrate respect, servitude, adaptability, work-life balance, and time management, they cultivate a culture of excellence and accountability within their teams. This modeling fosters a sense of trust, cohesion, and motivation among followers, driving them towards shared goals and aspirations.

Leaders can increase the impact of their modeling by demonstrating respect, servitude, adaptability, work-life balance and time management. By honing these traits, servant leaders maximize their impact, empowering followers to reach their full potential while fostering a culture of excellence and well-being. Through modeling, leaders shape not only the present but also the future of their organizations and communities.



Nutrition and Leadership

by Brandon Mattion, Fitness Trainer

Leadership modeling extends beyond professional conduct to personal habits, including nutrition. A leader who prioritizes health and wellness through their dietary choices sends a powerful message to followers about the importance of self-care and vitality. By promoting nutritious eating habits and balanced lifestyles, leaders not only enhance the well-being of their teams but also cultivate a culture of vitality and productivity.

Leaders can promote healthy lifestyles by watching what they eat. How does someone in leadership know what they should be eating? A balanced diet is key. The elements that make up a healthy diet are calories, macronutrients, and micronutrients. Calories are a measurement of energy that is used to determine how much food we should be eating in a specific time frame depending on your specific goals.

Calories are only a part of the equation. Macronutrients are going to determine how nutritious your meals actually are. Protein is known as the building blocks of the body. Protein is going to help you build muscle, stay energized, and satiate throughout the day. Consuming protein throughout the day will ensure that you stay productive throughout the day.

The second element is carbohydrates. Carbs get a bad wrap because people think they make you fat. Really carbs are the gas to the body's fuel system. Carbs are going to break down into sugar so that it can be used for energy throughout the day and keeps the brain sharp.

The third element is fats which help the body with hormone production and keeping the body's systems regulated. Making sure everything is in line with your specific intake needs is essential to be an effective leader and sets the tone for those who you are leading.



Brandon Mattison
Fitness Training Program



You Are What You Eat!

by Kiara A. Johns

You are what you eat! Cliche right? Well I've always realised that when I eat bad, I felt bad. This was a cycling, that I've decided ends with me. I believe in modelling and demonstrating healthy eating habits not only for my own well-being but also for the future health of my son and daughter. Transitioning to a vegan lifestyle has been a significant part of this journey for me. By incorporating more plant-based foods into our diet, I aim to show my daughter the importance of nourishing our bodies with wholesome, nutrient-rich foods.

As someone who has struggled with obesity, binge eating, and the harmful use of diet pills in the past, I am determined to break this cycle for both myself and my children. I want them to grow up understanding the value of making mindful food choices and developing a positive relationship with food. Embracing a vegan lifestyle not only aligns with my ethical beliefs but also provides numerous health benefits, including reducing the risk of chronic diseases and promoting overall well-being. By embracing this lifestyle and demonstrating its benefits, I hope to instill in my children the foundation for a lifetime of healthy eating habits, creative meals and self-care.

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Money Matters

by David Wieme, Financial Advisor
Primerica Financial

The Compound Benefits of Health and Wealth: Why Consistency Matters

In the journey of life, two crucial elements often overlooked are health and wealth. While they may seem disparate, a closer look reveals a striking similarity in their principles of growth – the power of compound interest. A daily nutrition plan for health and regular contributions to a retirement savings plan both showcase this phenomenon, highlighting the transformative impact of consistency and discipline.

Embarking on a daily regimen of healthy eating can be daunting. The initial change in habits, the cravings, and the understanding of what good nutrition looks like, deter many. Similarly, saving for retirement demands discipline and sacrifice, often requiring consistent contributions that may seem insignificant at first. However, just as overall health improves over time with consistent nutrition habits, financial health flourishes through regular savings.

The magic lies in compound interest. Consider this: starting at age 21, contributing only \$200 per month (\$50 per week) to a retirement savings plan with an average interest rate of 10% (the average market returns), one could accumulate a staggering \$1,150,000 by age 60. Wait until 65 to retire, and the same scenario yields an astonishing \$1,900,000. This exponential growth illustrates the power of consistency and time in building wealth.

In essence, a nutrition plan and regular contributions to a retirement savings plan require daily discipline and perseverance. Despite the initial challenges, the long-term benefits are invaluable. By embracing consistency in these endeavors, individuals can harness the power of compound interest to lead healthier, wealthier lives.



Dr. R.J. Johns
Leadership
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Leadership Legends: A Case Study

by Dr. R.J. Johns Leadership Coach

In a bustling urban neighborhood, Sarah, a seasoned community organizer, took Maya under her wing. Sarah, known for her dedication to social justice causes, became a mentor and guide to Maya, a passionate young activist eager to make a difference in her community.

Sarah embodied her values of advocacy and compassion in her everyday actions. Whether organizing rallies, volunteering at local shelters, or advocating for marginalized communities, Sarah's commitment to social justice was evident. Maya looked up to Sarah as a role model, inspired by her passion and dedication to making a positive impact.

Sarah practiced servant leadership by prioritizing the needs of the community above her own interests. She mentored Maya with patience and empathy, empowering her to find her voice and pursue her passions. Through her servant-hearted leadership, Sarah instilled in Maya the importance of serving others with humility and compassion. As Maya shadowed Sarah in various community initiatives, she gained invaluable hands-on experience and mentorship. Sarah provided guidance, shared insights, and encouraged Maya to take on leadership roles within their organization. Maya flourished under Sarah's mentorship, gaining confidence and skills that would shape her future endeavors.

As Sarah's involvement in the community evolved, she entrusted Maya with increasing responsibilities and leadership opportunities. Recognizing Maya's potential, Sarah encouraged her to step up and take on new challenges. With Sarah's guidance and support, Maya embraced her role as a community leader, determined to continue Sarah's legacy of advocacy and compassion.

Under Maya's leadership, the community thrived, with initiatives to address homelessness, promote education, and advocate for environmental sustainability. Sarah's influence lived on through Maya, as she carried forward the values and principles instilled by her mentor. Together, they made a tangible difference in the lives of their neighbors and inspired others to join their cause.

The relationship of Sarah and Maya illustrates the transformative power of mentorship and modeling in everyday life. Through Sarah's mentorship, Maya not only found her passion but also gained the skills and confidence to make a meaningful impact in her community. As leaders, we can learn from their example, recognizing the importance of investing in the next generation and passing on the torch of leadership for a brighter future.

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Impact Spotlight

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"Not Our Blueprint Girls 501c3 is a dynamic nonprofit dedicated to empowering young women by providing mentorship, educational resources, and leadership development opportunities. Through our innovative programs and partnerships, we're reshaping the narrative for the next generation of female leaders, ensuring they have the support and tools needed to thrive and succeed beyond society's expectations."