

How do we create a culture of excellence in our own homes?

Culture is the manifestation of intellectual achievement - collectively.

It's music, art, food, knowledge, stories, community, tradition, customs, language, and even the way you dress.

It's important to not accept mediocrity. You don't want to be lukewarm and "Meh," you want to be fierce and engaged. Nobody wants to be just getting by, stuck on the struggle-bus and holding on.

A culture of excellence is created first and foremost by understanding our core needs. I love Maslow's hierarchy because it covers all the bases.



There are four things that I believe we need to focus on in order to create this culture of excellence in our homes.

1. The first is the focus on performance. Am I doing the things I need to be doing? Am I working on my goals and checklists, and challenging myself daily? We all have to start where we are.

2. Vibrant Vision - seeing IS believing. It helps to create the desire in detail, and your brain doesn't know the difference between your imagination and reality. Train it to seek out and create the life you want.

3. Allow, but don't settle. Change is tough - we want it without having to DO it.

4. Ask yourself "What if?" Make the phone call; ask anyway; the answer is always no unless you ask.

"What if" sparks the scope for the imagination, to quote Anne Shirley. Solutions are creativity in play.

*"We are what we repeatedly do. Excellence then,
is not an act but a habit."*

~ Aristotle