

**JUST
LEAD**
WITH MARK Q



SHOW NOTES

EPISODE 47: Shut Your Big Mouth! (And 5 Other Self-Disciplines)

We cannot be successful in leading our family, organization, or teams unless we first exercise **SELF-DISCIPLINE**. President Harry Truman said this, “In reading the lives of great men, I found that the first victory they won was over themselves, self-discipline with all of them came first.” Before we fight the battle in the world in and in the marketplace, we must win the war with ourselves. Here are six specific areas of our lives where leaders need to show self-discipline.

1. THEIR WORDS: Leaders who say the wrong things at the wrong time can expect problems. Too many leaders hang themselves on their own words, and frankly, TALK TOO MUCH! Control your tongue.

You don't have to say something about everything. Especially in an election year where everyone wants you to weigh in on the political debates, saying “I actually haven't thought about it” is an acceptable answer. You don't have to succumb to the pressure to talk about something you're not ready to talk about.

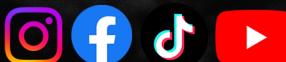
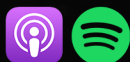
2. THEIR MOOD: Most great things in the world are achieved by those who don't feel like doing them. Without discipline, you're at the mercy of your moods. You're without defense and a helpless victim of your emotions.

As leaders, we often don't get the luxury of wearing our feelings on our sleeves. Being a professional is oftentimes showing up and looking happy even when things are tough. Nobody cares about the labor pains, they just want to see the baby! **In other words, the people you lead deserve you at your best, even when you don't feel like it.**

3. THEIR REACTIONS: Leaders don't fly off the handle even when provoked. When you get angry because of someone else, you're letting that person have control over you. A disciplined person acts rather than reacts. Can you practice sensibility? Can you control your reactions, regardless of someone else's actions?

How you FEEL might be wrong, imagine that! Put some space between when you receive information & the reaction. This gives you the time you need to make the wisest choice. Aggregate what's necessary to respond, even when everyone else is reacting.

4. THEIR SCHEDULE: We all have the same amount of time – 168 hours a week. But leaders know how to use their time effectively. Discipline is the reason some people get more done than others. You don't have time to do everything as a leader, so you need to schedule your priorities. If you don't decide how you'll spend your time, others will decide for you.



We're always asking why we do what we do, and how long does it take? Just remember, a lack of preparation on someone else's part doesn't mean it's an emergency for you!

[New Year Rhythms: Finding The Groove For Your Life, Family, & Organization in 2024](#)

[It's About Time We Talk About Time: Strategies For Every Minute \(Part 1\)](#)

[It's About Time We Talk About Time: Strategies For Every Minute \(Part 2\)](#)

5. THEIR MONEY: Leaders must live within their means. The way you manage the resources given to you is a glimpse into how you'll manage the resources of others. Can you be trusted with a little before you're trusted with a lot? Can you manage a business if you can't manage your household?

If you're not careful, poor money management can hold you back from golden opportunities. The key to self-discipline in finances especially is **delayed gratification**. We have to resist the "I want it now" mentality.

6. THEIR HEALTH: For many of us, our bodies need more exercise, more rest, and fewer calories. Leadership is a marathon. If you want to go the distance, treat your body with respect.

We come full circle here. Your health affects your mood, so it starts here first. If we want longevity, taking your health seriously is a must.

PURCHASE PASTOR Q'S FIRST BOOK:

[How You Start Your Day Sets Your Day by Mark Quattrochi](#)

100% of proceeds go to support our premier leadership program for high-school & college-age students — The Internship. Learn more about **[The Internship!](#)**

CONNECT WITH US:

- [Mark Q | Instagram](#)
- [JUST LEAD | Instagram](#)
- [JUST LEAD | TikTok](#)
- [JUST LEAD | YouTube](#)

LISTEN & SUBSCRIBE

If you haven't yet, make sure to tap subscribe on your favorite podcast platform — [Apple Podcasts](#), [Spotify](#), and more. We release **NEW episodes on the 1st and 3rd Wednesday** of every month. Turn on your notifications and you'll be the first to know when new content drops.

LEAVE A REVIEW

If you love the show, head over to Apple Podcasts and leave us a [5-Star Review!](#) This is one of the best ways to help other people find us and join the JUST LEAD community.