

**DISCOVER**  
LEADERSHIP TRAINING™

**NOT DEFINED BY MY YESTERDAY  
LIVING IN THE COVID-19 CHAOS**

**BREAKING  
NEWS**

**LIVE**

**A DISCOVER EBOOK**

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*I received a gift from my wife,  
and I submit that likely some  
of you did too, when she said  
that she really did not get what  
I meant when I made the  
statement, "I will not be  
defined by my yesterday."*

She forced me to think about where that came from, why I affirmed it so often, and taught others to affirm it as well. Her question made me ask myself how many others have walked away not fully understanding what that very powerful affirmation meant to me and how powerful it would be for them to redefine their lives daily with this as their truth also.

The world as we knew it a few weeks ago, is not the same world that we are presently experiencing. The same mind that got you to successes yesterday, will not get you to success today. Dark clouds of





Coronavirus have rolled in and an eerie feeling of a loss of control has begun to settle in.

We have been instructed to work from home and schools, restaurants and other public establishments have closed. We have been warned that we should distance ourselves from other human beings. Today is different from yesterday **and what got you to success yesterday, will not get you to success today.**

**MY COACHING IS TO FOCUS ON THE THINGS YOU DO CONTROL AND LISTEN TO AND FOLLOW THE INSTRUCTIONS OF MEDICAL PROFESSIONALS**

You have at least two choices available to you; you can be worried, or you can be concerned. If you find yourself worried, it is likely because you are more focused on things you have NO control over. If you are worried, it is likely because you are focused on everything that could possibly go wrong.

I submit that worrying is a waste of your time and energy. I believe you should be concerned as this is a very serious pandemic. As you are concerned, my

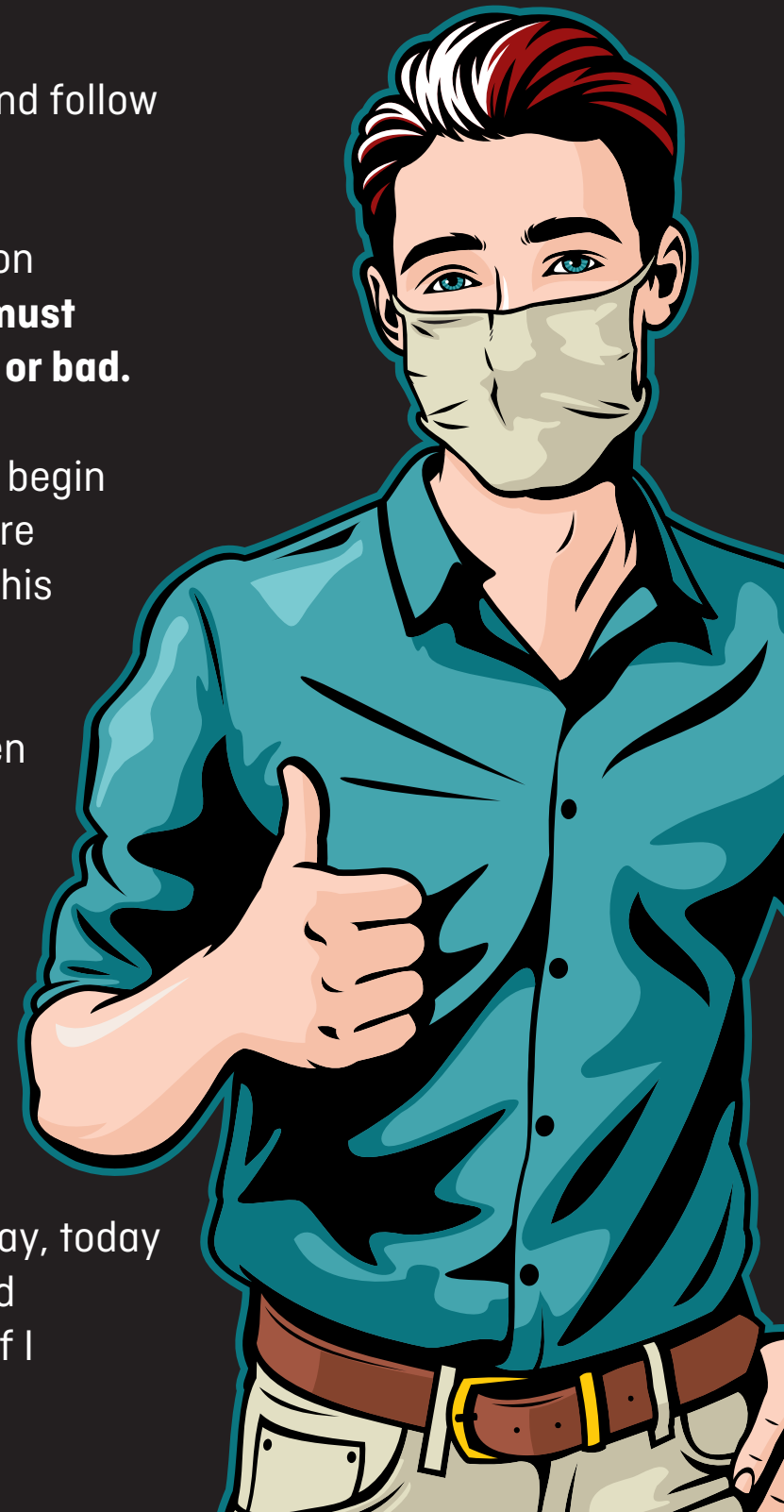
coaching is to focus on the things you do control and listen to and follow the instructions of medical professionals.

During this chaos, you can focus on surviving or you can focus on thriving. **NO matter how good or bad your yesterday was, you must commit that you will not be defined by yesterday's news, good or bad.**

Today the score on your score board is zero/zero and you get to begin again, affirming what you are focused on, affirming what you are committed to do over the next few days or weeks to transform this negative situation into a positive reality for yourself.

I find that approaching my day this way allows me to create even more positive outcomes for me, my family, and my friends. Beginning the day with zero/zero on the scoreboard, **I am committed to play the game today with a Just do WIT (Whatever it Takes) attitude.**

I committed to play the game today as if I were a rookie with nothing to lose, focused on defining my day by the positive outcome I was committed to manifest. I realized that if my poor choices during this Covid 19 crisis hurt myself or others yesterday, today was a new day for my actions to earn their trust and respect and redefine what I am committed to do moving forward. However, if I





continued to deliver the same behaviors that destroyed their trust, very likely the behaviors that defined my yesterday are affirming that they should not trust or respect me today, and if I do not deliberately choose to change those behaviors today, they will predictably define my tomorrow.

I say again, "I will not be defined by my yesterday, today I begin again." I am committed to accepting personal responsibility for my choices and I am committed to deliberately be a value add to myself and others in this incredible time of need.

How will you thrive in this chaos, how will you best your best, how will you transform a negative yesterday to a more positive today, how will you redefine yourself in a positive way and how will it benefit you and the people in your life?

How will you redefine you today and how will it benefit you and the people in your life?

**Mike Jones, President**

**Discover Leadership Training**

**[discoverleadership.com](http://discoverleadership.com)**

**713.807.9902**



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