

# Monday Morning Messages

*Teaching, Inspiring and Motivating  
to Lead*

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XEPHOR  
P R E S S



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## INTRODUCTION

*When the ancients said a work well-begun  
was half done, they meant to impress the  
importance of always making a good  
beginning.*

— POLYBIUS

With three minutes remaining in the first half of a football game, my friend Kevin and I, young student athletic trainer assistants, left the playing field to prepare the locker room for the halftime team meeting. Our team, the University of Kentucky, was visiting the home stadium of Clemson University in South Carolina. Over 84,000 screaming Clemson fans were in attendance. The noise generated by the large partisan crowd was deafening, and our team desperately needed to retreat to a quiet locker room to think and refocus before beginning the second half.

Our first task was to move a table from inside the locker room to just outside the door, so we could place water and sports drinks on it. But right after we moved the table through the door, we felt a strong gust of wind and heard the door slam shut behind us. “Do you have the key?” asked Kevin.

“No,” I answered.

Kevin had left our team’s only key inside the room. We had

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locked ourselves and the team out! If we didn't find another way to get back in right away the team would not have a quiet locker room in which to meet during halftime.

Luckily for us, in his ensuing frantic search for help, Kevin met a security guard who had an extra key to the door. He let us into the locker room, just as the horn sounded signaling the end of the first half and seconds before the team ran off the field. For me, that was one of the most stressful moments of my life. I knew how important it was for the coach to gather team members in a quiet place to focus before they went back to the field to compete. Making team members think and reflect one last time before they go forth into an environment full of emotion, hard work, and multiple distractions is critical for any coach.

In my roles outside sports, as a lawyer, university professor, and leader of a 200,000-member worldwide organization, I have learned that people who want to be successful in any endeavor should prepare for their work week much like sports teams prepare to enter the stadium for a big game. For many people, their big game begins each week on Monday morning. After a weekend of rest, relaxation, and reenergizing they prepare to re-enter their office, sales territory, or workplace to make their dreams come true.

Effective leaders and successful people need to be inspired to enter the work week with the same focus and attention to strategy as the members of a team in the locker room. This book will help people who want to be more competitive in life and more productive each week, regardless of whether their goals are social, economic, political, or spiritual.

The messages you will read in this book have been tested and proven to be effective. For more than seven years, they have been refined in response to feedback and conversations