

## **Monday Motivation: First Three Ways to Become a Team Leader by Jon Gums**

Monday mornings often come with a sense of reluctance and a longing for the weekend that just passed. However, what if we approached Mondays with a different perspective? What if we used the beginning of the week as an opportunity to set the tone for success and inspire those around us? This Monday, let's talk about the journey to becoming a team leader, drawing inspiration from the world of high school wrestling.

### **Leading by Example:**

One of the fundamental principles of effective leadership is leading by example. In the world of wrestling, this translates to stepping onto the mat and giving your all, not just when victory seems assured, but especially when the odds are stacked against you. Aspiring team leaders understand the power of influence that comes with setting a standard of excellence. They know that their actions speak louder than words.

Leading by example means embracing challenges head-on, showing resilience in the face of adversity, and maintaining a positive attitude even when the outcome is uncertain. On the wrestling mat, this might mean pushing yourself during practice, displaying sportsmanship in every match, and maintaining a strong work ethic. By embodying the values, you wish to see in your team, you become a beacon of inspiration for those around you.

### **Work Harder Than Anyone Else:**

Becoming a team leader requires an unparalleled work ethic. It's not just about putting in the required hours; it's about going above and beyond, setting a standard that motivates others to strive for greatness. In wrestling, success is often determined by the hours spent refining techniques, building strength, and perfecting one's craft. Remember you are never doing this for recognition, that does not and will not come easy.

The same principle applies to leadership. A team leader doesn't shy away from hard work; they embrace it. They understand that success is not handed out but earned through dedication and perseverance. Whether it's leading a wrestling team or a corporate team later in life, the willingness to work harder than anyone else becomes a contagious motivation that propels the entire team forward.

### **Helping Others on the Wrestling Team:**

True leadership is not just about personal success but about fostering the success of the entire team. In the wrestling world, this means being a mentor and a guide to your teammates. Successful team leaders understand that their achievements are amplified when they contribute to the growth and success of those around them.

Helping others on the wrestling team involves more than just offering technical advice. It's about creating a supportive and collaborative environment where every member feels valued and empowered. A team leader in wrestling might spend extra time with a teammate struggling with a particular move, offering encouragement and constructive feedback. In a broader context, a leader in any field should actively seek opportunities to support and uplift their team members.

**Conclusion:**

Monday mornings can become a source of inspiration and motivation when we approach them with the mindset of a team leader. Whether on the wrestling mat or the professional world, the principles of leading by example, working harder than anyone else, and helping others on the team are universal keys to success.

So, this Monday, let's channel our inner team leader. Let's step onto our respective "mats" with determination, ready to face challenges head-on. Let's embrace hard work as a pathway to success and remember that true leadership is about lifting others up along the way. In doing so, we not only become leaders in our chosen fields but also catalysts for a positive and motivated team culture.