

# Turbo Leadership Systems™

# The **TURBO** **Charger**

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To our clients and friends

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## Pedal To The Metal



Larry W. Dennis, Sr.  
President,  
Turbo Leadership  
Systems©

***Start moving  
~ it's hard to  
stop!***

Chris, general manager for a local mechanical contracting company, told Session 10 of Turbo's Leadership Development Lab (LDL):

"About the time that we started this class, my cycling time was in decline. The time commitment required for this class (I ride mostly in the evenings), coupled with other obligations of my personal time, became excuses for why I wasn't riding as much as I would have liked. Once I started down this path, it became self-compounding – the less I rode, the more strength I lost, and the less I wanted to get on my bike, because I knew it would be hard work.

"In Session 7 of the Leadership Lab, we were asked to create a new 3-week goal. This was just the push I needed to get myself back on the bike. I announced to the entire class that I was going to ride 300 miles in the next three weeks – something I had never done before!

"I started the first week riding shorter distances of around 20 miles, ramping up to 32-35 miles in the second week. During this challenge, I set 14 personal records, and checked off an item from my summer bucket list – I commuted to work last Friday – a round trip of 74 miles!

"Yesterday morning, at about 10:00 at the West end of Zion Church road, I sent my wife a text telling her that I had just completed my 300 mile goal. And I was still 10 miles from home. My three week total ended up at 310.5 miles! Even though the challenge is over, and I will be on vacation next week, I am now committed to 400 miles by the end of this month.

"Over the last three weeks, I learned some things about myself. Not only could I make enough time to achieve this one goal, but I can fit in others as well. I also painted my house, and stained the deck (with the help

of my wife), cleaned out the garage, cleaned my shop, removed an unwanted shed from my yard, and performed a number of other small maintenance items around our home. In session 7(b), we were asked what we have learned about procrastination and inertia. What I have learned is that these appear to be closely related to Newton's first law (as Larry has pointed out to us on multiple occasions). When I was procrastinating (or avoiding) doing something, it just wasn't going to get done unless acted upon by an outside force, a committed-to goal. Once I get moving, it is very hard to stop me.

"The action I want you to take is to apply that outside force of a committed-to goal. Get moving! You will find that the momentum carries you much farther than you might think.





"The benefit you will gain is you will maximize your potential, make moments matter, and get things done!"

**BECOME AN EMPOWERING  
LEADER!**

**Leadership Development  
Labs (LDL) starting after  
Labor Day now forming in  
Beaverton & Vancouver!**

***Chairs are going fast!  
Reserve your seat now!***

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