Joel’s Guiding Principles

The guiding principles that influence how I show up every day at work and at home

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| **CORE VALUES** | **VALUE TRANSLATED INTO A**  **GUIDING PRINCIPLE STATEMENT**  Express the value in terms of what you are going to do about it. |
| **Balance**  “My mindfulness” | I am conscious of my mental and physical health. I create the habits and balance that establish the system on which I operate. Through my routines I create connection to my spirit, my energy, my lifeblood - coffee with Stephanie, yoga, basketball on Saturday mornings, playing guitar on the weekends, tucking in Cameron and Spencer at night, listening to self-improvement books in the car. When I prioritize these into my week, I feel centered, strong and ready. When I prioritize these things into my week, I am able to better appreciate life. These create harmony with the rest of my values. All other desired outcomes depend on my strong mind and body. **My balance creates a virtuous cycle.** |
| **Family**  “My stability and support” | Stephanie, Cameron and Spencer are my foundation. We provide the base of stability, love, care and support for each other. Stephanie and I work hard for each other in both career and for our family. We invest in making memories with our boys to recharge and inspire. We appreciate each other and what we have created and are creating. The possibility and stability give us strength. We encourage our boys to support each other and appreciate one another. **My family is my foundation.** |
| **Team**  **“**My allies**”** | I embody a true team player - hungry, humble and aware. I am unselfish. I invest in partnerships that enable great teaming. Doing things by myself is unfulfilling. I am extremely satisfied when I feel a part of a team working well together and appreciating each other. Being a great teammate brings me joy. I bring out the best in my teammates. **My teams bring out the best in me.** |
| **Work Ethic**  **“**My ability to meet the challenge**”** | I take pride in always putting my best work forward. I prioritize so I can make sure I can do this. I enjoy the hustle, focus, and push required, and feel a sense of accomplishment when I do my best work. I enjoy preparation. My work ethic sets me apart and fuels my success. I do not fear a challenge, because I take satisfaction in working hard. **My hard work makes me proud.** |
| **Dependability**  “My ability to come through” | I follow through. I am true to my word when I make commitments. People can trust and count on me to deliver and expect my best. I am dependable. I am a rock for my family and teams. I am thoughtful and care for those which request help. **My dependability creates deep trust.** |
| **Progress**  “My ability to improve” | I take pride in self-improvement. I enjoy learning about how to be a better person, father, husband, and leader. I respect those that work on themselves. Continuous improvement is a way of work, and of life. I seek out and embrace the feedback that will help me grow. I am constantly moving forward. I enjoy learning about things that broaden my perspective. **My progress moves things forward.** |
| **Harmony**  “My peace with others” | I choose to be an optimist vs. a pessimist. I work through conflict to reach agreements and compromise. I don’t let conflict consume me. I am thoughtful, caring and will go the extra mile for someone to achieve a greater sense of harmony. I am inclusive of others in decision making, and thoughtful of those that will be affected by my decisions. **I create harmony.** |