

CALM-ASS LEADERSHIP CHARACTERISTICS

From the book *“Calm-Ass Leadership:
Allowing Calm Assertive Energy to Transform Your Relationships”*
By Wendie Wylie

THE BUILDING OF TRUST

- Every act of communication with another is an opportunity to build trust.
- Interpret negative behavior as a request for a role model.
- Show people their strengths rather than their weaknesses.
- Remind people their strengths are transferable to all areas of their lives.
- Take your turn and allow others to take theirs.
- Listen to your Higher Self.
- Your way is not the only way. Learn more ways.
- Imagine the higher level intention in every person’s behavior.
- Watch and listen to the unspoken communications around you.
- Make yourself a part of the team.
- Grant people their dignity.
- Trust yourself enough to allow others to learn to trust themselves.
- Be the best and allow others to be the best, too.

PATIENCE AND CONSISTENCY

- Put your attention on the accomplishment of the goal.
- Realize your opposition is smaller and weaker than you imagine.
- Just because you are the only person who feels a certain way does not mean you are wrong.
- Ask for help when there are people who can help you, not when you think you need it.
- Tell people what you’re doing, and why.
- If the reason is no longer applicable, change the actions.
- If the reason is important but forgotten, revive it.
- Give others the opportunity to contribute.
- Expect competency. Be calm-ass-respectful in your expectation.
- Treat everyone as if whatever they think or say is acceptable.
- Cry when all there is to do is cry.
- Laugh when all there is to do is laugh.
- Trick ‘em into enlightenment. Do it with class.

DEFENSELESSNESS

- Give people the experience of love.
- Offer and receive love.
- Do not force any experience on others if they are not able to handle it.
- Do not defend anyone, including yourself.
- Do not attack anyone, including yourself.
- Do not offer explanation or justification for your errors.
- Do not apologize; just acknowledge.
- Some rules need to be broken. Break them.

- Sometimes you are the fire department. Take charge.
- Remember: The person with the better communication skills is responsible for the outcome of the communication regardless of rank or position.
- Get the facts.
- Determine the probabilities.
- Identify resources.
- Set operational objectives.
- Determine a plan of action.
- Measure by frequent evaluation.
- Complete and debrief.

FAITH AND LETTING GO

- Have heroes.
- Know you are a role model whether you want to be or not.
- Get on board with yourself, your family, your community, and your team.
- Make a change if perhaps the direction you are going is no longer your heart's desire.
- Get help if you are keeping others from succeeding.
- Ask the hard questions.
- Look for the intention behind the behavior.
- See the possibility in everyone, especially yourself.
- Learn everything you can about people.
- Forgive everyone, including yourself.
- Get the lesson, forget the incident.
- Hug God and let God Hug you back.
- Believe people can change and you might not realize it.
- Tell people how you feel about them and the contribution they've made in your life.
- Deliver your last words every day.
- Believe in mankind.
- Be a teacher.
- Be a learner.
- Be a Calm-Ass Leader.
- And quit your whining. There's no whining in Calm-Ass Leadership.

We are capable of coming together for a common cause that does not include attack or defense. We are capable of setting lofty goals and accomplishing them without putting any energy or attention into sabotaging others with similar goals.

–Wende Wylie