



My Wellness Journey And how it made me a better leader

Melissa Blinderman

About Me

Wife

Mom

Carpool Driver

Cheerleader

Therapist

Travel Planner

A never-ending list



My Starting Point



OBSTACLE RACE
DEDICATED
TO WOMEN

Disappointment
Sadness
Failure



OBSTACLE RACE
DEDICATED
TO WOMEN

August 2021
Girl's Mud Run



OBSTACLE RACE
DEDICATED
TO WOMEN

Bad Mom
Bad Wife
Unhappy In My Job

“Sometimes when you’re in a dark place you think you’ve been buried, but you’ve actually been planted.” — Christine Caine



The Strong Mom Movement

PHYSICAL, MENTAL, AND EMOTIONAL MASTERY FOR DRIVEN MOMS

AS SEEN ON: CBS FOX ESPN CBC

The Start of My Journey

My tribe



My Tips for You

- ❖ Don't let fear or doubt stop you
- ❖ Don't be afraid to redefine what success means
- ❖ Believe in yourself
- ❖ Do things you are not 100% qualified for
- ❖ Set boundaries that work for you
- ❖ Calm the chaos
- ❖ Learn to say no
- ❖ Do not sweat the small stuff
- ❖ Vulnerability isn't a weakness
- ❖ Be where your feet are
- ❖ Stay positive
- ❖ Never stop learning
- ❖ Be authentically you
- ❖ Say yes to you!



Don't let fear or doubt stop you

You can't stop fear and doubt from being a part of your process but don't let it be the deciding factor in your decision making.

I'd rather regret that things I did than the things I didn't do.





Don't be afraid to redefine what success is

Your past does not define your future.

Your next step is more important than your last step.



**God gave you a
fingerprint that no
one else has, so
you can leave an
imprint that no one
else can.**

Believe in Yourself

Stop comparing yourself to others

Do things you are not 100% qualified for



Upper left: Rafting with my Strong Mom Tribe
Upper right: My amazing depot operations team

Lower left: Winning an award for best customer from one of our logistics carriers
Lower right: Running a winter running series last year





Set boundaries that work for you

Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others.

~Brene Brown





Calm the Chaos

Set Routines

Don't let others bring chaos to your life

Make a plan and execute



Learn to say no

Even when it's not easy



Don't sweat the small stuff

Ask yourself is this worth the effort I am putting in or the stress I am having?

Is this a one way or two-way door?

An environment that is not safe to **disagree** in is not an environment focused on growth - it's an environment focused on **control**.

Wendi Jade

Vulnerability isn't a weakness

No one has all the answers

Good discussions with differing views create the best results



—
Be present where your feet are



Stay Positive

BEING
POSITIVE IN A
NEGATIVE
SITUATION IS
NOT NAIVE. IT'S
LEADERSHIP.

When I focus on the
positive in life, I see more
positive around me

The
FIVE MINUTE
JOURNAL

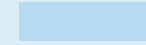
Lift others up daily



Express gratitude daily



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Never stop learning

Listen to audiobooks

Listen to podcasts

Read books

Recent learning for myself is to make sure I have the right people in my foxhole.

Be Authentically you





Say yes
to you!



Books for You

- ❖ Die With Zero by Bill Perkins
- ❖ Never Finished by David Goggins
- ❖ Level Up by Rob Dial
- ❖ The Comfort Crisis by Michael Easter
- ❖ Power Moves by Lauren McGoodwin
- ❖ Unstoppable Teams by Alden Mills
- ❖ It Takes What It Takes by Trevor Moawad
- ❖ The Power of One More by Ed Mylett
- ❖ The Magic of Thinking Big by David Schwartz
- ❖ Compete to Create by Dr. Michael Gervais
- ❖ Atomic Habits by James Clear
- ❖ Untamed by Glennon Doyle
- ❖ The Big Leap by Gay Hendricks
- ❖ Burnout The Secret to Unlocking the Stress Cycle by Amelia Nagoski
- ❖ The Love Prescription by John Gottman, PhD and Julie Schwartz Gottman, PhD
- ❖ Fierce Conversations by Susan Scott
- ❖ Crucial Conversations Tools for Talking When Stakes Are High
- ❖ Dare to Lead by Brene Brown
- ❖ The Gap and The Gain by Dan Sullivan

Podcasts for You

- ❖ The Mindset Mentor with Rob Dial
- ❖ Happiness Lab with Dr. Laurie Santos
- ❖ Life Coach School
- ❖ Ask Lisa – The Psychology of Parenting with Dr. Lisa Damour and Reena Ninan
- ❖ The Positive Mindset Podcast by Henry G
- ❖ The Mel Robbins Podcast
- ❖ Think Like A Champion with co-hosts Russell Wilson, Harry Wilson & Trevor Moawad
- ❖ Best Day Yet – Affirmations for Kids

- ❖ In addition, there is a free program that I would recommend for people. It's by Benjamin Hardy and is a 30-Day Future Self Program. You can google it and sign up.