



Foundation for Excellence



Physical Fitness

Body: Brain & its 5 senses:
Touch, Sight, Hearing, Smell, Taste

- Leader who is visible and displays respectful grooming and attire
- Leader who listens for understanding and does not take offense
- Work environment that is aesthetically appealing
- Work environment that is rich in imagery
- Work culture of excellence in service to all



Mental Fitness

Soul: Mind & its 3 Functions:
Cognition, Understanding, Knowledge

- Leader who relates all actions to the organization's purpose
- Leader who sees what others do not see and is able to inspire *vision* in others
- Work culture that promotes awareness and understanding of operational realities
- Work culture that fosters profound knowledge
- Work culture that evokes intellectual ingenuity



Spiritual Fitness

Spirit: Powers of the Heart:
Reason, Truth, Judgment, Conscience, Imagination, Intuition, Will

- Leader who exercises agency in self and others
- Leader who is thoughtful, reasonable, and confident
- Work culture that creates kindness through empathy and personal honor
- Work culture that evokes risk-taking
- Work culture that inspires imagination

