

## Just because he's famous, doesn't mean he's not right



Dr. Deb Carlin Psychologist

Did you know that there are two Stephen Coveys? Father and son. And, Covey senior is the father of 9 (grandfather of 52). The senior Covey brought us the 7 Habits of Highly Successful People. There were seven until he had more contemplative time and introduced the 8th.: "Find your voice and inspire others to find theirs..." Covey has his critics, but this best-selling, Harvard MBA has inspired hundreds of millions.

## Covey's message is not complicated.

"If you want to make minor, incremental changes and improvements, work on practices, behavior or attitude. *But if you want to make significant, quantum improvement, work on paradigms.*" Always pragmatic, he encourages us to align our values with those of the universe overall and to do so by understanding nature and science.

While writing and speaking is his business, Covey's messaging is also a window into his personal ideology. Two of his sons are following in his footsteps as similarly inspired authors. It's one thing to join a family endeavor and quite another to write the material and genuinely own it. His life makes his advice credible.

John Lennon told us to imagine, so imagine adopting the Covey paradigm and modeling such wholeness for your family and your employees. It could be powerful in ways you've only dared to envision. I invite you to allow it, it could unleash the best you yet.

As Covey says, "In the analysis, what we are communicates far more eloquently than anything we say or do."

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