

# AROUND THE SWAMP

February 14, 2021 V.15

## Q Source Highlight

### Q(Foundation 5) - Preparedness (written by Chew Toy)

"F3 is an organization of leaders rather than an organization with leaders"-Q Source. Every day, we are all asked to be responsible in some way for the outcome of situations we are involved with. This could include leading a workout, being leaders in our homes, or the job and community we go to. In all of these situations, there will be circumstances foreseen and prepared for, along with ones not accounted for.

We use a set of four quadrants to prepare our body and mind for both types of circumstances. **Get Right** is the first quadrant which means to take the Daily Red (DRP) to accelerate your fitness, fellowship, and faith. The second quadrant is **Live Right** where a leader focuses on his IMPACT. **Lead Right** is the practice of virtuous leadership by honing your skills and the third quadrant. Finally, **Leave Right**, the fourth quadrant, is to build a legacy by exerting Disruptive

leadership throughout his lifetime and beyond. Each of the quadrants is able to stand alone and be worked on alone, but together, in alignment, prepare a man to live his best life creating a High Impact Man (HIM).

These sequential quadrants of Preparedness all begin with Get Right because a HIM must get right with his own body before he can help anyone else. (Q Source) A HIM makes the choice every day to get a little better which carries over to the next man. Each quadrant and Q point within, is set up, creating accountability, for a HIM to build Guardrails to keep him on the path to male community leadership.

As a man goes through life, if he focuses on building a stronger leadership foundation, the unforeseen moments can be maneuvered because he has prepared for them. Through getting Right, living Right, and leading Right he will eventually be able to Leave Right and forge the next 43 feet of good road for those around him.

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## Lexicon/Exicon

**Downpainment:** The daily physical price required to increase one's Fitness.

**Deliberatude:** To think, speak and act with a deliberate attitude that exudes Commitment.

### Bruce Lee Abs:

Submitted by Ticket. Click the heading above for the link to a YouTube video. Ticket finished the 75 hard challenge and found this workout and many others along the way. Pick his brain for some great WODs.

### Sleep Walkers 123:

3 part Routine. Start with 1 Squat, 2 Toe Touches (each leg 1), 3 Lunges. Then increase in the same ratio (2 squats, 4 toe touches, 6 lunges, etc.) upward to 10 squats or a number of your choosing.

## Qing Tips

Flo:

When you are Qing, plan on being at least 10 minutes early, especially if the weather is going to be a factor. A few extra minutes of planning can make a difference and may keep PAX safer.

Rudy: I like when a Q has a solid warm-up and a cooldown. Also when the Q communicates and keeps the PAX going throughout the beatdown.

## Black Swamp Tclaps

Bourbon for his extra efforts during the winter challenge, tracking all the regular and extra events!

Dutch for heading up the Red Cross blood drive efforts on March 19th. Get signed up if you haven't yet.

Huckleberry: Iso and Mercy for organizing the 2/20 ruck from Grand Rapids and connecting it to Habitat for Humanity.

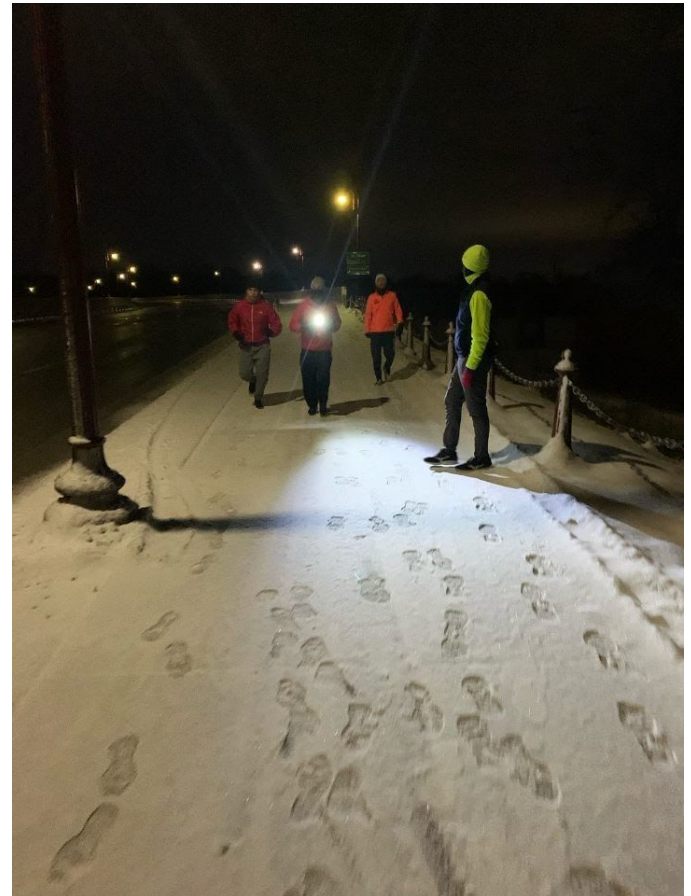
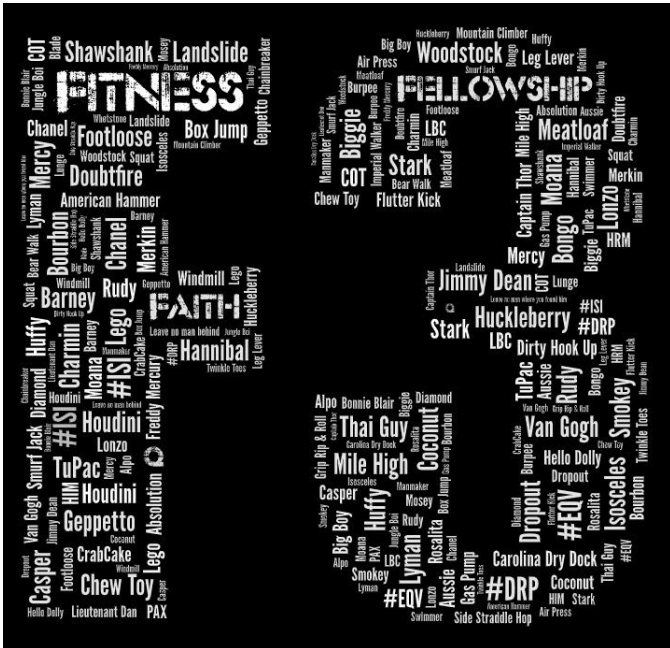
Casper: Homeslice for getting after the virtual beatdowns and Qing them to keep consistent virtual options. He freed himself to lead and has found a way to earn winter challenge points.

Woodstock for restarting 3rd Leadership Discussion (Fridays)

Enjoy the pictures...

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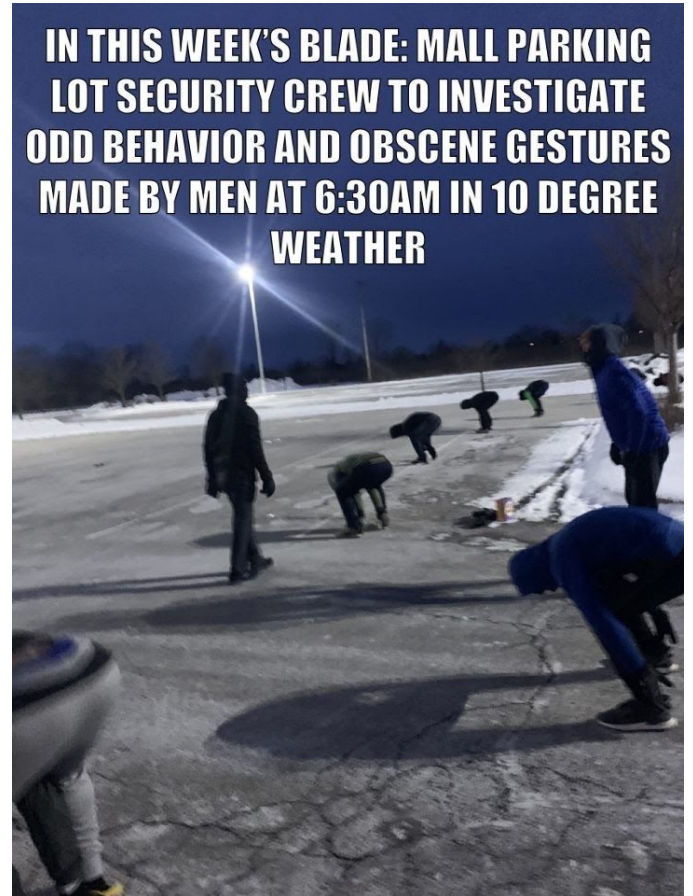
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