



# Dropping the Ball

Tiffany Dufu

Former Chief Leadership Officer to Levo,  
Best-Selling Author, and Founder and CEO of The Cru.



As much as we strive to manage it all as leaders, the truth is, we can't take on everything. It may go against our instincts to say yes to all that comes our way, but sometimes we need to drop the ball—to release our unrealistic expectations of doing it all—says Tiffany Dufu, best-selling author and founder of The Cru. For Tiffany, she realized she couldn't juggle everything after she had her first child. In her talk at Leadercast 2020—Ripple Effect, she shares four areas in which she dropped the ball that she encourages other leaders to drop, too.

## Key Takeaways

**Drop any unrealistic expectations of who you think you're supposed to be.** Everybody has multiple roles they play in their lives—daughter, son, brother, sister, student, worker, wife, husband, mother, father, friend, etc. We strive to be “good” in all of these areas by meeting certain expectations. Step one in dropping the ball is knowing your roles and understanding the unrealistic expectations you put on yourself by aiming to be “good,” says Tiffany. Get clear on what matters most to you.

**Let go of unrealistic expectations of *what you think you're supposed to do.*** Instead of saying yes to all the tasks that come your way that would make you “good” in your roles, instead focus on what you do best. Focus your energy on what your highest

and best use is for everything that comes your way, says Tiffany.

**Abandon any fears of asking for help.** Leaders have a tendency to take on too much, often due to a fear of asking for help. Tiffany says you'll be surprised how supportive and willing people will be to help you when you ask, so don't be afraid to reach out.

---

“[Don't] try to lead your journey alone. All of our journeys are a team sport, not a solo endeavor.”