

Reflections

Think of a special leader you have encountered in your life. What is one trait of your leader that you really admire? Why is that trait appealing to you?

Foundational Principles

**Frustration is a function of our expectations. Think of a time when you have been deeply frustrated with someone in your workplace. Which of your personal expectations were not satisfied? Were your expectations principle-based?

**I can choose to live out of my imagination instead of my memory.

**If we live out of our memory, we're tied to the past and to that which is finite. When we live out of our imagination, we're tied to that which is infinite. Stephen R. Covey
What is your choice? How do you feel about that choice?

Nothing can make you feel inferior without your consent. Eleanor Roosevelt

Be Proactive

***Do your peers enjoy working on projects with you? What evidence do you have that your perception is correct?

**Select a problem from your work or personal life that is frustrating to you. Is this problem within your Circle of Influence or simply within your Circle of Concern? What is the first step you can take in your Circle of Influence to solve it?

**If you wait to be acted upon, you will be acted upon.

*Covey talks about "people are more important than things". How do you respond/react when a person interferes with your completing a project?

Think of the most troubling thing going on in your workplace. What is one action you could take to make it better?

First Things First

***Are you taking the time necessary to develop deep personal relationships with people important to you? How do you feel about your answer?

***On a scale of 1 (low) to 10 (high), to what extent have you given yourself permission to fully engage in this leadership journey? If your rating is 8 or above, how does it feel? If your rating is 7 or below, what is holding you back?

**Where am I most vulnerable? Am I open to others who want to hurt me?

What specific commitments am I willing to make to progress on my leadership journey?

Think of a time when success in one area came at the expense of failure in another area. How did you feel about this result?

Growth occurs when the student is ready. Are you ready?

All things are created twice. There's a mental or first creation, and a physical or second creation to all things.

Would your work associates describe you as a dependent, independent or interdependent person? How do you feel about that?

Change is great when it is focused on other people.