

LEAD FROM THE INSIDE OUT

7 day mini course
for emerging
leaders

Learning tools to help you
incorporate principles, practices
and strategies to lead in a fast
paced world.

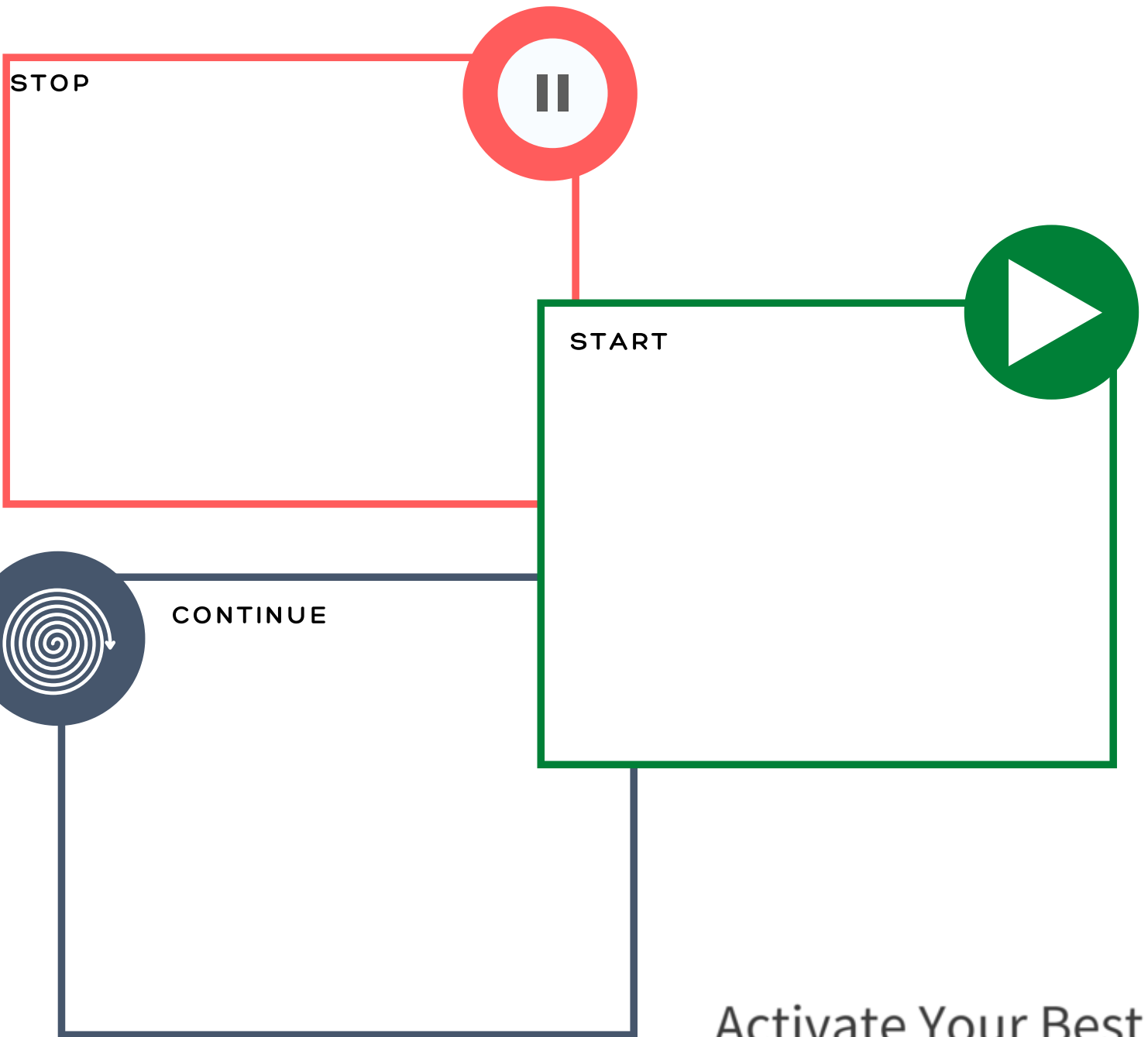
Activate Your Best
activateyourbest.com



STEP
1
ACTIVITY

What will you Start, Stop or Continue to Do?

After you have completed reviewing the strategies to help you relax throughout the day, write out what you will start, stop or continue to do to relax on a regular basis. You can record your daily actions on page 6.



STEP

2

ACTIVITY

What will you Start, Stop or Continue to Do?

After you have completed reviewing the strategies to help you care for your physical body, write out what you will start, stop or continue to do to care for your physical body. You can record your daily actions on page 6.

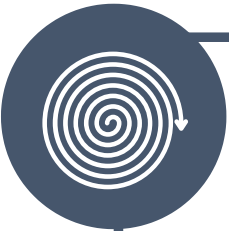
STOP



START



CONTINUE



STEP

3

ACTIVITY

What is Your Purpose?

Now it is time to create your draft purpose statement. Use the storyboard on the Step 3 web page to help you draft your purpose statement.

If you need additional help, download the free booklet, *Activate Your Purpose in 10 days*.

DRAFT PURPOSE STATEMENT

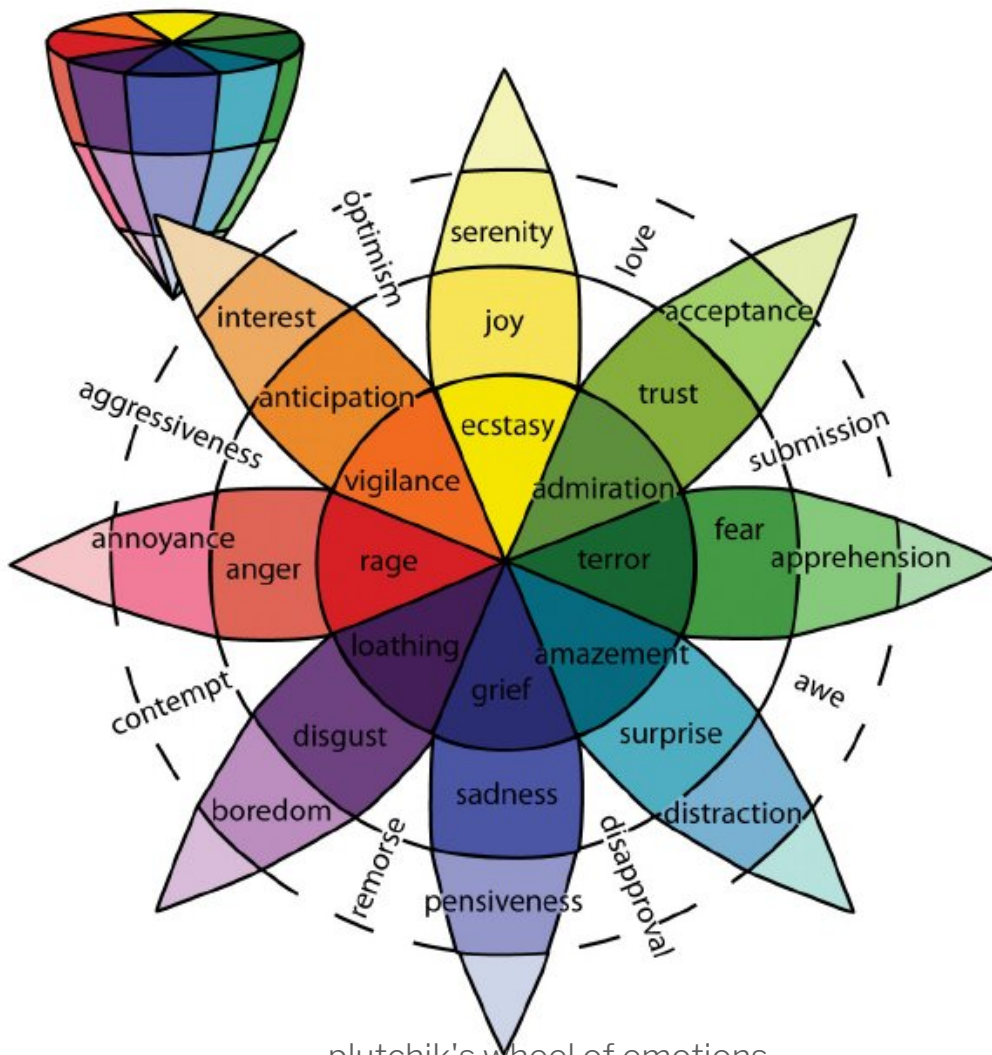
STEP

4

ACTIVITY

Plutchik's Wheel of Emotions

Self-Awareness is the fourth step of the Leading from the Inside Out series. In this step, practice labeling your emotions as they occur. Use the plutchik's wheel of emotions if you need additional help labeling your emotions.



plutchik's wheel of emotions
<http://www.positivepsychology.com/emotion-wheel>

Best Self Profile

(adopted from Best Self Journal)

Maintenance activities are activities that you engage in daily to help you relax, care for your body and remain on your best path throughout the day. They can occur in the morning, mid day and at night. Some examples of morning and evening activities are meditation, juicing, exercise, reading, monitor thoughts/feelings (are you focused on your true desires or something else), deep breathing and mindful observation exercises.

By engaging in these activities daily, you will form habits that will help you create positive results.

Write down your maintenance daily actions and purpose statement on the next page or in your Best Self Journal.



Best Self Profile

PURPOSE

Maintenance Daily Activities

MORNING ACTIVITIES

AFTERNOON ACTIVITIES

EVENING ACTIVITIES

STEP

5

ACTIVITY

Communication strengths and areas of growth

Write down your communication strengths and areas of growth that you need to improve on in our changing world. Make sure you take time to get advice from people you trust and people you work with who can help you determine your communication strengths and areas of growth.

After you have created a list of strengths and areas of growth, determine your top 3 strengths and top 3 areas of growth. Look for patterns and themes. Create 1 or 2 goals to help you improve your communication skills in the Best Self Journal. You can get more information about our Best Self Journal at activateyourbest.com

STEP

5

ACTIVITY

Communication strengths and areas of growth

	What are your communication strengths?	What are your communication areas of growth?
Self- Your Responses		
Your Leader- Your leader or someone you admire		
Other - Responses from other people		

Sample strengths and areas of growth: listening, integrity, self-awareness, coaching skills, compassion, connecting with others, providing effective feedback and body language



LEAD FROM THE INSIDE OUT



Thank you!

Activate Your Best
activateyourbest.com

