1

Agenda

1. Review Thinking Attributes
2. Strategies
3. Questions Throughout

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STEP INTO POWER

2

3

4

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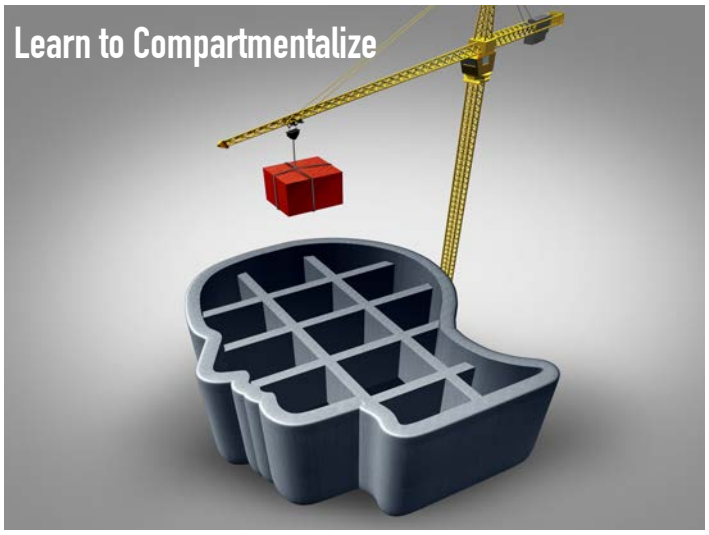

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Affirmer Shadow: Fear of Rejection (Needy) Triggers: Prospect of Conflict, Hurting Other's Feelings, Making Others Angry (Antidote: Connection)		
At Your Best, Empowered	Shadow: At Your Worst, Disempowered, Irrational	
Friendly	Sensitive	Dependent
Generous	Insecure	Possessive
Loyal	Indecisive	Anxious
Empathetic	Complacent	Jealous
Helpful	Accommodating	Naive

Asserter Shadow: Fear of Betrayal (Bully or Controlling) Triggers: Vulnerability, Asking Forgiveness, "I Don't Know" (Antidote: Assurance)		
At Your Best, Empowered	Shadow: At Your Worst, Disempowered, Irrational	
Confident	Arrogant	Autocratic
Decisive	Impatient	Manipulative
Competitive	Condescending	Rude
Candid	Blunt	Intolerant
Courageous	Domineering	Belligerent

Achiever Shadow: Fear of Failure (Micromanager) Triggers: Scarcity, Prospect of Losing, Imperfection, Ambiguity (Antidote: Abundance)		
At Your Best, Empowered	Shadow: At Your Worst, Disempowered, Irrational	
Detailed	Rigid	Narrow-Minded
Organized	Cautious	Inflexible
Structured	Tedious	Obsessive
Thorough	Stubborn	Argumentative
Serious	Critical	Pessimistic

Your Stress-Strategy Grid

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Step 2: Identifying Your Stresses

What Stresses You Out?	Fear Step 3; Q8	Plan Step 5; Question 22
1. Too much to do	F	
2. Get all my work done	F	
3. Get enough rest	F/B	
4. Have a difficult conversation	R	
5.		

Nine Attributes of Actualized Leaders

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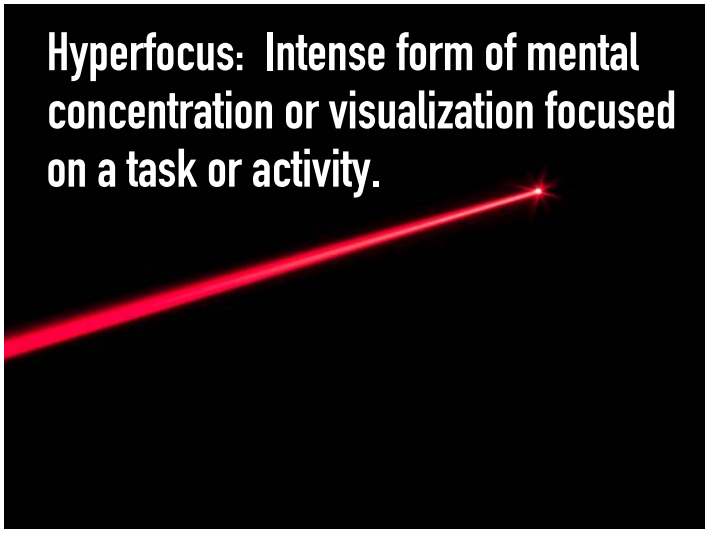
	Thinking	Feeling	Doing
Confidence	Objectivity	Courage	Candor
Performance	Hyperfocus	Trust	Flow
Renewal	Optimal Time Orientation	Acceptance	Solitude

Objectivity: Look at things in a way that don't get tangled up in it . . .

Hyperfocus: Intense form of mental concentration or visualization focused on a task or activity.



Optimal Time Orientation

Present

mindful, paying attention without judgment

focus on what's really going on

Past

lessons-learned mindset

Future

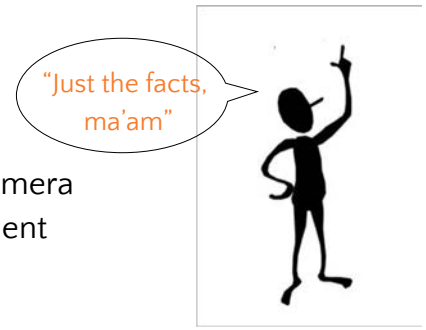
resilient & sleep better

Tip 1: Language Objectivity

Step 1

State the Facts

Just the facts
Like a movie camera
Avoid judgment
Be concise



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Inverse Relationship: Problem Solving and Blame

Blame ⟷ mindset ⟷ Solution

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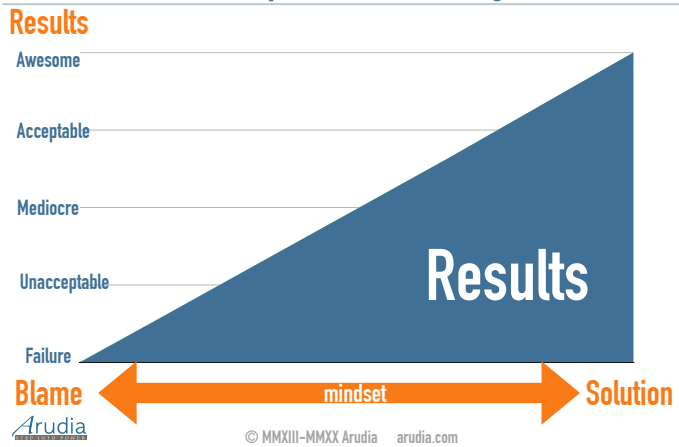
Inverse Relationship: Problem Solving and Blame



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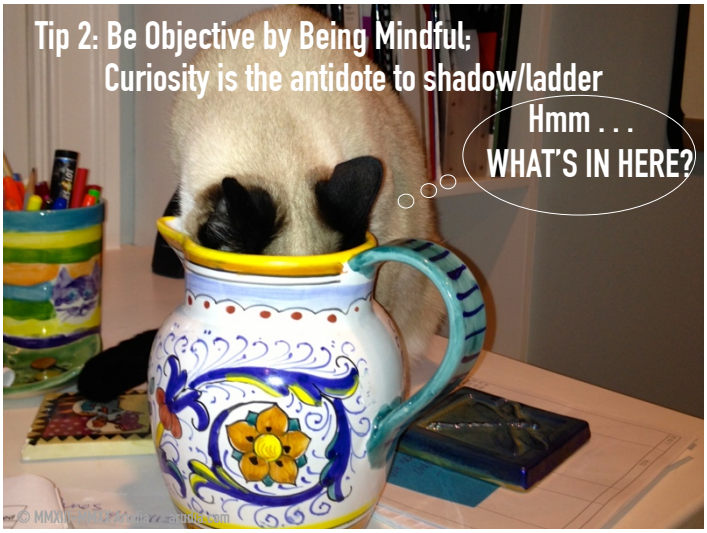

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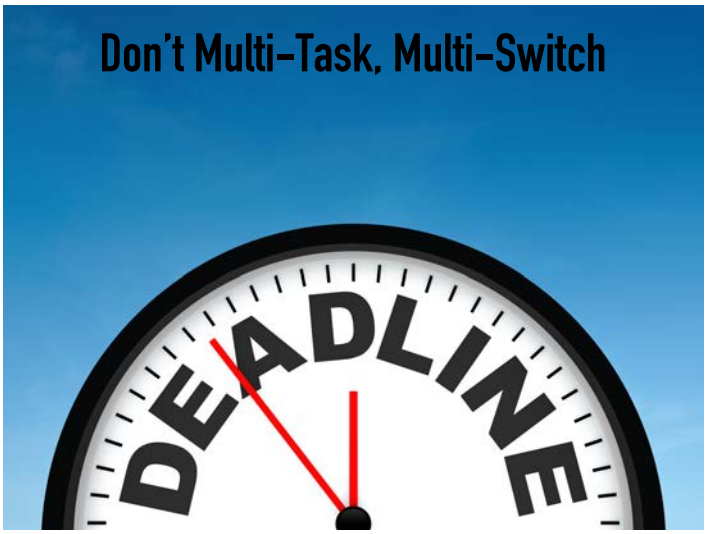

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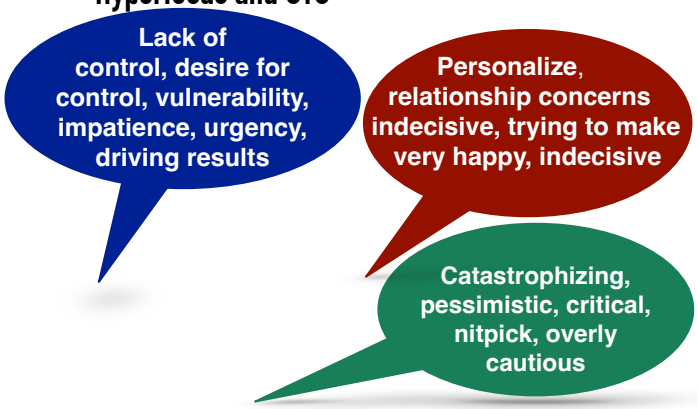
Tip 4: Hone Your Authentic Listening to Improve Your Hyperfocus and OTO



Listen for Needs and Shadows: Use Coaching . .

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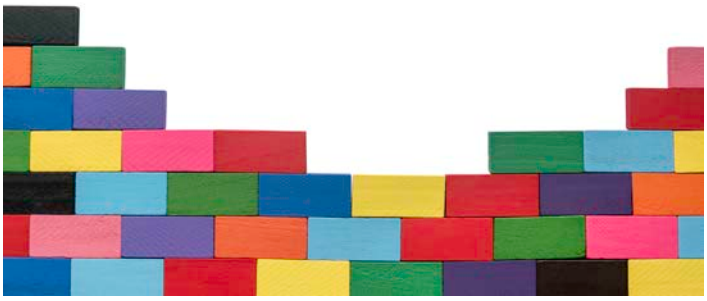
Tip 5: Go From Overwhelm to Done by Bite-Sizing Big Projects



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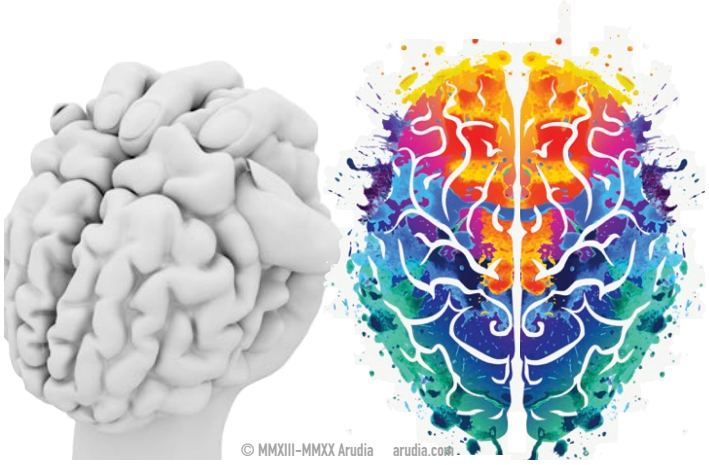
Tip 6: Do What You You Have the Bandwidth For



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Tip 7: Increase Bandwidth with Thoughtfully Scheduled Breaks

Tip 8: Timebox Your To-Do List

Tip 9: Be OK with What is Not Getting Done Now

Tip 10: Offload Distractions

Offload Your Worries

- ☑ Email self
- ☑ Bedside note
- ☑ Lists
- ☑ Calendar
- ☑ Other?

Tip 11: Trust Your System

2. Circle the Tips that intrigue you. Which will you apply now? Which will you make part of your stress-reduction and self-optimization routine?

THANK YOU!

FOR MORE INFORMATION

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