

AWARENESS: MOVING TOWARD YOUR VISION

Three Ways to Keep Moving and Staying on Course

1. Notice, name and change your game

- What am I doing?
- What do I want to be doing?
- What do I want to do about it?

Then take action. How can you change your game?

- Update or exchange beliefs, stories and assumptions that are no longer serving you well.
- Change your physiology: Breathe deeply. Expand your chest. Sit up straight. Take a walk. You'll be surprised how changing your physical orientation can change your mental orientation (creative vs. reactive).
- Change your behaviors. Commit to try a new and better way of doing things.

2. Put down your rafts

A man on an important journey comes to a raging river. It seems there's no way to cross. Fortunately, he spots a raft on the bank and he uses it to reach the other side. The raft was so helpful the man doesn't want to put it down. He carries it on his back as he continues on his journey. It weighs him down but he loves his raft. His raft was necessary to get to where he is now. How could he relinquish it?

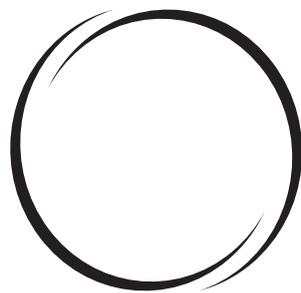
What are your rafts?

- Inner Game
 - What prized beliefs, assumptions or stories do you tell yourself that are holding you back?
- Outer Game
 - What habits, behaviors or actions are holding you back?

3. Make "contracts" with your future self that she or he is more likely to fulfill

- When you commit to doing something, you're making a contract between your current self and your future self.
 - Sunday night self wants to go to the gym three times this week.
 - Wednesday morning self wants to break the contract in order to get an extra hour of sleep.





The Leadership Circle™