


THINKING
LEADERS

AWARENESS

The Five Steps to Self->Leadership Mastery

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THE FIVE STEPS

5 Steps to Self->Leadership Mastery			
T	THOUGHT AWARENESS Visionary EDISC Dominant Energy Your Why Head & Heart	Step 1 - Your Thinking & Self-Awareness Leading yourself and others Important areas of your life Who do you want to be? Quality of your thinking	Unconscious & conscious behaviour Behavioural filters & patterns You & your brain wiring Self-regulation Above the line: What needs to be in place before you act
H	HEADSPACE Visionary EDISC Dominant Energy Your Why Head & Heart	Step 2 - Your Mindset Your reality & perspective Who are you? What is your purpose? What's most important to you?	What are your beliefs & how do they impact your success? What is your personal vision & mission? What are your attitudes & standards? Your boundaries and you QUALITATIVE BEST PRACTICES Words & Meanings
I	INSTRUCTIONS Architect EDISC Steady energy Your How Systems & Structure	Step 3 - Your "How To" Guide and Performance How to set and achieve goals Your benchmarks of excellence Structures and systems	Modelling others for high performance How to make great decisions Strategies for success QUANTITATIVE BEST PRACTICES Numbers & Measurement
N	NOW, NOT LATER Dynamo EDISC Compliance energy Your What Implementation	Step 4 - Taking Action Personal accountability How your fear & ego keep you stuck The impact of your flexibility	Your strengths and gaps Do your habits & routines How you are motivated? Below the line: What you actually do
K	KEY COMMUNICATION SKILLS Collaborator EDISC Influencer energy Your Who Manage People	Step 5 - Communication and People Your language Building rapport Your inner circle	Key conversations Your connections Your guidance  THINKING LEADERS www.thinkingleaders.com <small>Adapted from Meta Dynamics TM Critical Alignment Model by The Coaching Institute</small>

When steps 1 to 3 are in place, steps 4 and 5 take care of themselves.



STEP #1 - THOUGHT AWARENESS

By the time we are 7 years old, our brains are well and truly wired based upon all we have seen, heard, felt and told ourselves.

We are impacted by our role models in life, and we create our version of what is 'normal'.

We have already created patterns as to how we respond and interact with the world based upon how we are being responded to during this time.

These factors include cultural norms, values, ethics, morals, attitudes & beliefs. And it's these factors that we take on board from our environment and form the basis of our thinking development.

Our environment and cultural heritage is the basis upon which much of our Unconscious Behaviour is created.

When we are in periods of stress or overwhelm, we display our unconscious behaviour.

Often, we will actively adjust our unconscious behaviour to connect and fit in with the environment we find ourselves in. Whether this is at work, in a social setting or at home.

We learn this behaviour and over our lives have tested and measured what works and what doesn't. Our conscious behaviour is a combination of the external requirements and our own internal motivation.

Conscious Behaviour includes our Work roles, Desired behaviour, Adjusted behaviour, Learned behaviour & Requires more energy

Unconscious Behaviour is Spontaneous behaviour, Pressure behaviour, Natural behaviour, Less stressed behaviour, & Requires less energy

STEP #1 - THOUGHT AWARENESS

1. Think of a decision you made recently...

Reflect on your unconscious behaviours and think about how they impact your decision making and your reactions...

How did you react:

Spontaneously?

Under pressure?

Naturally?

When you are less stressed?

2. Now, how do you consciously adjust your behaviours:

At work?

In social situations?

In your every day life?

Is there a gap?



STEP #2 - THE WHY YOUR MINDSET

What do you do most days?

What is your personal mission in life?

What is most important to you - your values?

What are your beliefs? About you? About others? About the world?

What are your attitudes and standards?



You need to understand yourself first.
Why do you do things?
What drives you?
What's important to you?



STEP #2 - THE WHY YOUR MINDSET

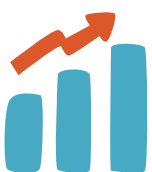
What are your non-negotiables in life?

What do you expect of yourself? Of others?

Do you have a growth mindset or are you stuck?

What are your goals and dreams?

What does success mean to you?



Do you feel stuck or committed to growth?
What is your version of success?

STEP #3 - THE HOW YOUR PERFORMANCE

How well organised is your office? Your home? Your cupboards? Your day?

How well do you plan ahead for routine events? For holidays? Tax time?
Celebrations of special occasions?

Do you have a clear structure for your career/business success? Describe what you have.

Do you have a clear structure for your health and fitness? Describe what you have. What about your finances? Spending time doing things you love?



How well do you plan your life?
Do you work on your life, not only in it?

STEP #3 - THE HOW

YOUR PERFORMANCE

How far ahead do you think? The next moment? Hour? Day? Week? Month? Year?
Five years?

What areas of your life occupy most of your time?
Career? Relationships & connections with your partner, family & friends, yourself?
Health & fitness? Fun & adventure? Creative pursuits?

How do you spend your time?



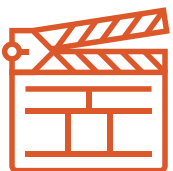
STEP #4 - THE WHAT YOUR ACTION

Do you have daily habits & rituals? If so, what are they?

Do you have challenges implementing new habits? If so, what is an example?

Do you often have unfinished projects? Are they only in certain areas of your life?
Can you complete projects by yourself or do you need others involvement?

How long does it take you to start something new?



Your rituals & habits, and your ability to take action
and tackle new challenges are key to your success.



STEP #5 - THE WHO

YOUR COMMUNICATION

Who do you spend most of your time with?

Do you connect with the conversations you have? If not, what would you prefer?

What do your conversations tend to be about? Problems? Gossip? Goals?

How do you process feedback from others? How do you react? How do you give feedback?

What's your role in social environments? How well do you read the situation and adjust accordingly?



Our ability to connect and engage with others tells us a lot about who we are at our core.



NOTES





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