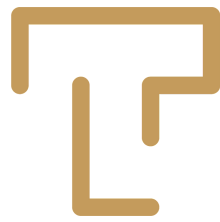


THINKING
LEADERS

AWARENESS

Thinking and Behaviour Styles

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YOUR ENVIRONMENT AND CULTURE

Reflect on your learned patterns, those things you do unconsciously since you were a child, that are aligned with your family, your role models and your environment growing up. These become our filters for decision making as adults.

Cultural norms -

Values -

Ethics -

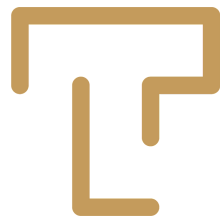
Morals -

Attitudes -

Beliefs -



Up to the age of 7, our brains are being wired based upon all we have see, heard, felt and told ourselves.



YOUR UNCONSCIOUS BEHAVIOUR

Reflect on your unconscious behaviours and consider how they impact your everyday life, your decision making and your reactions.

Unconscious Behaviour (how we naturally respond):

Spontaneous behaviour -

Pressure behaviour -

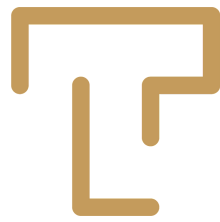
Natural behaviour -

Less stressed behaviour -

Requires less energy -



Understanding our own thinking and behaviour style is
the key to self-leadership mastery



YOUR CONSCIOUS BEHAVIOUR

Reflect on your conscious behaviours and consider how they impact your everyday life, your decision making and your reactions.

Conscious Behaviour (how we naturally respond):

Work roles -

Desired behaviour -

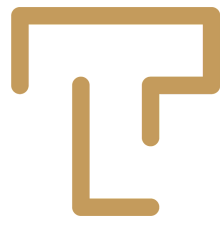
Adjusted behaviour -

Learned behaviour -

Requires more energy -

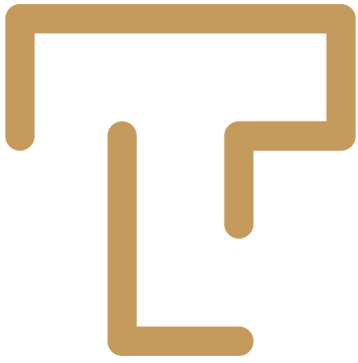


Our behavioural filters cause us to interpret all events based upon our reality and impact our conscious behaviour



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NOTES



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