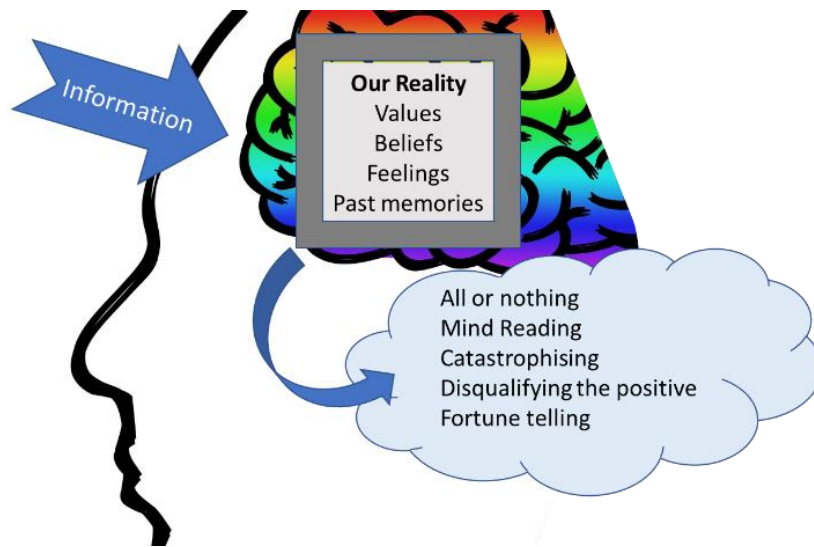


MODULE 2 | WEEK 02 - ACTIVITY 02

Change your  
Thoughts & Your World  
Changes



Everyday we receive thousands of information from the outside in the form of facts, events and life experiences. We process this internally and build our own “internal map of reality”. Any new or similar information will be processed according to this internal map and we are very good in jumping into conclusions to fit our own reality! We are also fantastic filmmakers about the future, based of course on our past experiences! On top of it, we just love to generate thoughts that will block our success!

**WE CAN CHANGE OUR THOUGHTS. WE CAN CHANGE OUR FEELINGS BY CHANGING OUR THOUGHTS.**

Our thoughts and feelings are neuronal circuits reinforced through our everyday way of thinking. We can weaken and even delete the neural circuits that limit us, by consciently flipping to an empowering way of thinking. There are some examples of this below:

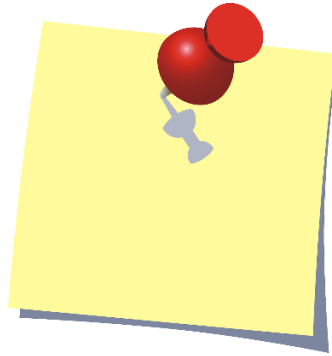
Limiting thoughts	How to flip to empowering thoughts
<b>Over-generalisations</b> <i>Always/Never; Everybody/Nobody</i>	Really? Find exceptions
<b>Catastrophising/ Fortune telling</b> <i>Everything will go wrong; If/you will lose the job! I am not able to...</i>	Weigh up evidence...what would be an alternative scenario? Even slightly possible?
<b>Disqualifying the positive</b> <i>That's nothing, really, I'm not that amazing!</i>	Accept positive comments from others graciously; give yourself a compliment when you succeed, even in small things.
<b>Jumping into conclusions/judging/labelling</b>	Look at the fact without attributing value; get more info; ask yourself: how can I see this from another point of view?
<b>I/you should/must...</b>	Adopt a less rigid style; find what may be motivating or enjoyable

During this week, carry with you two ribbons of different colours. Choose one for limiting thoughts, and one for empowering thoughts. Pay attention to your thoughts along the day; whenever you catch yourself in a limiting thought give a knot in the corresponding ribbon. Then flip it to an empowering thought and give a knot in the corresponding ribbon!

#### FOR CERTIFICATION ONLY

Send a report with a reflexion on your main limiting thoughts and the corresponding empowering thoughts.

# Personal Impact Statement



Rather than a business or career goal, statements of leadership purpose take a holistic view of an individual's professional and personal life. They use meaningful language - specific only to the individual – and form the starting point for the creation of career action plans that speaks just to the individual and not to anyone else in that role.

Your leadership purpose is who you are and what makes you distinctive. It's your brand. What you are driven to achieve. It is NOT what you do, it's not your job title or something generic/nebulous. It is HOW you do it and WHY. The strengths and passions you bring to the table. It is what everyone close to you would recognise as uniquely you and would miss if you were not there. Who you cannot help being. It MUST be personal, specific and resonate with you and you alone.

Find some time for yourself alone to do this exercise; grab pen and paper and sit quietly:

- 1) Your life story: identify your lifelong values, passions, pursuits that energize you and bring you joy. You may think of:
  - What did you especially love doing as a child? Describe a time that illustrates this, how did it make you feel
  - Note two of your most challenging life experiences. How have they shaped you? What did they teach you?
  - What do you enjoy doing now in life that makes you feel most like you?
  - What motivates you?

- 2) Look for unifying threads and write your purpose statement, using language that relates to these threads.
- Write a short and clear sentence
  - Be positive (avoid limiting words like no, never, must, should, try)
  - Read it out loud for you – do you feel motivated?

Examples of personal impact statement:

‘To be the behind the scenes kick in the ass reason for success’ (Ex-army colonel, stay at home-Mum and school committee Chair)

‘To be the kung fu master who saves the kingdom’ (CEO of Heineken USA)

**FOR CERTIFICATION ONLY**

Send your Personal Impact Statement.

# OWN YOUR GOALS

“If you fail to plan, you are planning to fail!”

**Benjamin Franklin**

We all have a panoply of goals from where we can choose: professional goals, personal goals, material or non-material goals, our goals and goals that others define for us!

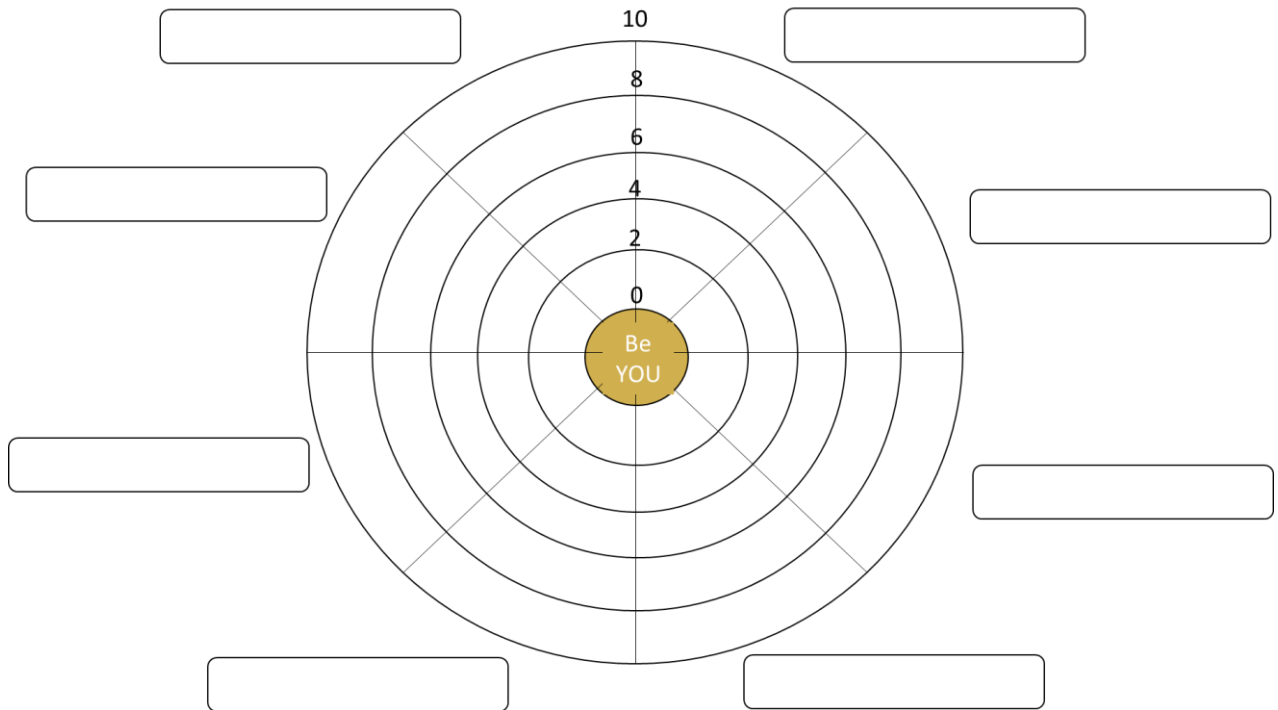
Sometimes, we bury ourselves in goals, trying to reach hundreds of tasks. We forget to enjoy our life! Other times, we find ourselves drifting, with no clear purpose, surfing whichever wave that comes...

When confronted with a paper where we were asked to write our goals ten years from now, many of us may look terrified. We don't have a clue of what we really want!

The great advantage of defining goals is to sit and think...of what we really want in our life. Is to be aware of what is important for us. Goals help us focus, prioritize, organize our needs and daily tasks, drive us to choose a path, and give us a sense of personal achievement. Dare to set your dreams as goals, and go step by step, you will get nearer by each step! You are the master of our life. What do you wish to create?

In this activity, you will first assess where you are now in different areas of your life, then, define where you want to be in five years, and design an action plan.

# The wheel of LIFE



1. Define the eight most important areas of your life and write them on the boxes.

Some examples are: Physical environment; Spirituality/Society/community contribution; Personal development; Health/Well-being; Family; Relationships; Social life; Money/financial security; Career/work; Leisure/fun; Friends

2. Identify where you are in each area by marking an x in the circle (0 = worst possible value; 10 = perfect, nothing to improve).
3. Note the areas that have been neglected, and the areas that are more expanded.
4. For each area, mark or paint where you want to be in five years' time.
5. Now choose the three life areas you want to focus on. Define one goal for each of those areas, following the questions below (remember, when limiting thoughts arise, flip them into empowering thoughts):
  - a) What would be an inspirational goal for you? (write it down in a positive, short and clear sentence)
  - b) What could you unleash in you if there were no limits?

- c) How important is it for you to achieve this goal? What benefits would you have?
- d) What are the different ways in which you could move towards this goal?
- e) What is the first step? And after that?
- f) What else could you do?
- g) When are you starting?
- h) When do you propose to have achieved each step?
- i) How will you measure your progress?
- j) And most important of all: how will you enjoy the path?

Remember that achieving goals is important for your success, and that enjoying each present moment in your life is key to your happiness. Be flexible, you may have to change needles. Be generous to yourself. If you fail to succeed the first time, learn, and evolve. Do something different next time!

#### FOR CERTIFICATION ONLY

Send a report with your three goals.