

YOUR LEADERSHIP SECRET is

*RADICAL Self –Awareness*

*Let's start your courageous conversation...*



This tool will help you, the Emerging Woman Leader, to get “unstuck” quickly while moving toward your **Goals/Intentions, Visions and Action Steps**. I suspect you have plenty of questions, visions, and goals! Your mind chatter, what I call the **Chaos Committee** in your head, is probably already getting you off track as you read this! You may be thinking....

### **Am I ready for leadership?**

**You don't need a title or a formal position. Leadership is expressed by our actions, the courageous conversations that we engage in with ourselves and others, and in the ways we serve and advocate for others.**

**When we begin to question our worth as a leader we begin to CREATE**

## **RESISTANCE**

**RESISTANCE** creates anxiety and uncertainty. Often we lose a sense of our security when we think of changing. It's normal to prefer the **status quo**.

Resistance happens when we **PERCEIVE** that the action will cause a threat to ourselves! Key words here are “**perceive**” and “**threat**”. The threat need not be real or large for resistance to occur. We create our own **RESISTANCE** by not taking the time to get to know our own mind and how it works.

The best way to get you moving forward is to **JUST DO IT!** One key concept is to just nod your head and say “**YES!**”! Saying “**YES**” will let go of your **RESISTANCE** allowing countless new possibilities to be attracted **to you!** My passion is exploring, experimenting, and letting you know key best practices to reach your **Goals/Intentions, Visions, and Action Steps** starting **TODAY!** All leaders start with learning the process of setting a clear goal which ideally is an expression of their life purpose .

**GOAL:** Begin by setting a career or leadership goal/intention. Write it below. (For example, if you have difficulty accepting a CEO job offer, your goals may be embracing the new CEO title and position of power).

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**Now take this goal and visualize it already DONE in your mind's eye. To make it powerful, describe below what you are:**

- **Hearing** (What you are saying and what others are saying to you?)
- **Seeing**
- **Smelling**
- **Tasting**
- **Touching**
- **What is your intuition telling you about this goal?** Intuition is “a hunch, a feeling, an unexplained shift in your energy”. It does not need to be correct, just trust what bubbles up! I have a hunch that when this goal/intention is achieved I will feel \_\_\_\_\_! Have fun with this exercise

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There are many ways to commit to **Goals/Intentions, Visions, and Action Steps**. The first is staying **engaged** with this process, “showing up” and inking your goals with intention. If you’ve made it this far, CELEBRATE, and let’s keep moving!

**Is RESISTANCE bubbling to the surface?! Perhaps you have an uneasy or yucky feeling somewhere in your body or negative thoughts encouraging you to quit?**

**If so,**

**RIGHT NOW...!**

CLEAR the mind chatter of your chaos committee! Resistance is sneaky! It stays well hidden in our subconscious mind in the form of thoughts and beliefs that could have been formed intentionally or non-intentionally years ago. At this point all you need to know is that there is a Chaos Committee of “**naysayers**” in and out of your head that will attempt to maintain the Status Quo - stopping you from achieving your goals! Our job is to STOP them. Really, your **JOB** is to stop them! We naturally avoid change.

**List all beliefs about yourself in the past and today that STOP you from moving toward your *Goals/Intentions, Vision, and Action Steps*.**

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***(Write whatever bubbles up)***

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Let's start our first step to **SELF-AWARENESS** by accepting we do have an unsupportive **"Chaos Committee"** and start being **AWARE** enough to address the thoughts, beliefs, and hunches that surface. These are our gifts to learn and grow from. Radical self-awareness is vital to leadership!

NOW, look at what you wrote in the **last 2 questions**. What are the top **BELIEFS** around your **Goal/Intention** that if you could change, will transform your skill in meeting this goal?

***Once you do the above, REFRAKE these beliefs into positive beliefs to help you move past RESISTANCE:***

<b><i>OLD Belief</i></b>	<b><i>NEW Belief needed to move forward</i></b>

Now that you have shifted your BELIEFS and are quieting the CHAOS COMMITTEE, it's time to embrace your Leadership journey!

In order to find your inner leader, **your resiliency partner**, you need to break through what runners call "the wall." In business, we often refer to this as "disengagement". If we go beyond disengagement and not get any intervention, we may hit burnout. Leaders who are not in touch with their authentic **Leadership Brand Promise** are likely disengaged and lacking purpose/passion- *not knowing what to say **yes** to or **no** to!* Let's not be one of them! Let's break through this wall and start on our road to **Resiliency**, not towards burnout.

See: [90 Days To Leadership YOU](#)

For this exercise, you are going to listen to a **guided meditation** which will help **CLEAR** any left-over Resistance. Let me power you toward achieving your **Goals/Intentions, Visions, and Action Steps**. You are now building your **Resilience**, the ability to let go of the old and persevere towards the new! ***This is exciting!*** [Click Here for your Guided Meditation](#)

**A section for your thoughts after listening to the guided meditation:**

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Now that you have finished the meditation exercise how CLEAR are you about your **GOAL and INTENTION?** Any Resistance? Explain:

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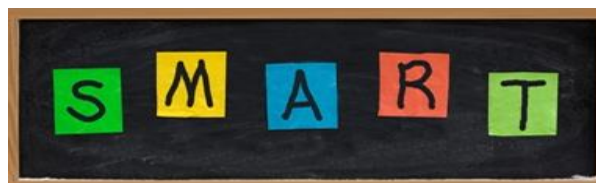
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*Restate your Goals/Intentions into a SMART GOAL:*

### SMART Goals:

**S.M.A.R.T.** is an acronym for the 5 steps of **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-based goals. It's a simple tool used by businesses to go beyond the realm of fuzzy goal-setting into an actionable plan for results.



These RESULTS help you build your CONFIDENCE to move forward! This confidence is key to building RESILIENCY!

**S**pecific: Great goals are well-defined and focused. “Close the Company X deal worth \$500,000 dollars” versus “Get more business.” Become specific so you can visualize this to produce **FOCUS**. You’re focused goal becomes a magnet, pulling you and your energy/resources toward it.

**M**easurable: A goal without a measurable outcome is the Olympics without medals. We need to know the numbers as much as we can. Put concrete numbers in your goals to know if you’re on track. Using a goal white board posted in your office can help serve as a daily reminder to keep yourself and other team members to focus on the results you want to attain. Results can also be qualitative and/or quantitative.

**A**ttainable: Far too often leaders set unrealistic goals or goals not based on a key vision. Rome was not built in a day so it is rare to achieve our goals overnight. Envision with gusto and dream BIG while remembering we all have market and organizational reality!

**R**elevant: Achievable business goals are based on the current conditions and realities of your organizational and business climate. You may desire to have your best year in business or increase revenue by 70% but if the market is sluggish and a key competitor just opened in your market, then your goals aren’t relevant to the realities of the market.

**T**ime-Based: Your goals and objectives need a **REALISTIC** time frame to be achieved. Whether your business goal is to increase revenue by 20% or find 5 new clients, choose a time-frame to accomplish your goal.

## Smart Goal: WRITE your SMART GOAL

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There are a variety of ways to hold yourself accountable to your **Goals/Intentions, Visions, and Action Steps**. Every time you are successful you will feel strong and grow your **capacity as a Leader**

**You must start with radical Self- Awareness**

**And from this you create your Leadership Brand**

## 90 Days to Build Your Leadership Brand as an Emerging Woman Leader

Being a Leader can be stressful. You can find yourself in a variety of situations that may test your **resilience**. Being a Leader means change. Business and organizations of any size are constantly changing, whether as an executive or other business leader. ***The only constant is change!***

We all have the choice to be trapped in the present bad thing or to learn from it and rebound. Sometimes it seems too difficult to choose - there's something compelling about being a victim of circumstances. But passivity is a trap. Resilient people - and organizations - take action, own what's theirs, and learn from the rest. Choose to bounce back. Choose to learn. Be resilient. Stay true to you and the people you LEAD will believe in you.

***Resilience is defined as perseverance and diligence in the face of setbacks. It is letting go of the old and embracing the new.***

Resilience refers to the ability to withstand change and remain focused, purposeful, and engaged with the world around us. Resilience is the ability to adapt and evolve through change, resulting in our ability to discover new opportunities to do and **be** what we love.

***Without Resiliency our PRESSURES turn to STRESS***

What's the secret to achieving outstanding Leadership and stopping Resistance from you derailing you and your growth?

## **Know who's running your business!**

In the new world of work and building your *brand reputation* as a leader - whether as an organizational leader or business owner self-awareness- is a key foundation as you journey towards career and leadership development. You must clear the resistance and get to know the authentic you so you can communicate your personal brand value clearly and consistently.

**Begin with shaping your leadership brand promise. Together we will communicate the promise of leadership you set out to be!**

**You've taken the first STEP. Congratulations!**

**The next step:**

**90 Days to Leadership YOU™: Career and Leadership Branding for Emerging Women Leaders**

**[90 Days To Leadership YOU](#)**