

CONSCIOUS LEADERSHIP PROCESS

INSTRUCTIONS

Choose a relationship issue that you feel challenged about that is currently occurring in your life. Preferably it is one that you have struggled with for some time and has “juice” for you. Name the person and your core complaint about them.

My biggest complaint about

_____ is _____.

Example: My biggest complaint about Sarah is that she doesn't listen to me
My biggest complaint about Juan is that he is incompetent.
My biggest complaint about Malia is that she complains I am not home enough
My biggest complaint about Tyler is that he makes excuses for not hitting his goals
My biggest complaint about Ashley is she tolerates weak people on her team

Question 1 Where are you?

As you think about this issue, **“Where are you ?”** Above the line _____ or below the line _____?

Acknowledge the payoffs that you are getting from keeping this issue going below the line?

- ____ I get to avoid my core feelings, especially the feeling's of (fear, sadness, anger)
- ____ I get to stay connected
- ____ I get enlivened by adrenaline
- ____ I get to stay in the familiar and avoid the unknown
- ____ It gives me something to do or a compelling story to tell
- ____ I get to avoid taking responsibility for my issues
- ____ I get to be right about the following:

Question 2 Can you accept yourself for being just where you are?

Can you accept yourself for being scared and in a threatened state? Yes _____ No _____

Question 3 Are you willing to shift?

"Are you willing to shift?" Ask yourself these willingness questions to find out.

Are you willing to end all blame regarding this issue? Yes ____ No ____

Are you willing to let go of being right about _____? Yes ____ No ____

Are you willing to feel all of your (sadness, anger, fear) related to this issue? Yes ____ No ____

Are you willing to reveal all of your withholds related to this issue? Yes ____ No ____

Are you willing to stop all gossip about this issue? Yes ____ No ____

Are you willing to clean up all broken agreements related to this issue? Yes ____ No ____

Are you willing to shift from entitlement to appreciation about this issue? Yes ____ No ____

Are you willing to let go of taking this issue seriously? Yes ____ No ____

Are you willing to see that the opposite of your story is at least as true? Yes ____ No ____

Based on your responses above, are you willing to shift? *(any No above is a No)* Yes ____ No ____

If no, what is your unconscious commitment?

My name is _____ and I am committed to _____ being _____.
(name of person above) (core complaint)

Question 4 How will you shift?

If you are willing to shift, **"How will you shift?"** What is one action step you can take and by when will you take it?

My measurable action

is: _____

I will do it by: _____ at _____
(Date) (Time)