



The Insightful Leader Part 3B **Becoming the Insightful Leader**

Looking Forward Workbook



www.theinsightfulleader.com
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The Insightful Leader Part 3:
Becoming the Insightful Leader
Chapter 14 Looking Forward: Your Vision of Leadership

1. Think about and visualize what your leadership will look like when it is congruent with your new beliefs (page 147)

a) Describe how you will engage with your direct reports

b) Describe how you will engage with your peers

c) Describe how you will collaborate with stakeholders, the executives or board of directors

2. From your list in 1a, identify the beliefs that are your most resilient; those that still get triggered and result in defensive behaviors (page 135)



Looking Forward

(Your Vision of Leadership continued)

3. In what ways will your personal change benefit the company?

4. In what ways will your personal change benefit you?

5. Write a paragraph that captures these images, emotions and benefits. (e.g. I am (emotion) as I (new action). This (change) enables (these benefits) for (specific group))



Looking Forward

(Your Vision of Leadership continued)

6. Review your paragraph to ensure it is focused on you, what you will do and how you will feel. Also make certain it is highlighting positive outcomes instead of avoidance. Rewrite your paragraph here as five energizing statements:

Each and every day I am...

Each and every day...

Each and every day...

Each and every day...

Each and every day...



Looking Forward

(Your Vision of Leadership continued)

7. Over the next four weeks think back on your interactions at work and outside of work. Note specific examples where you demonstrated your vision of leadership statements. (Add extra pages as needed)



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Looking Forward

(Your Vision of Leadership continued)

8. Retrospective Awareness

a) What judgment is your squirrel brain still making?

b) Are there any additional beliefs you are now aware you need to challenge?

(Remember you can return to the start of Part 3 and reprint the workbooks to start your work on this belief or on a different Superpower)

9. Celebrate! What will you do to celebrate the insightful leader you have become? (Don't skip this step)



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