

ARE YOU A CONSCIOUS LEADER?

Take this assessment and shed light on your own level of awareness and of conscious leadership. Review the following statements and mark your answer in the field provided that best reflects your current state of mind/ being (not what you want to be, or have others think of you as). Progress begins from a place of knowing, so let's begin on helping you make known to you some meaningful aspects of yourself.

None/Never - Sometimes - Often - Regularly - Always/All the Time

Meditate/Quiet Contemplation time:	+-----+
Personal Development (reading, seminars):	+-----+
Emotional Healing (therapy, group work):	+-----+
In Touch with Your Feelings/Emotions:	+-----+
Conscious Breakthroughs in Thinking/Choices:	+-----+
Making Intentional/Positive Changes in Your Life:	+-----+
Letting Go Limiting Beliefs (can't, shouldn't, couldn't):	+-----+
Know Your Masks, Walls, Stories:	+-----+
Shedding Masks, Walls, Stories:	+-----+
Know & Live by Your Values:	+-----+
Know & Live by Your Passions:	+-----+
Know & Live by Your Innate Strengths:	+-----+
Have a Vision for Your Life:	+-----+
Live Your Life with a Known Purpose:	+-----+
Live from Ego-centric Mindset:	+-----+
Live from Authentic-Self Mindset:	+-----+
Dark side / Shadow Awareness:	+-----+
Your Trusting of Others:	+-----+

Have a Spiritual Growth Process: +-----+

Capacity for Love and Care (Self, Others): +-----+

Express Conscious Living in Your Life: +-----+

Express Conscious Leadership at Work: +-----+

Living Authentically: +-----+

Worldview – You See Life as: 0 5 10

- Like a jungle where the tough/ strong prevail, and the weak serve; nature is adversary to conquer: +-----+
- Controlled by obedience to a ‘Higher Power’ that directs living, punishes wrong, rewards right: +-----+
- Full of resources to develop and opportunities to take advantage of; create wealth, prosperity: +-----+
- A shared habitat where people can find peace and purpose through affiliation and diversity: +-----+
- A dynamic, chaotic organism, where change is the norm, uncertainty is acceptable, and where knowledge is evolving: +-----+
- A delicately balanced system of interlocking forces, in need of comprehension and compassion: +-----+

Circle in the field below where you see yourself currently (more than one may apply):

Default Leadership Style: Dictatorial Authoritarian Achiever Collaborator Reformer Transformer

Primary Mental Thought / Emotional Patterns: Fear-based Reactive Monkey-mind Negative-conditioned
 Past-Future oriented Focused on external Focused on material
 Go along to get along Stay with status quo Scarcity mindset

Thoughtful Reflective Open to new ideas Positive-mindset
 Present-moment oriented Internal-focused Focused on being-ness
 Changing beliefs/paradigms Prosperity-mindset Happy (your term)

Now ask other stakeholders in your life (co-workers, direct reports, boss, friends) to give you their honest assessment of your leadership style, and circle that in.

ACTION STEPS

Once you have taken an honest assessment from the above, take a look at those areas that you feel you:

Desire to Continue – You are currently satisfied with where you are, and it is affirming, supporting your life and work so far. If you were to ask others in your close loop for feedback, they probably would agree with your assessment. These aspects you can be grateful of, and continue to nurture and expand them in your life and work.

Desire to Change – As you reflected you felt an internal nudge, large or small, that an aspect might be an area for improvement, growth, letting go, or change. These you can set a proactive course to begin self-mastery of, either by reading books, attending seminars, hiring a coach/therapist, joining a peer group, or talking with a trusted friend, all with the intention of shifting your thinking, your paradigm around that aspect that no longer is serving you. Establishing a starting point can help you self-assess as you progress along your path to your own consciousness expansion and authenticity.