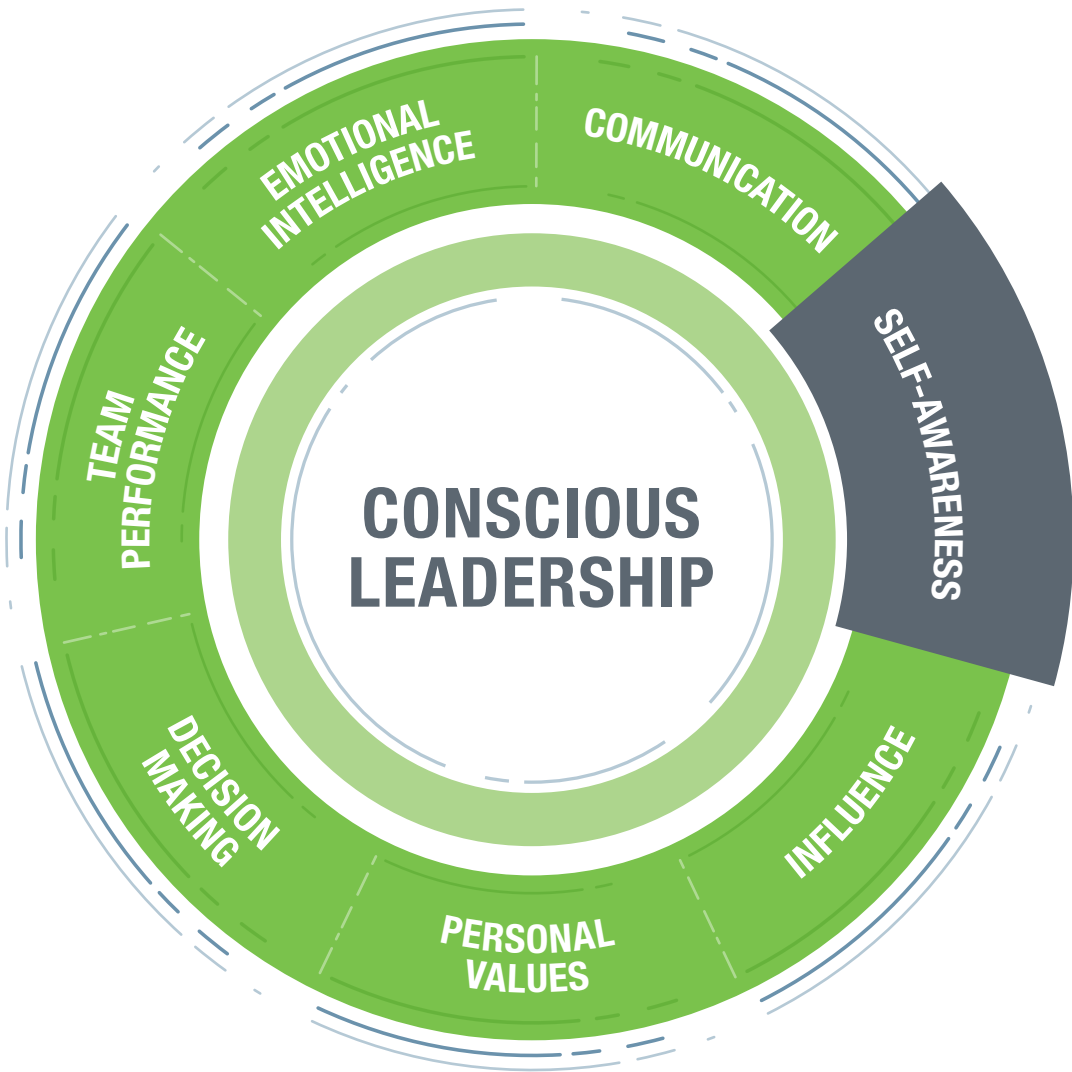
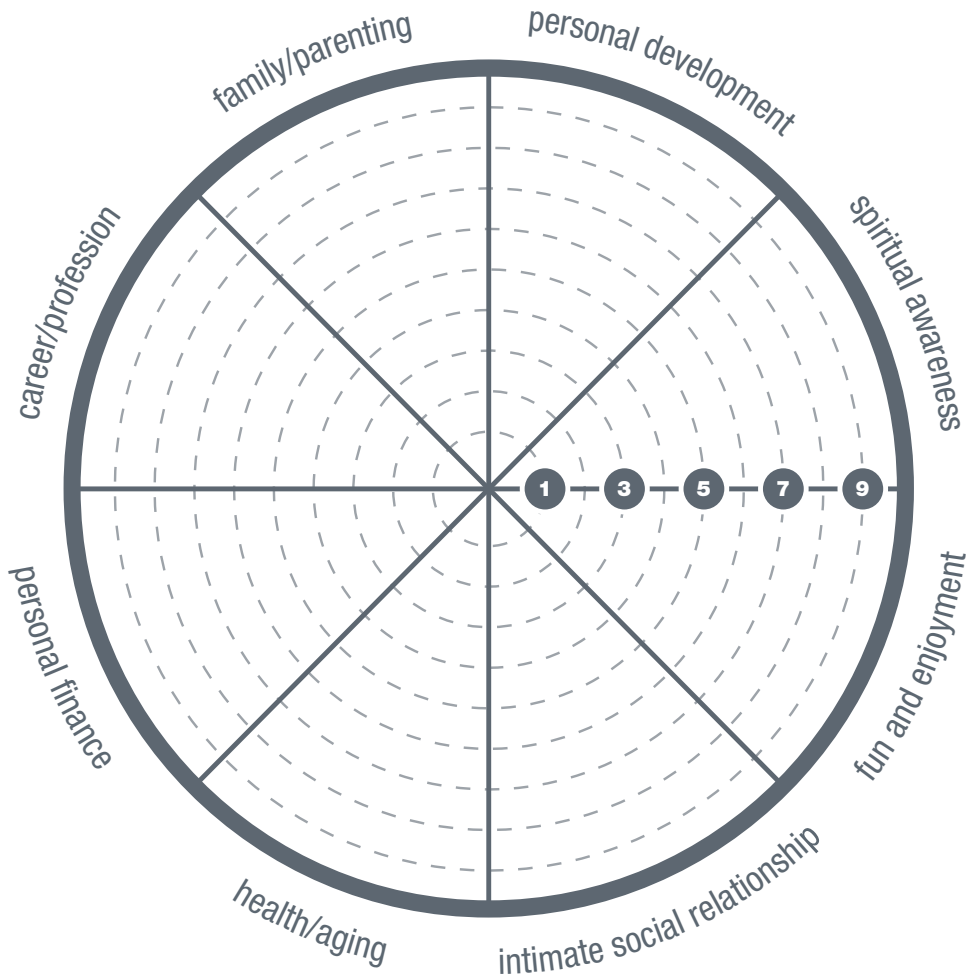


LEADING WITH YOUR BEST SELF



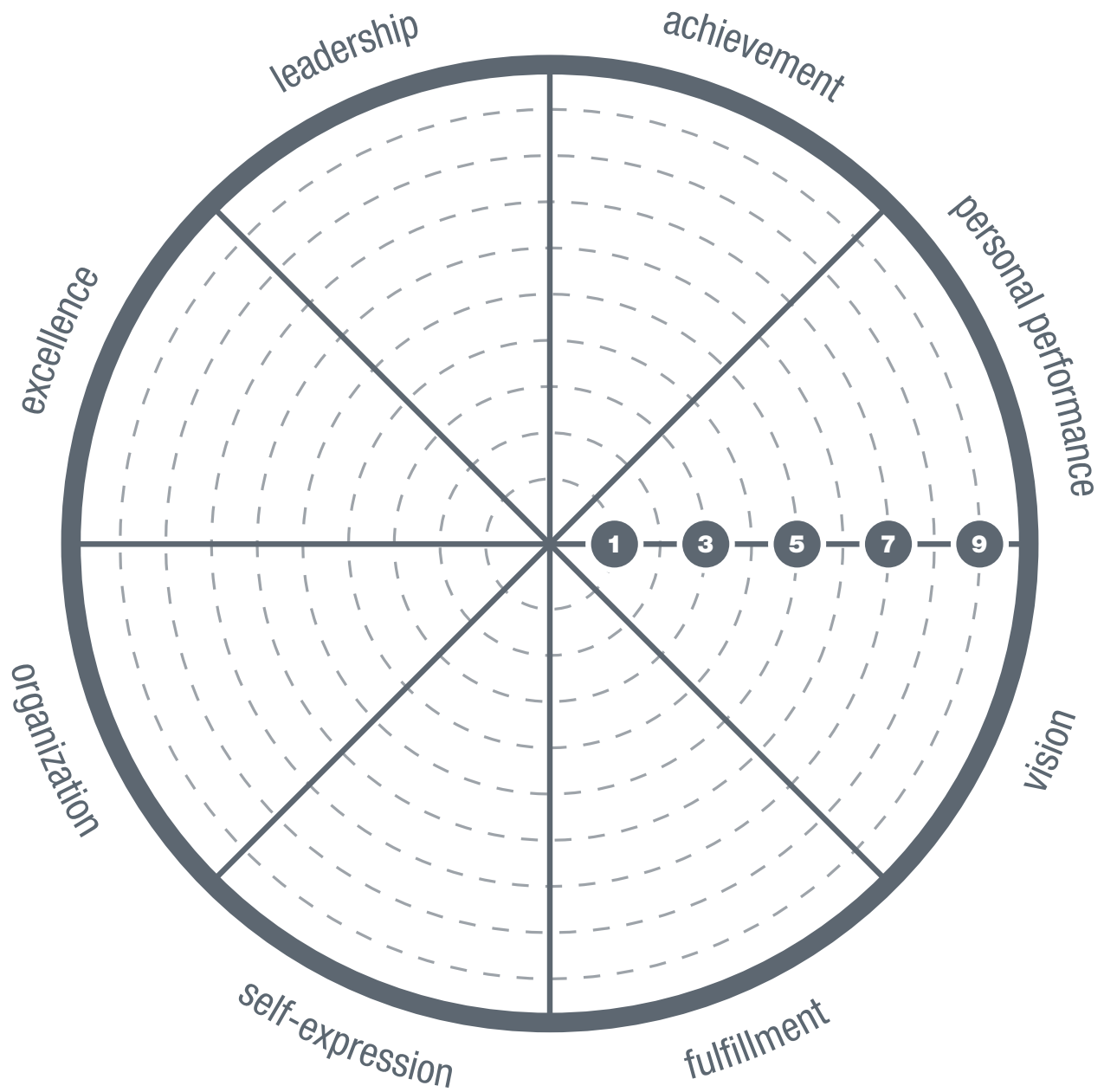
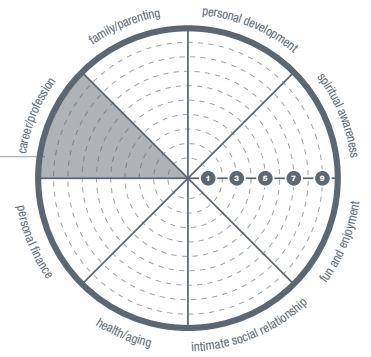
BENEFITS OF THE WHEEL OF SATISFACTION

- Holistic focus on your entire self as eight sections
- Reflection on your level of satisfaction in each of the areas individually
- Reflection on your current state of satisfaction (not past or hope for future)
- Focus on satisfaction, not performance/competency/achievement/etc.

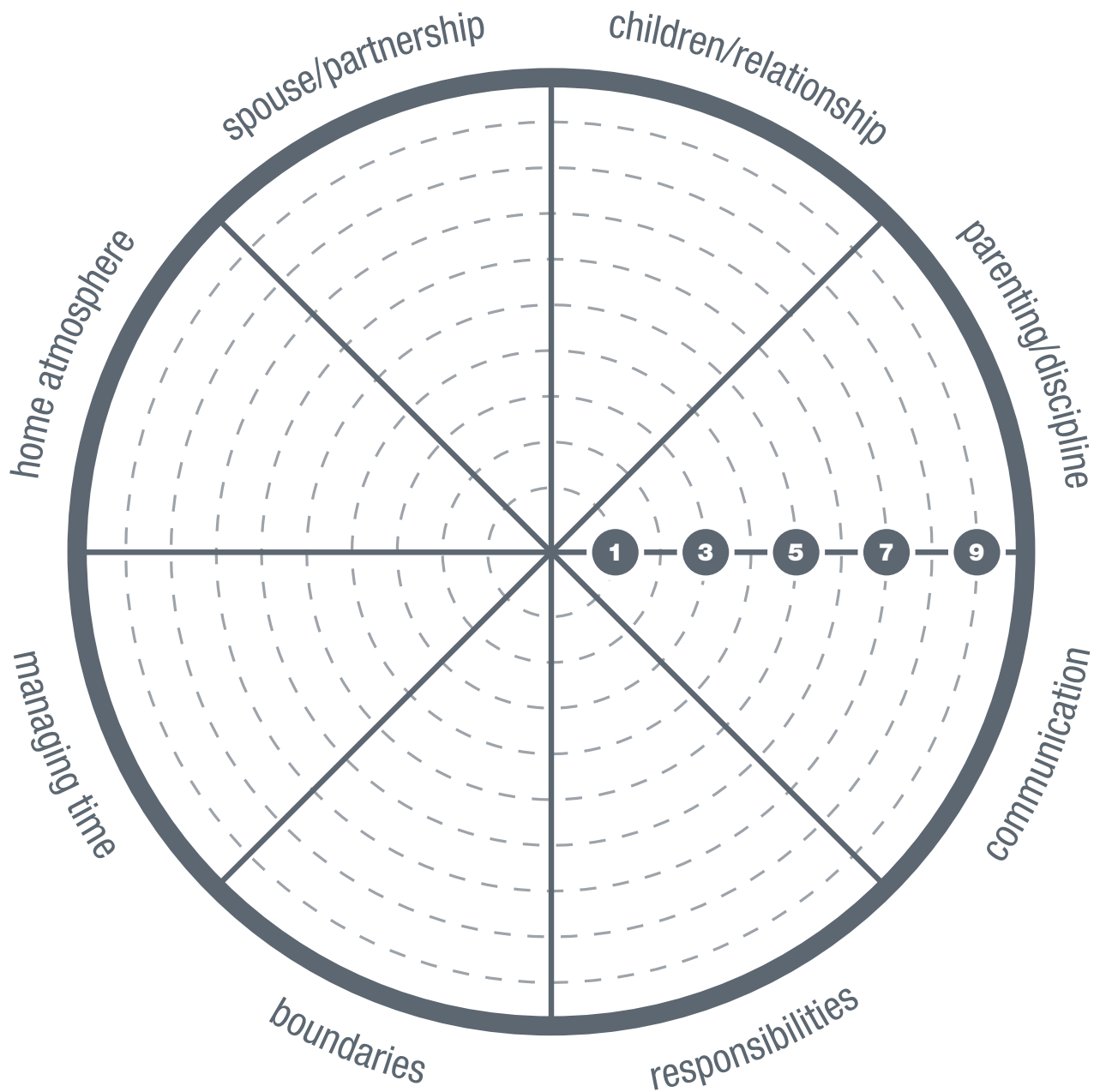
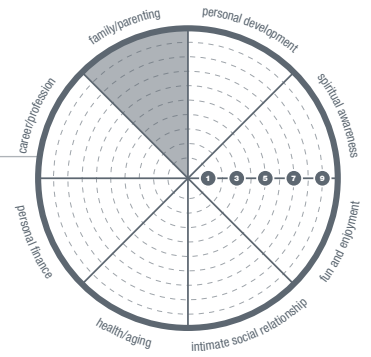


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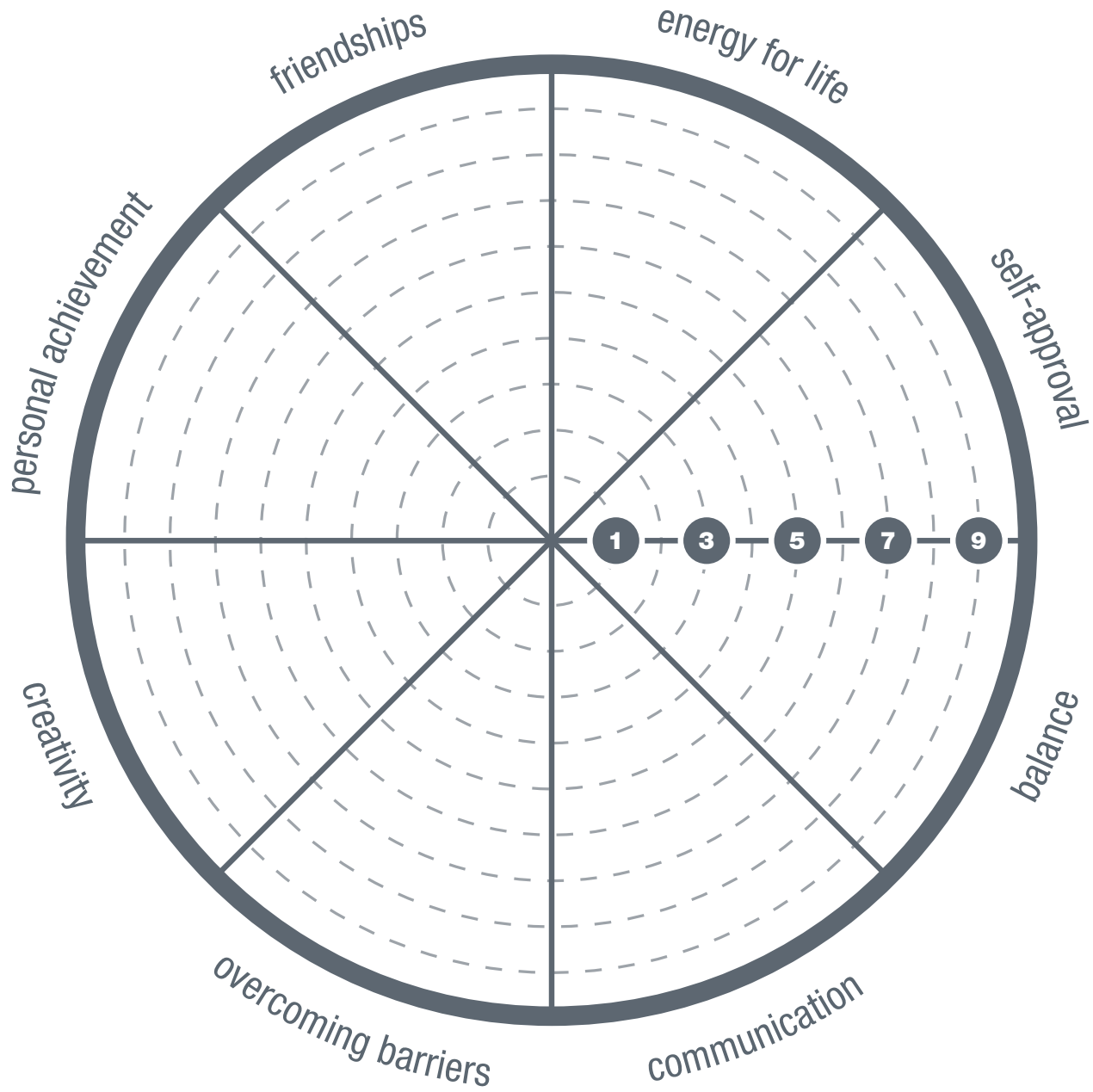
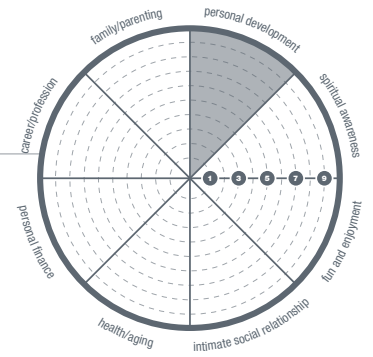
CAREER/PROFESSION



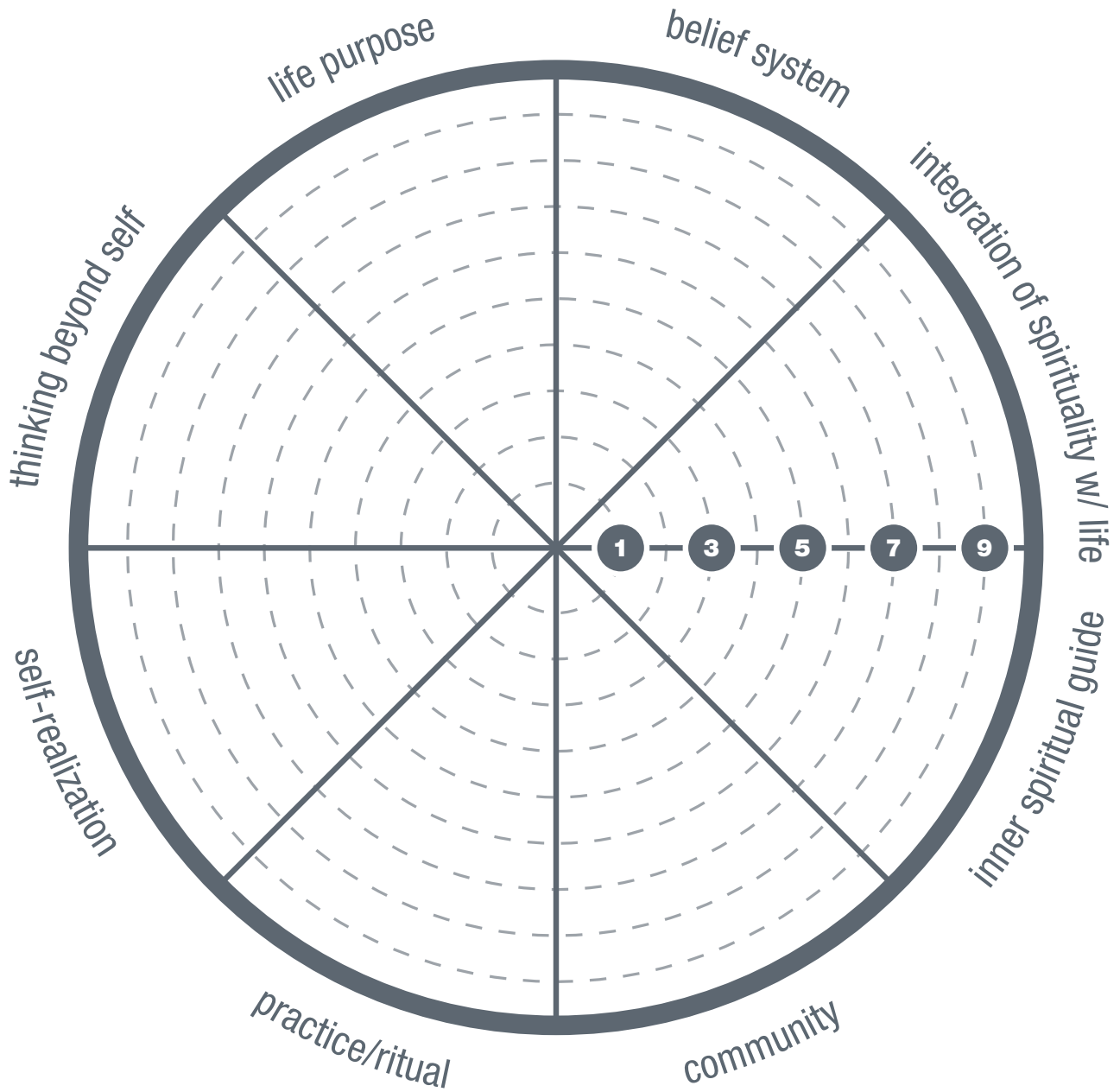
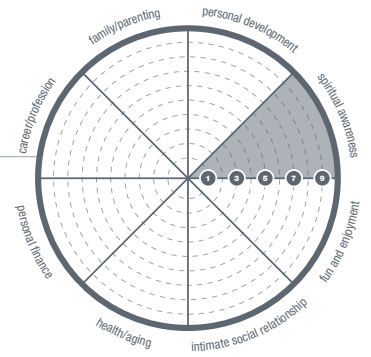
FAMILY/PARENTING



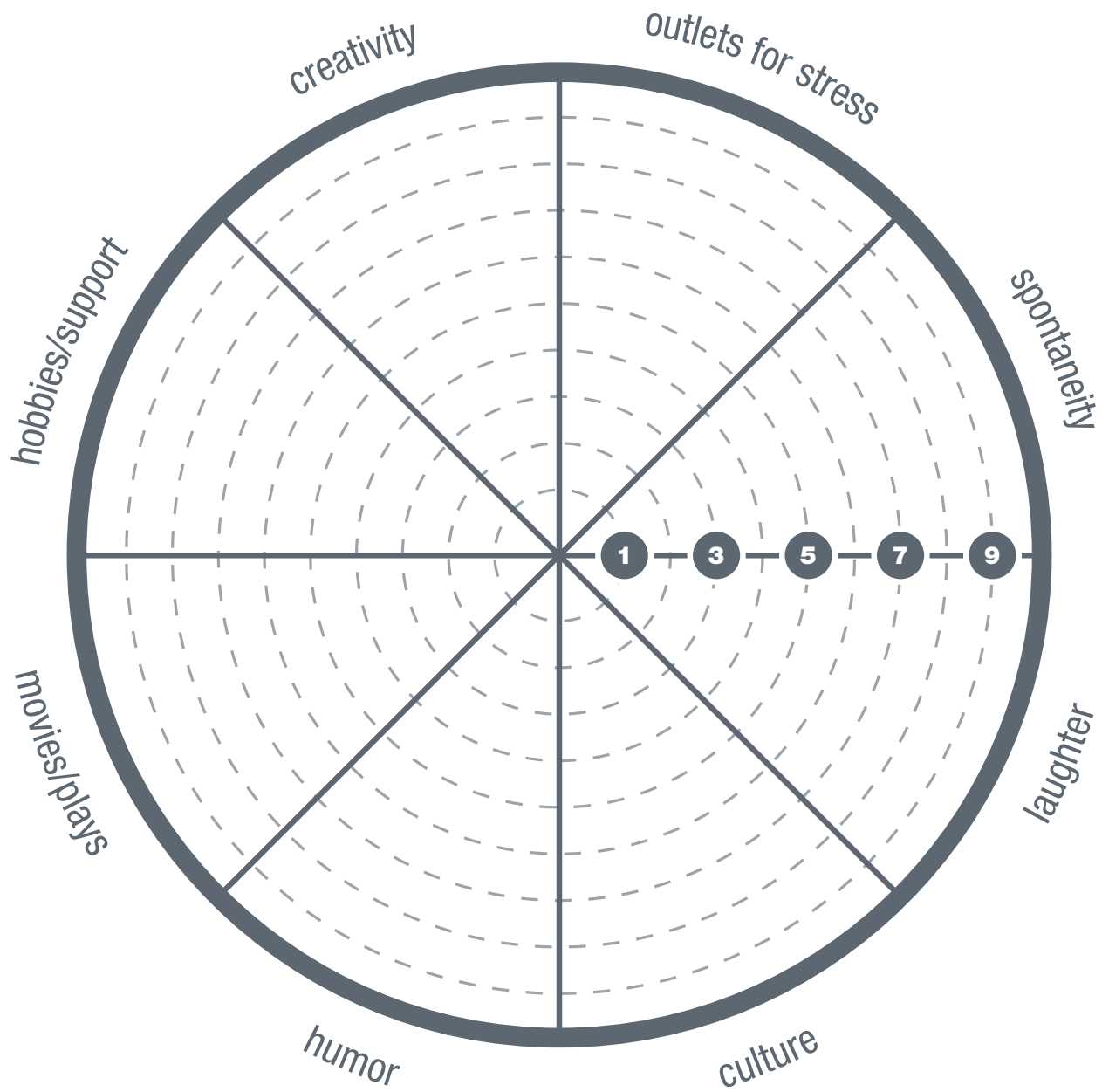
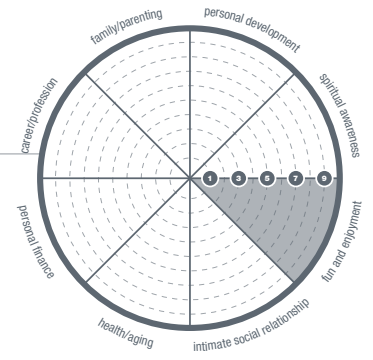
PERSONAL DEVELOPMENT



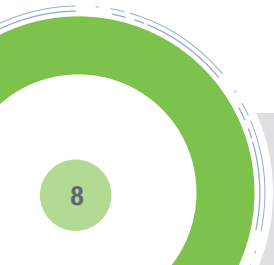
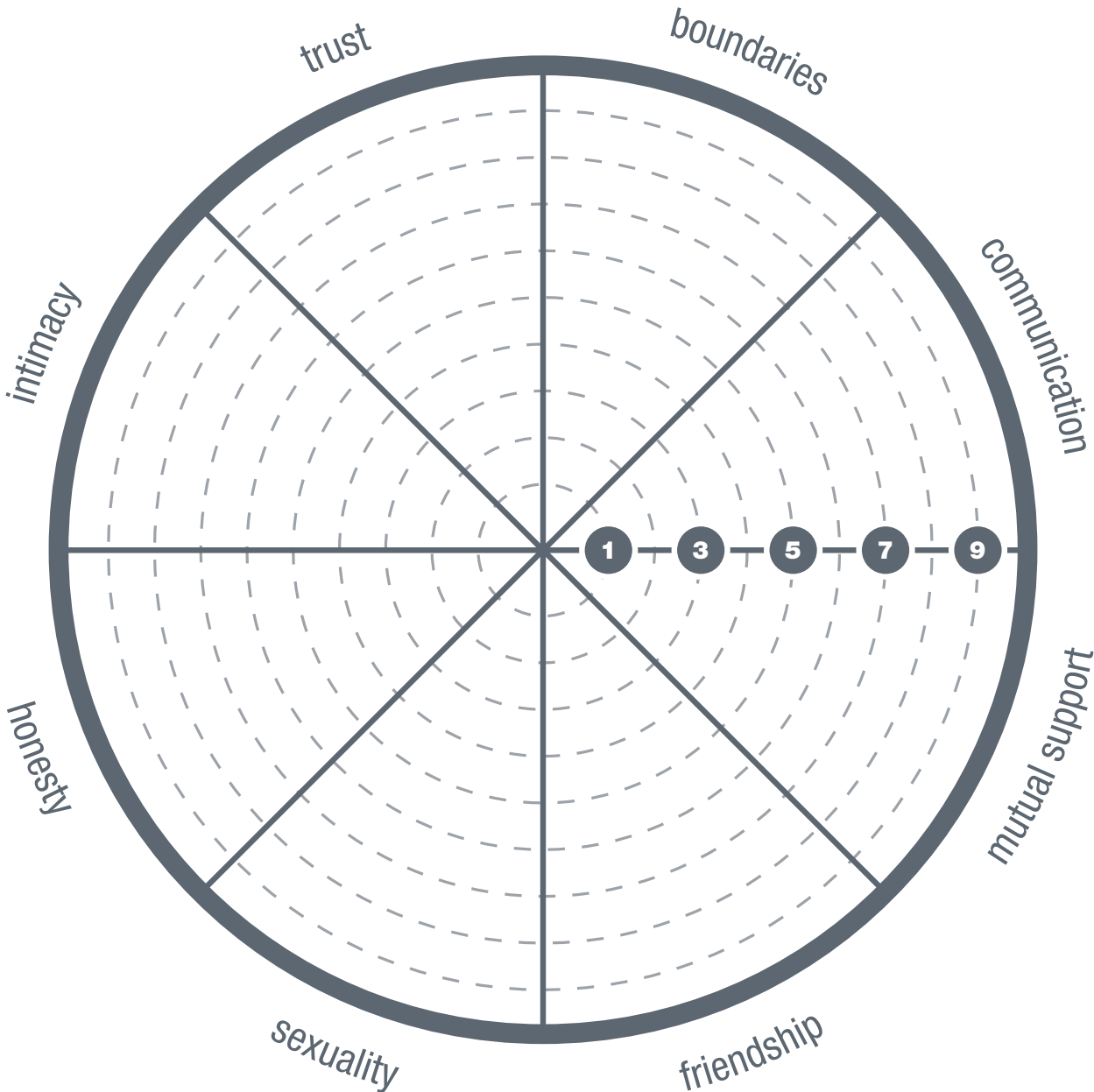
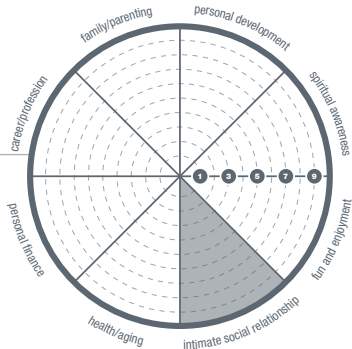
SPIRITUAL AWARENESS

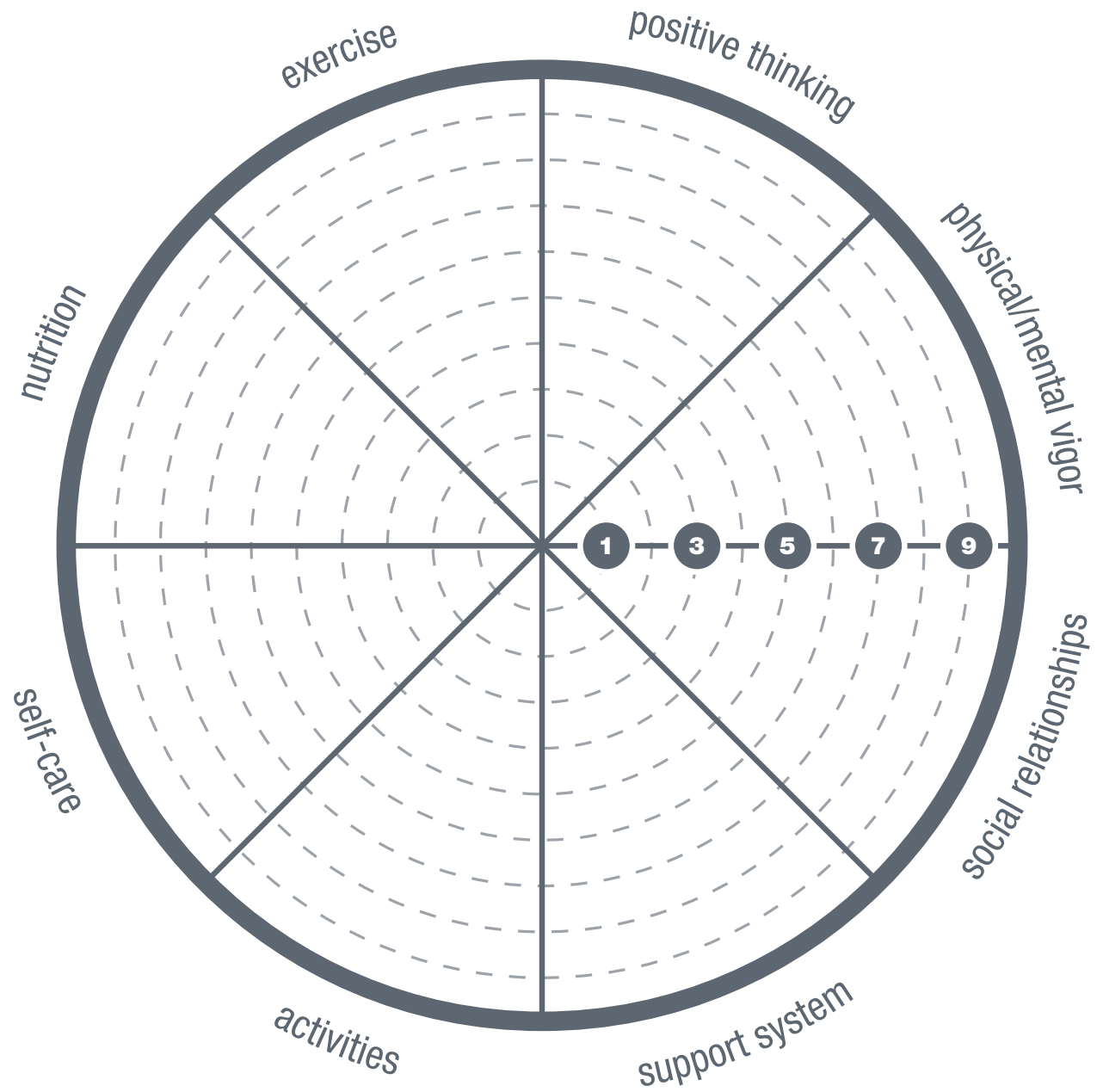
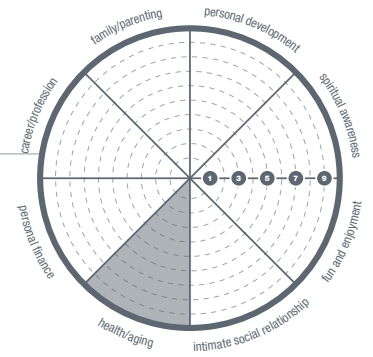


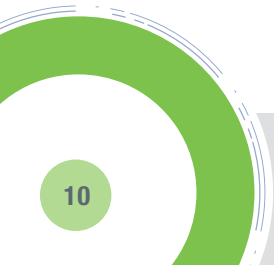
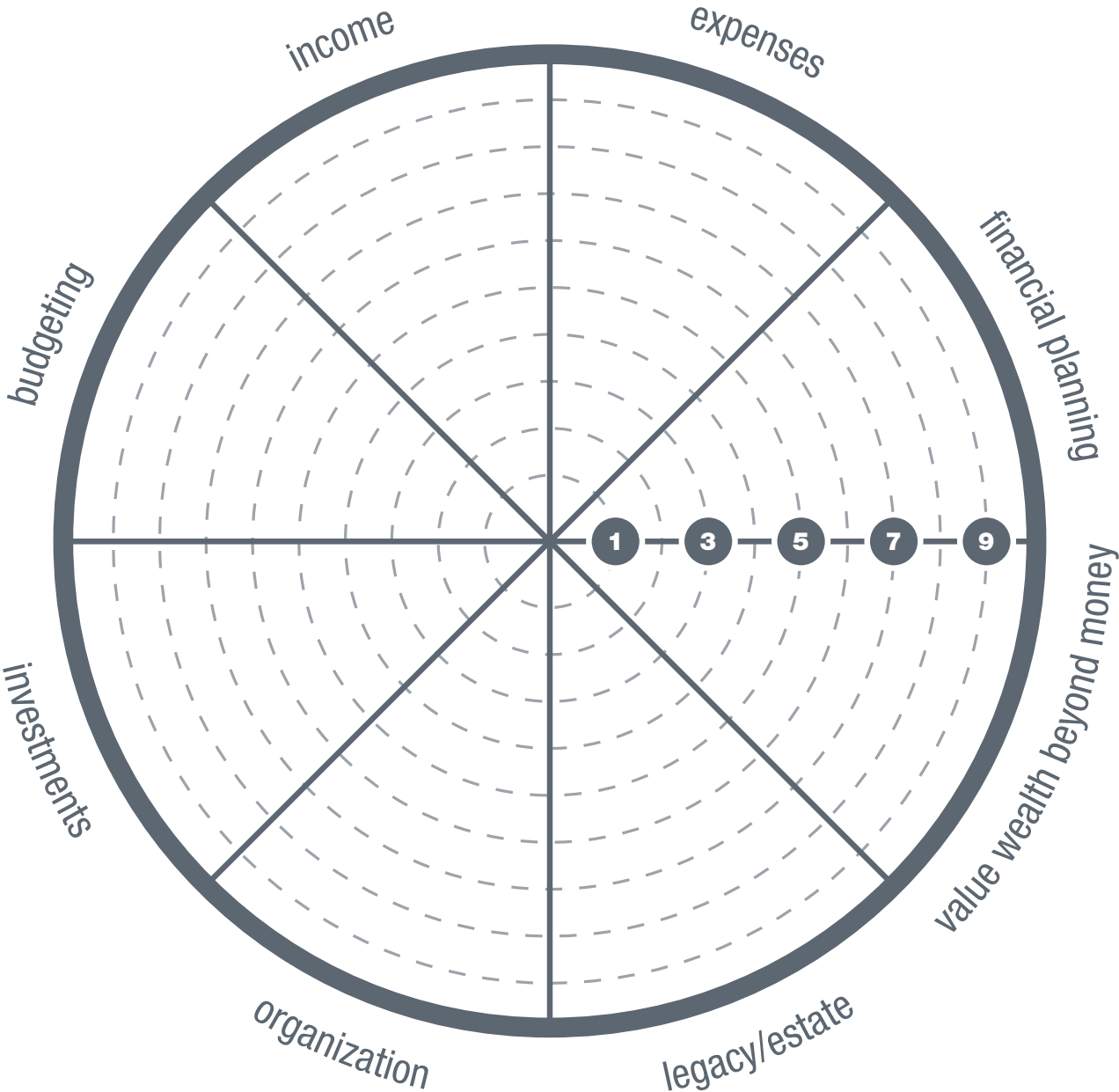
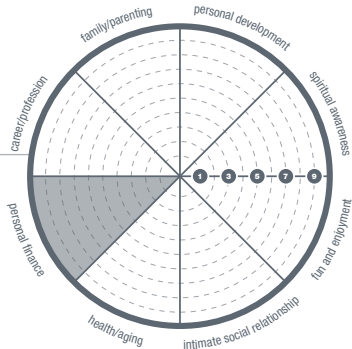
FUN AND ENJOYMENT



RELATIONSHIPS







EXTERNAL BLOCKS

Obstacles outside of yourself that you don't typically have control over

TYPES

- Money
- Time
- Education
- Skills

Examples:

- Not having enough money to do something
- Not having a needed skill (like a foreign language)
- Not having the time needed to accomplish a task

INTERNAL BLOCKS

Beliefs/attitudes that come from within you in your internal dialogue

Types

- G – Gremlin
- A – Assumptions
- I – Interpretations
- L – Limiting Beliefs



More personal
and difficult
to overcome

Examples:

- G – “I’m not good enough to...”
- A – “I know it won’t work because I’ve tried it before and...”
- I – “I didn’t get a raise because my boss doesn’t...”
- L – “I shouldn’t show my true feelings at work because...”

The gremlin is your internal critic that tells you not to try or that you're not enough.

- The gremlin can be known as your inner critic, saboteur, heckler, voice in your head, or judge.
- It serves as a deeply rooted insecurity that you learn to compensate for.
- The gremlin discourages you from trying or taking a risk and leads you to compromise the life you want to lead.
- The gremlin will use the other GAILs as a means to discourage you.
- Messages from your gremlin are hard to ignore because they will lead you to believe you will fail, get hurt, embarrass yourself, etc.
 - » It often comes from a place of self-protection, but truly prevents you from moving forward.
- Your gremlin thrives on fear and doesn't want you to be successful.
- Your gremlin is personal to you and holds the most emotional charge of the energy blocks.

Examples of a gremlin:

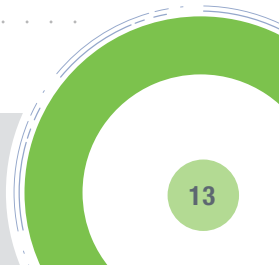
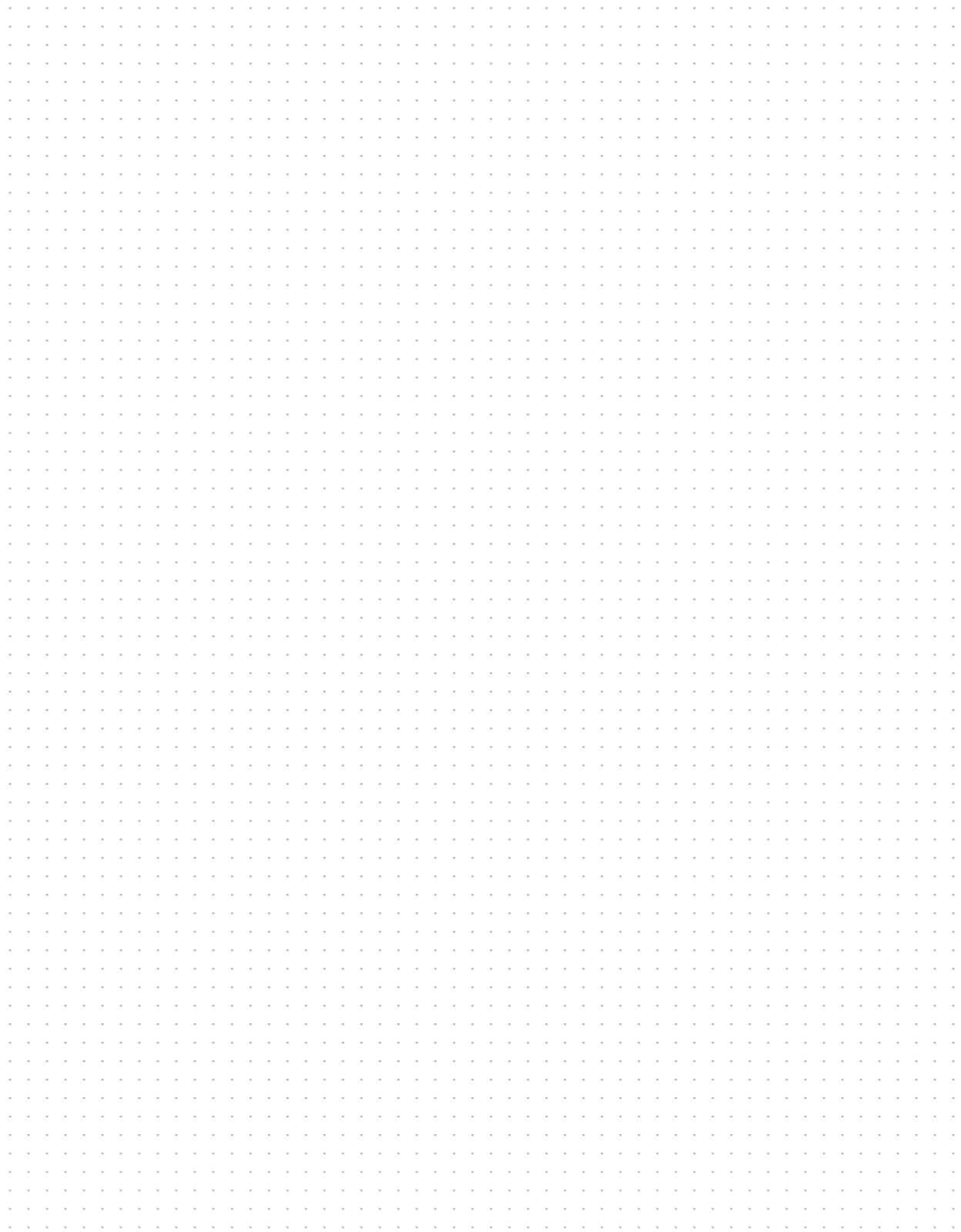
- I'm not good enough.
- I'm not smart enough to do this job.
- I'm not good enough.
- I'm not smart enough to do this job.
- I'm not smart enough to do this job.
- I don't have enough experience.
- I don't deserve great success.

Your gremlin holds you back by:

- Keeping you focused on fear
- Going unnoticed or hidden as "being practical"
- Preventing you from accomplishing your dreams
- Keeping you away from opportunities
- Telling you, "It's never going to happen..."
- Demotivating you and immobilizing you
- Focusing you on your limitations and not your strengths

Overcome a gremlin by:

- Noticing and naming your gremlin
- Acknowledging and being aware of the voice to lessen its power
- Understanding it's only a part of you, but not your identity
- Giving it a job that benefits you
- Understanding the truth about yourself



IDENTIFYING YOUR GREMLIN

Purpose

What is it trying to achieve (or make you believe)?

What is it trying to prevent you from achieving?

What is it trying to protect you from?

Tools

What lies does it tell you?

Who does it try to use against you?

What past experiences does it consistently bring up?

Identity

What does it tell you about yourself?

Who is it to you?

How would you describe it?

How is your identity separate from the gremlin's identity?

Impact

What are the fears you're allowing it to use?

What areas of life are you allowing it to operate?

Are you aware of a place it has power but you're afraid to tame it?

Origin

Where did it come from?

What are the earliest messages you can recall?

Grid area for notes.

Grid area for notes.



Interactions

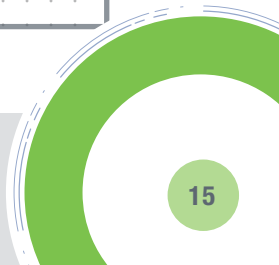
When does it speak to you?
During what types of situations do you hear it?
Is there a difference in when it speaks to you in your personal life versus your professional life?



Channels

How does it speak to you?
What emotions does it cause you to feel?

Grid area for notes.



Assumptions are beliefs that because something happened in the past, it will happen again.

- Assumptions are more personal (less generic) than a limiting belief because they involve you, others around you, and your past experiences.
 - » Assumptions are more difficult to overcome than limiting beliefs because they are internalized and emotional.
- An assumption is something you believe to be true, but can't really prove.
- They serve as an expectation that you form about the outcome.
- Assumptions come up a lot around conversations and when dealing with family.

Examples of assumptions:

- I know it won't work because I've tried it before and failed.
- I've been turned down when asking for a date before, so there's no reason I should ask someone else out.
- If I make cold calls for business, I'll be hung up on.
- When I submit my resume, I'm not going to be called back.
- If you work hard in life, you'll be successful.
- If you don't do it yourself, it won't be done right.

Assumptions hold you back by:

- Making you believe you already "know" something won't work
- Causing you to miss out on a wide variety of possibilities
- Letting the past dictate the future
- Leaving you a victim since the outcome already determined

Overcome an assumption by:

- Asking, "Just because it happened in the past, why must it happen again?"
- Understanding the past does not equal the future
- Thinking through what you learned from the past experiences that can prevent the it from coming true in the future
- Comparing a situation with an assumption to one not bound by an assumption

Interpretations are your personal viewpoints about an event, situation, or experience based on your experience.

- Interpretations are the opinions you create about an event, situation, or experience.
- They are the story in your head that you believe to be true, but since they only represent one viewpoint are rarely the truth.
- When you hold an interpretation, you create an explanation and then look for evidence to support its validity.
- They may come from your personal experiences and the lenses through which you view the world.

Examples of interpretations:

- I wasn't invited to the party because people don't like me or want to spend time with me.
- My boss sent me a vague meeting invite because I've done something wrong.
- They didn't say "hi" to me because they're angry with me.
- They don't want to listen to me or see me as a leader.

Interpretations hold you back by:

- Limiting your ability to focus on any other possibilities
- Keeping your energy low
- Dedicating time/energy in the wrong direction or priority
- Trapping you in the story in your head

Overcome an interpretation by:


- Looking at situations through other people's perspectives
- Asking a peer for their point of view on a situation
- Asking "What's another way of looking at that?"
- Considering the opposite way of seeing the situation
- Considering how you could let go of the opinion right now
- Finding flaws and cracks in the logic of your interpretation


EXAMINING AN INTERPRETATION

Consider a recent situation where you made an interpretation.


TRUE


 Your interpretation (or the “story in your head”):

 The emotion or feelings that came from this interpretation:


 The action that interpretation caused you to take:

TRUTH

 Other interpretations (What's another way to look at that?):

 What would another person's perspective of the situation be?

 How you feel about the new interpretation:

 The new options that are possible when considering other possibilities:

Limiting beliefs are beliefs that you accept about life, yourself, the world, or other people that limit you in some way.

- Limiting beliefs can be about the world, other people, situations, or life in general.
- If you don't believe something is possible, you're not likely to attempt it.
 - » Even if you do attempt it, you won't devote much energy to achieving it since you don't truly believe it's possible.
- You may accept a limiting belief as true because you learned it from someone else, from something you observed, or from some authority in your life (family, the media, books, etc.).
- Limiting beliefs can be rules for living that have outgrown their usefulness.

Examples of limiting beliefs:

- Introverts make terrible sales people.
- Genius is decided at birth.
- You can't teach an old dog new tricks.
- You have to have money to make money.
- Showing emotion is a sign of weakness.
- Running a mile in under four minutes is impossible.


Limiting beliefs hold you back by:

- Preventing you from trying or starting something
- Serving as a barrier to your success
- Adding judgement in your life (can be stereotypes, generalizations of self or others, etc.)

Overcome a limiting belief by:

- Providing evidence against the belief
 - » Looking for proof (or lack of proof) to support the belief
- Exploring the effects the belief has had on your life
- Modifying the belief so it serves you better (not all beliefs need to be removed, some just need to be changed)
- Examining it – questions like “How true do I believe that is?” or “Where did I get that idea?”
- Disproving it

EXAMINING YOUR BELIEFS

 List some of the beliefs that you have that may be limiting you in any way. If helpful, consider things you have wanted to achieve but haven't been able to, and whether a limiting belief could be a cause. After listing, circle one you want to focus on.

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 How true is that belief really? Is there any proof (or lack of proof) of its truth?

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 Where did you get that idea?

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 How has this belief served you? What impact has it had on your life?

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 What is the cost of the belief to you and to others?

.....

.....

.....

.....


 What new belief can you come up with to replace the belief?

.....

.....

.....

.....

 What is the next situation this new belief will come up in?
How will your life look with the new belief?


.....

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.....

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Envisioning the Next Level

 If you woke one year in the future and you had taken yourself to the next level and were overjoyed with your life, what would it look like?

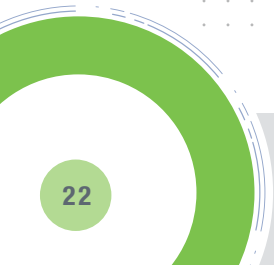
Grid area for writing the response to the first question.

 What would be happening?

Grid area for writing the response to the second question.

 How would your leadership have changed?


Grid area for writing the response to the third question.




Moving Forward

 What is your next step in making this vision a reality?

Grid area for writing the next step in making the vision a reality.

 What would help you get to the next level or support you?

Grid area for writing what would help get to the next level or support you.

 What's holding you back from getting there?

Grid area for writing what's holding you back from getting there.

