LEADING WITH GRIT

Exploring Your TRUTH — The Core

GENEROSITY
RESPECT
INTEGRITY
TRUTH

The most effective leaders are the ones who know themselves well. They take the time to self-reflect. They are realistic about their strengths and weaknesses, and they take an active role in managing their own thoughts and beliefs.

So grab your favorite journal or writing pad, get comfortable with your favorite beverage and some light tunes if you wish, and reflect:

What are your passions and priorities in life?

What values do you live by?

What strengths do you have?

Which of your skills could be honed to serve you better?

What makes you unique?

What fears do you have?

What thoughts and beliefs may be holding you back?

Switch those thoughts and beliefs into statements that inspire you to be who you want to be!

Imagine feeling confident, happy and free to be who you were born to be! Remember, you define your own life. Don't let others, or even yourself, judge what kind of life you should be living!

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Recommended Books & Resources to help you on your journey:
While some of these books and resources certainly overlap into multiple categories, they are sorted to be most helpful for each category. There are many other great resources – these are a few that I have personally used and highly recommend.

General awareness of your Truth:
Free GRIT assessment at www.LeadingWithGRIT.com/GRITassessment

Values: The Four Agreements, by Don Miguel Ruiz

Passions/priorities: Living the Life You Were Meant to Live, by Tom Paterson

Fears:
The Only Little Prayer You Need, by Debra Landwehr Engle
Anthony Robbins Retreat, Unleash Your Potential
Ruiz Family Spiritual Retreats

Holding You Back:
The Desire Map: A Guide to Creating Goals with Soul, by Danielle LaPorte

Confidence:
Making Every Man Want You by Marie Forleo (note, don't be misled by the title of this book – it is well worth the read)

Strengths/Limitations/Uniqueness:
The Life You Were Born To Live, by Dan Millman
DiSC Behavioral Profile; 363 Leadership Assessment (contact us)

Explore, expand, and enjoy your journey!

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