

self leadership

week 3

Rate Yourself

On a scale of 0-10, how present
are you right now?

0-1-2-3-4-5-6-7-8-9-10

0 = completely checked out, not present

3 = mostly not present, many thoughts
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about
the past, future or distracted by thoughts

10 = completely present



the ability to learn is the
most important quality a
leader can have.

- padmasree warrior (ceo & founder; fable)

Modern Creative Woman Timeline

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

WEEK
01

PRESENCE
PRESENT
MOMENT
AWARENESS

WEEK
02

WEEK
03

PURPOSE
YOUR
UNIQUE
VALUES

Purpose



Purpose

Personal values
and the actions
you take.





Purpose

It is through your purpose that you engage with your life, choose what is most important, and make committed actions to demonstrate your values to yourself and others.

Values

What you decide is most important to you.

The way you want to live your life.



Value Domains

health, intimate partner
relationship, education,
family, friendship,
parenting, sports,
spirituality, work/vocation,
community, creativity,
service, school, personal
development, hobbies, etc.



Values

- What YOU want to bring to each area and has nothing to do with what others are doing or even if they like what you are doing.
- How YOU want to celebrate yourself and others, take care of your health, earn/save/spend, use your time, speak to others, etc.
- A direction to guide yourself (not a destination).





Committed Actions

- How you demonstrate your values through your actions.
- Committed action is how you show your values to yourself and others.
- Notice this is action, not thoughts or beliefs.
- Values are shown in our behaviors.

Benefits of Committed Actions

Better Mental Health

Reduce Suffering

More Meaning in Life

More Fun



Self Leadership

(thoughts, feelings and actions)





Self leadership Takes you Further

- Imagine today you are packing all your belongings, and moving cross-country to start a new life.
- Imagine taking that bold action because someone else told you to do so.
- You probably have a lot of hesitation and questions because you don't know for sure that moving cross-country is best for you right now.
- You do it anyway because someone you trust told you to do so.

Self leadership Takes you Further

- Now, imagine taking the same bold action because you have determined that it's the best opportunity for your life right now.
- You are excited and nervous.
- You don't know how it will work out, but you decided for yourself.
- You probably have less anxiety and more peace of mind making the move this way.



What are the actions of a leader?

- **Research found 8 areas/habits/actions of self leaders.**
- **These 8 areas help you influence and direct your own thoughts and actions to successfully reach goals and build a satisfying life.**



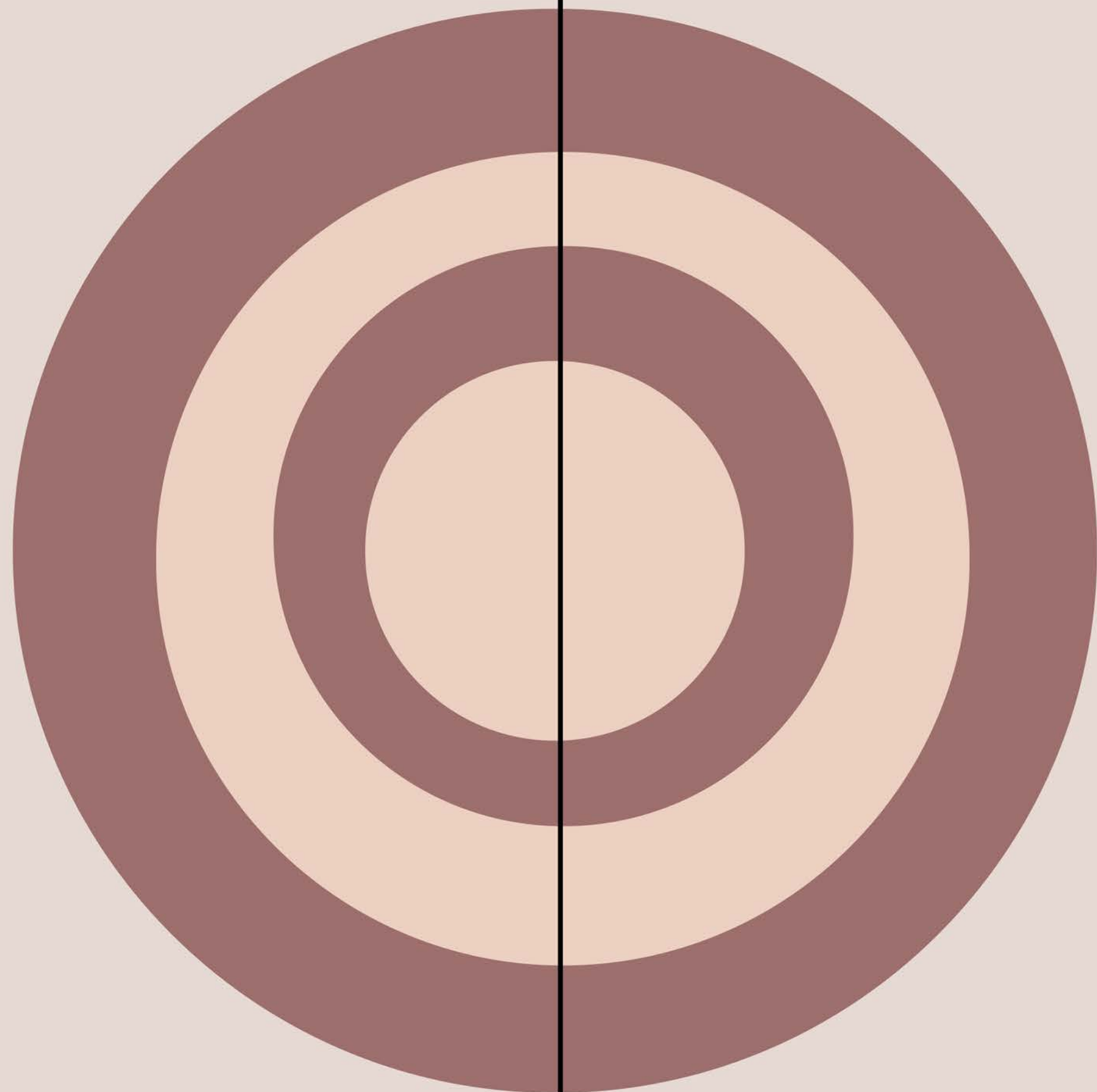
Self Leadership Qualities

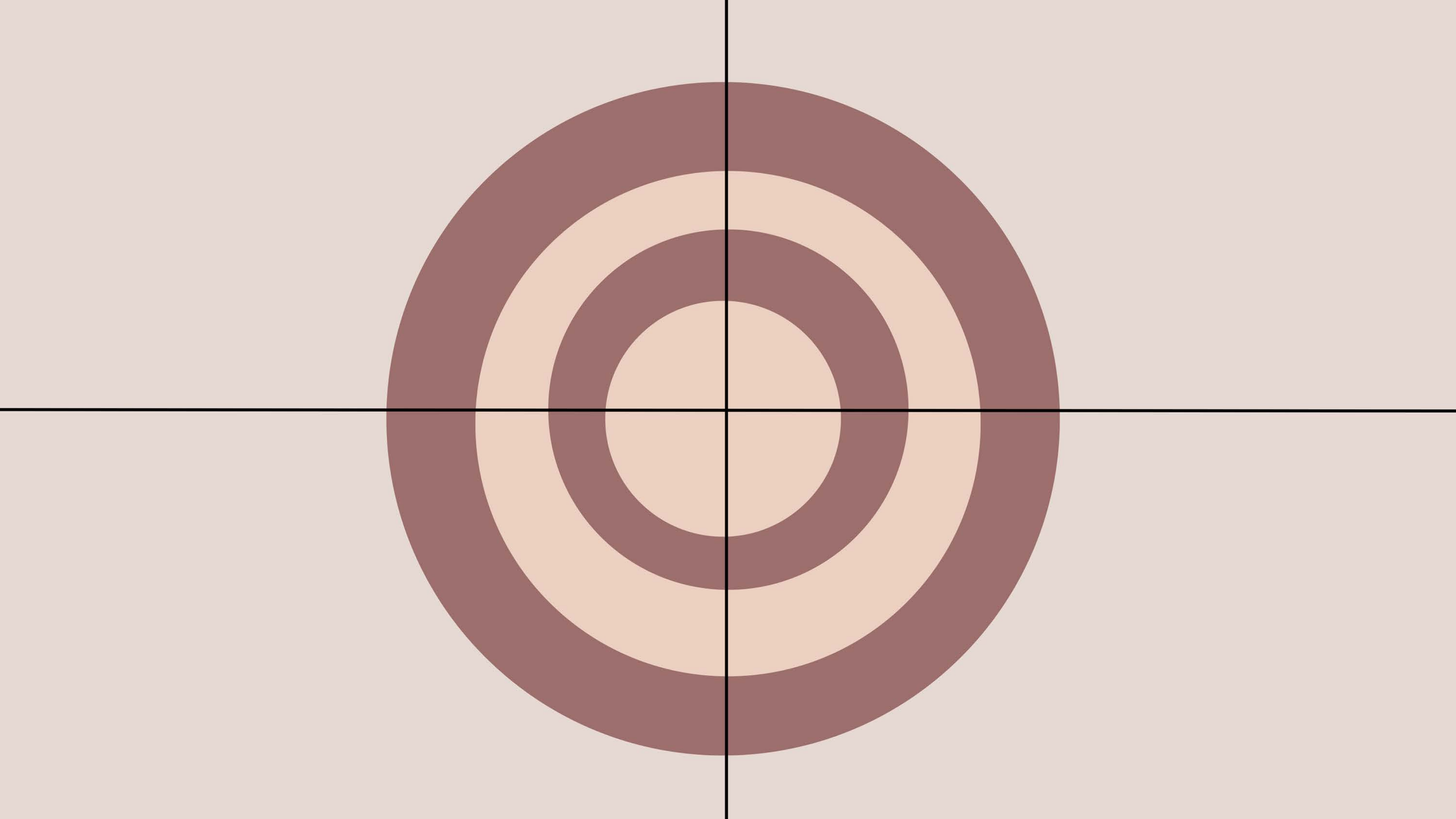
- 1. Confidence**
- 2. Calmness**
- 3. Clarity**
- 4. Curiosity**
- 5. Compassion**
- 6. Courage**
- 7. Creativity**
- 8. Community**

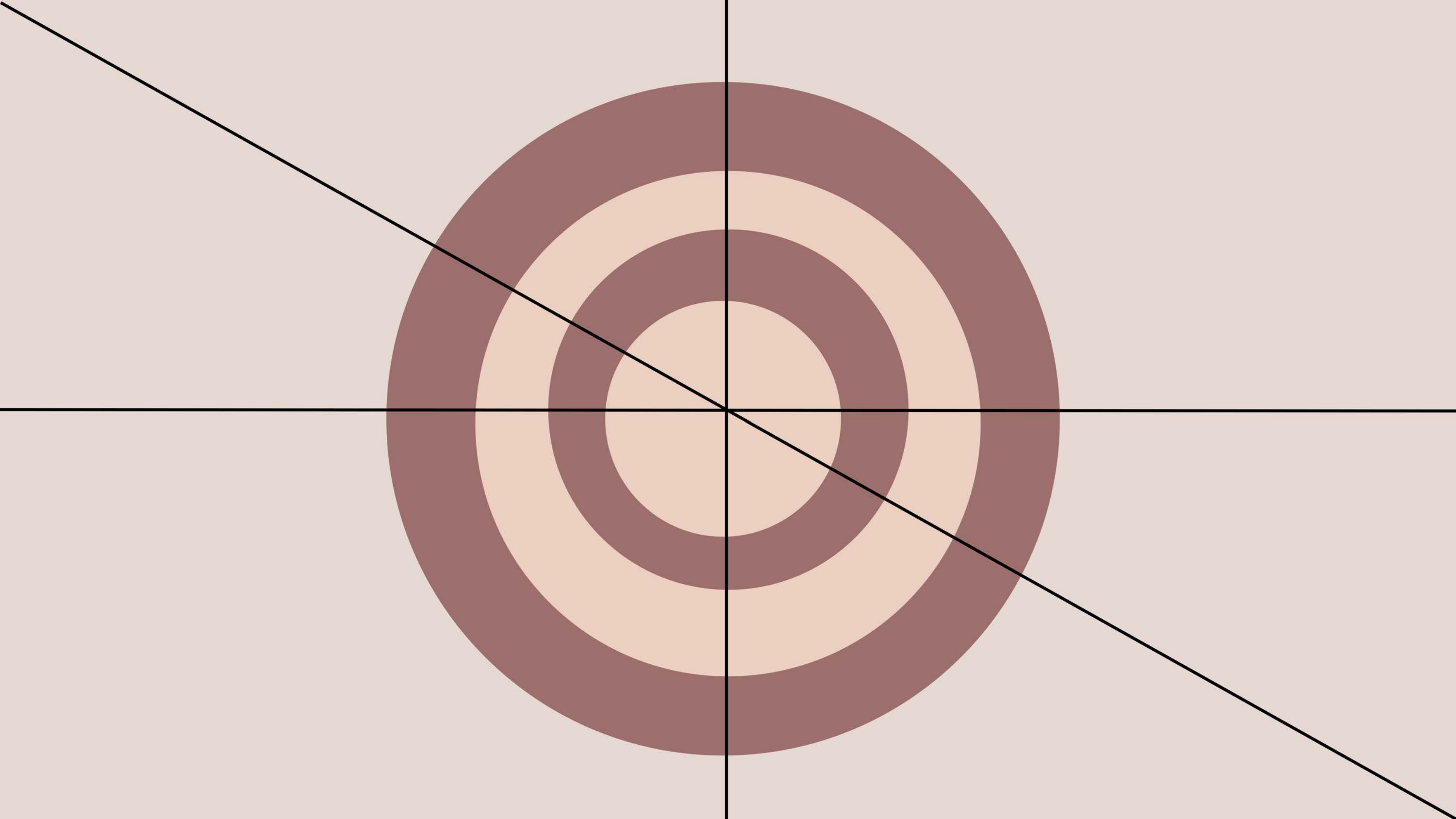


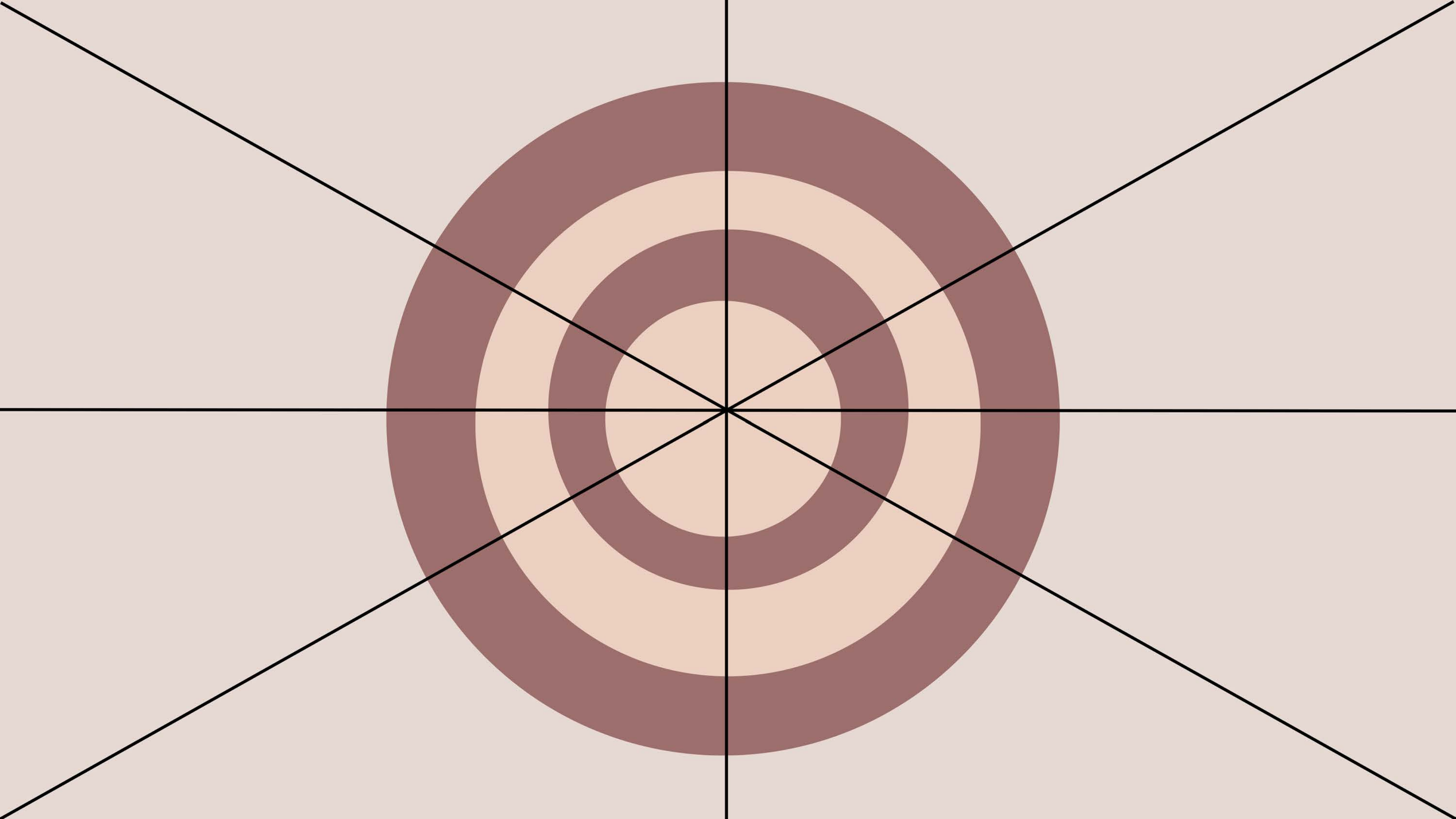
Designing
Your
Self
Leadership

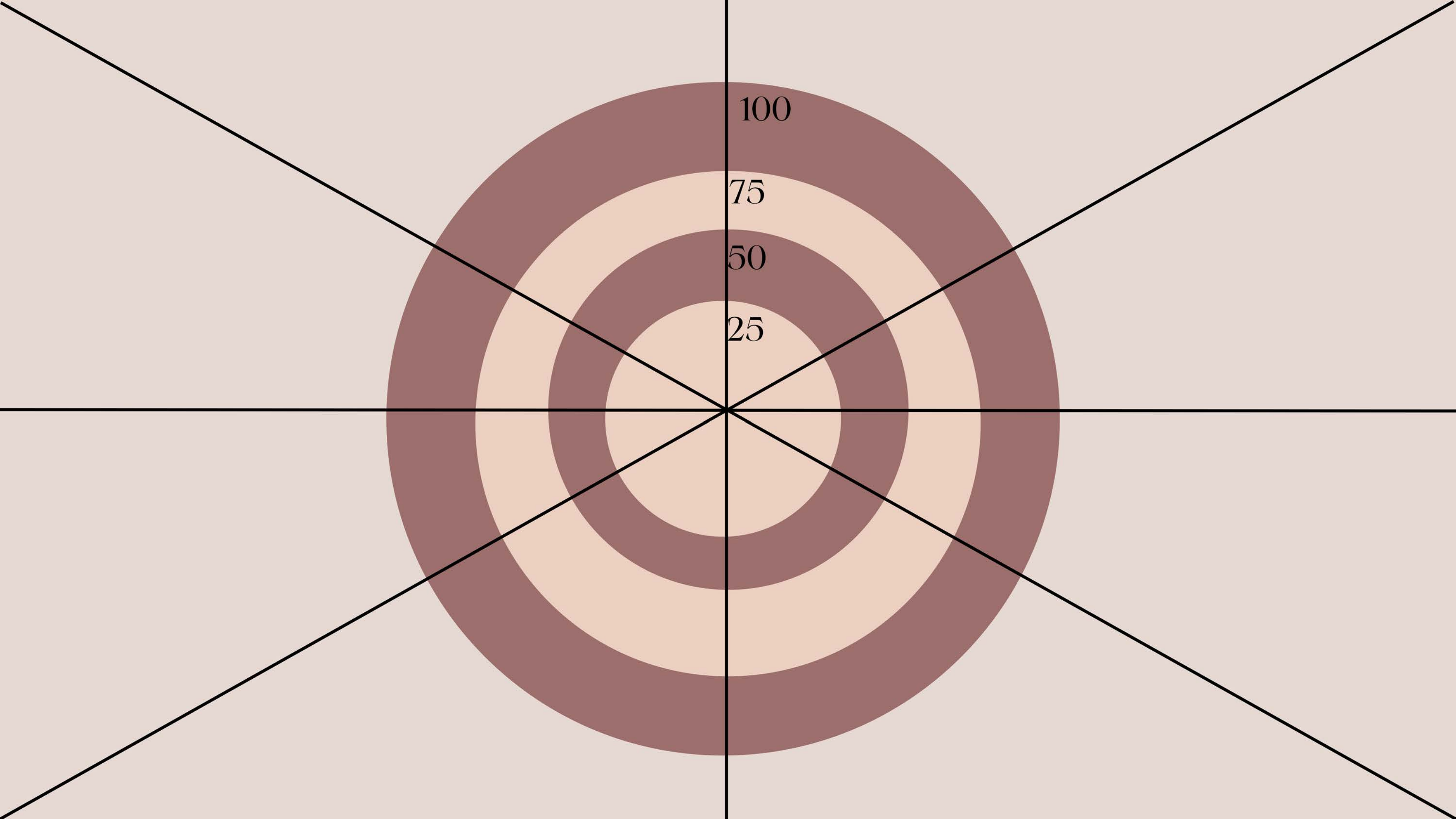










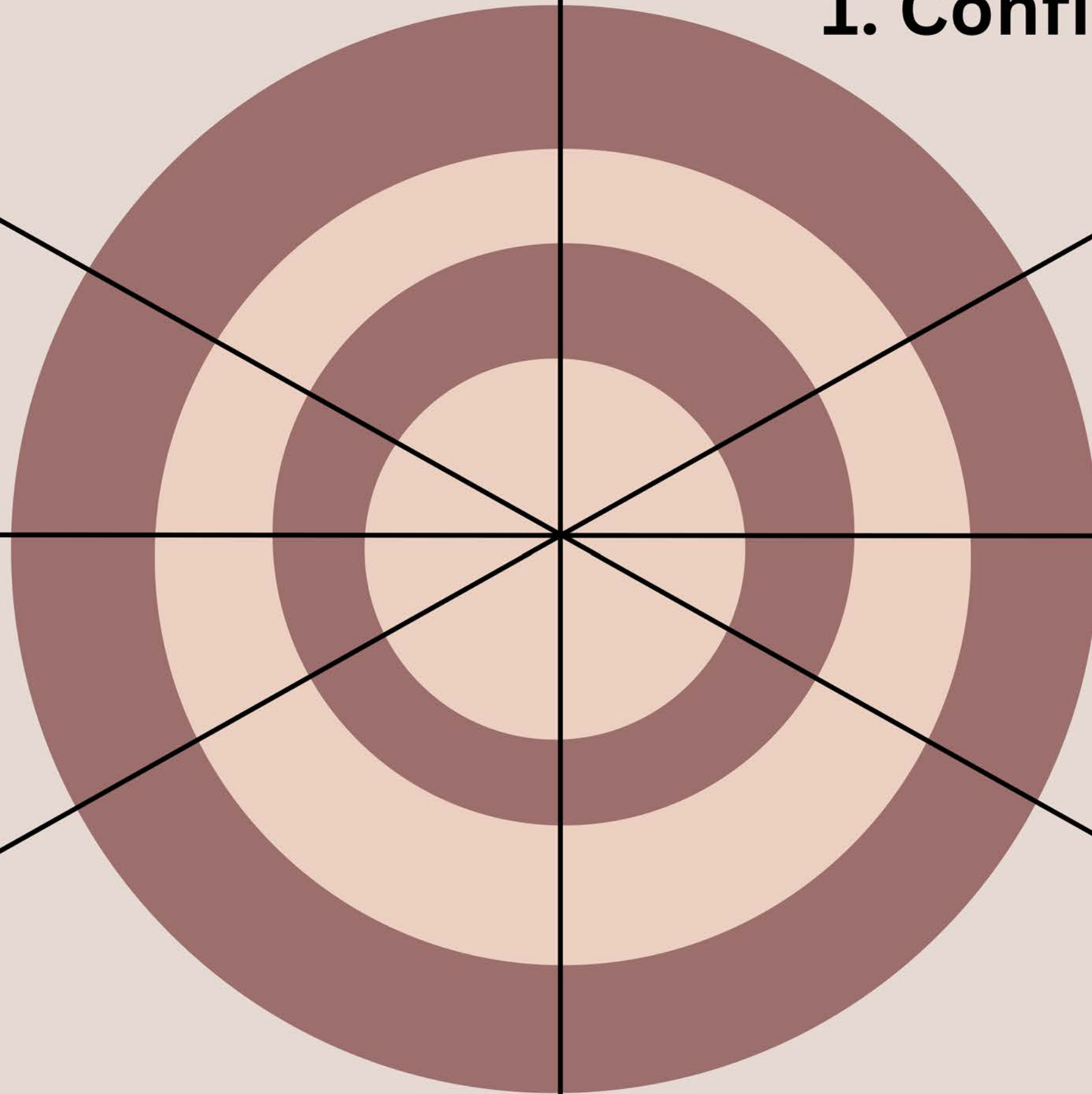


1. Confidence

- Do you trust yourself to make decisions, follow through with plans, and lead even in challenging times?
- You must trust that you have your own best interests at heart and are willing to do what it takes to succeed.
- Building trust in your own judgement or ability to lead, makes it easier to guide yourself toward success.



1. Confidence



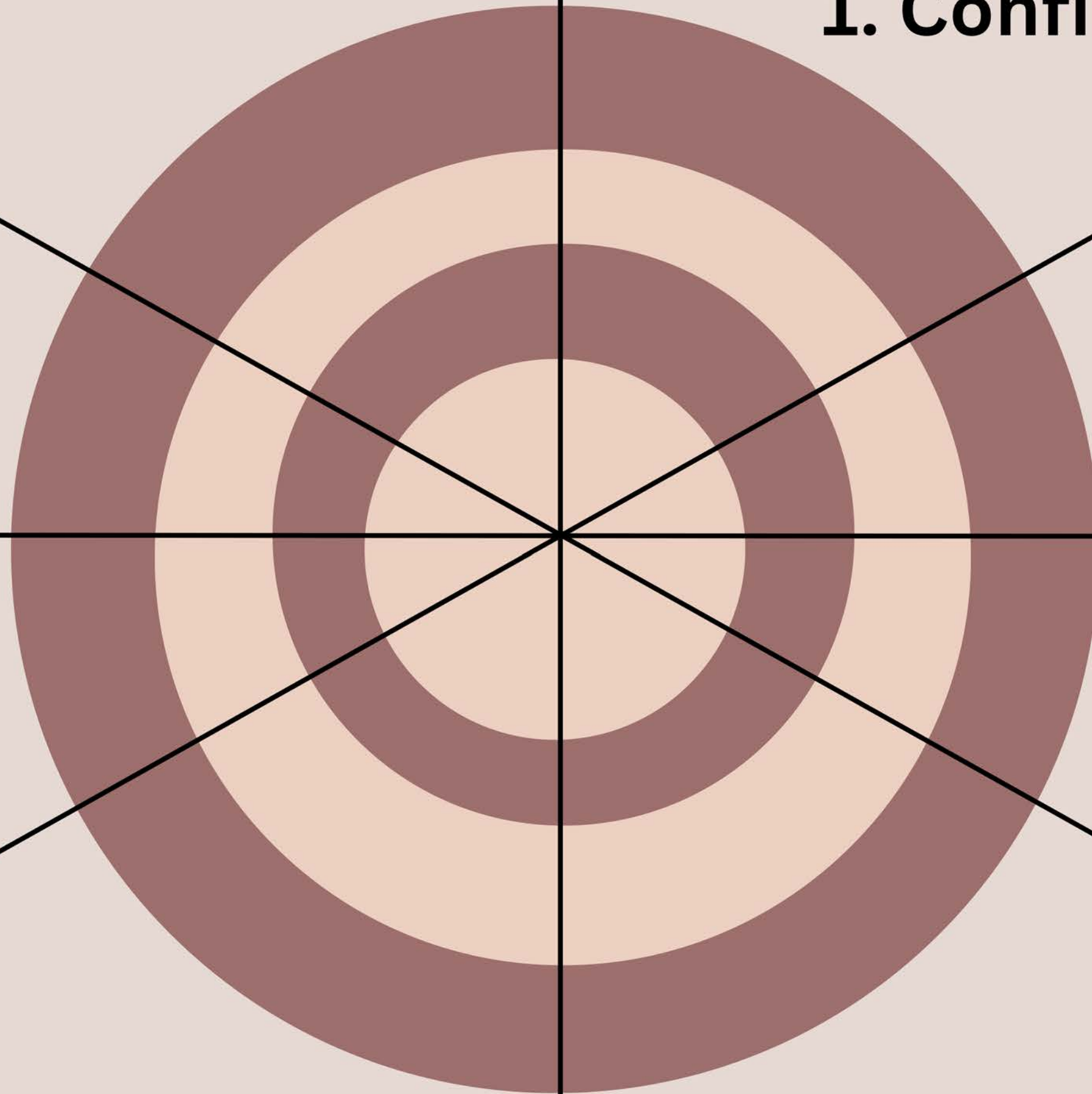
2. Calmness

- Can you remain calm, clear-headed, and focused even during difficult circumstances?
- Great leaders are slow to react even when something touches an emotional trigger. They have the mental strength to fully assess the situation and determine the most logical and advantageous response.
- They stay calm while others fall apart due to stress, uncertainty, disappointment, anxiety, and overwhelm.



1. Confidence

2. Calmness



3. Clarity

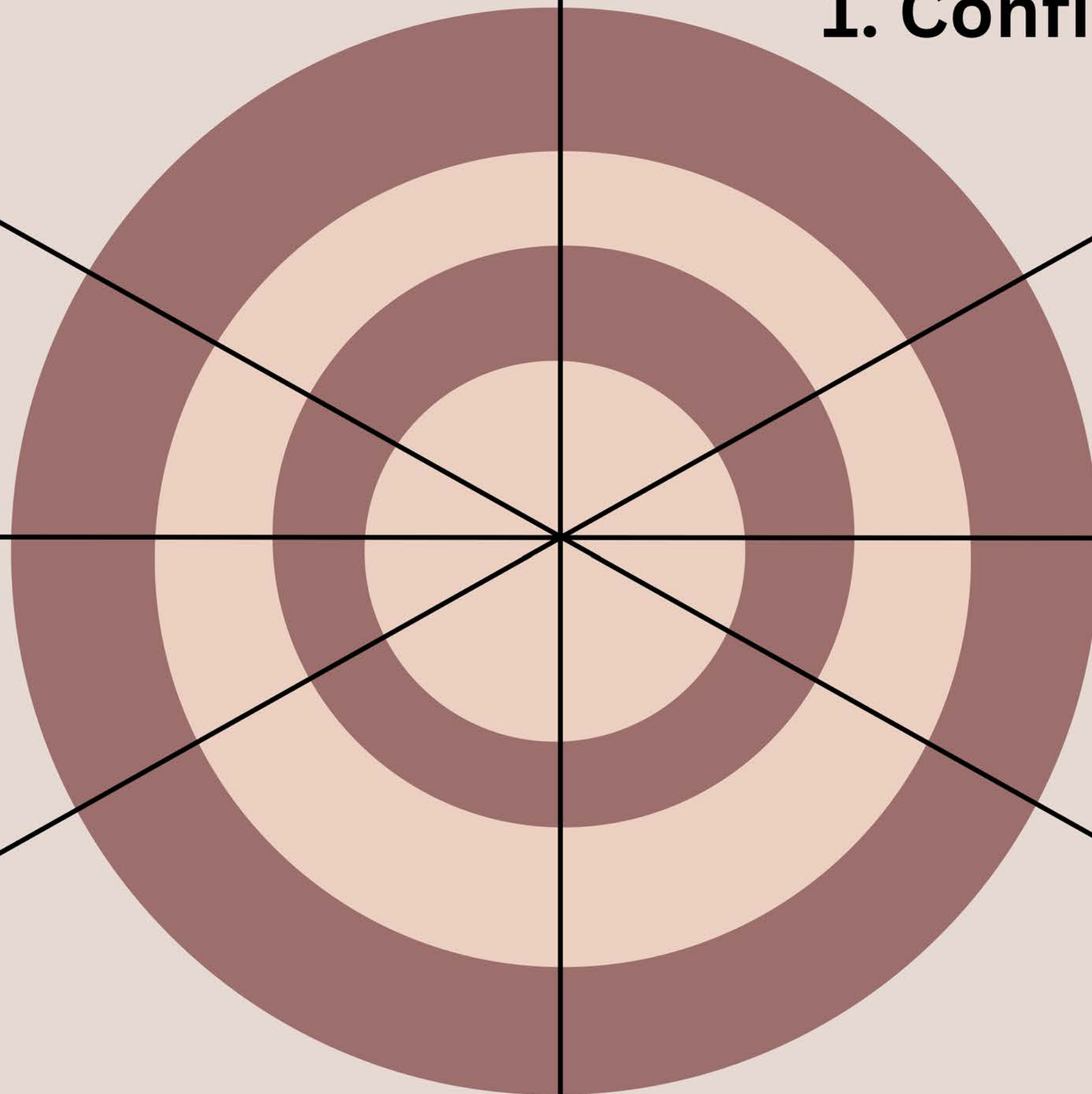
- Can you acknowledge and then look beyond your own biases and preconceptions to reach a clear, accurate view of a situation?
- Every person has their own beliefs and biases. Smart leaders work hard to recognize theirs as well as those of others.
- They strive to see the big picture and fine details clearly so that their decisions aren't based on impulsive or reactive emotion.



1. Confidence

2. Calmness

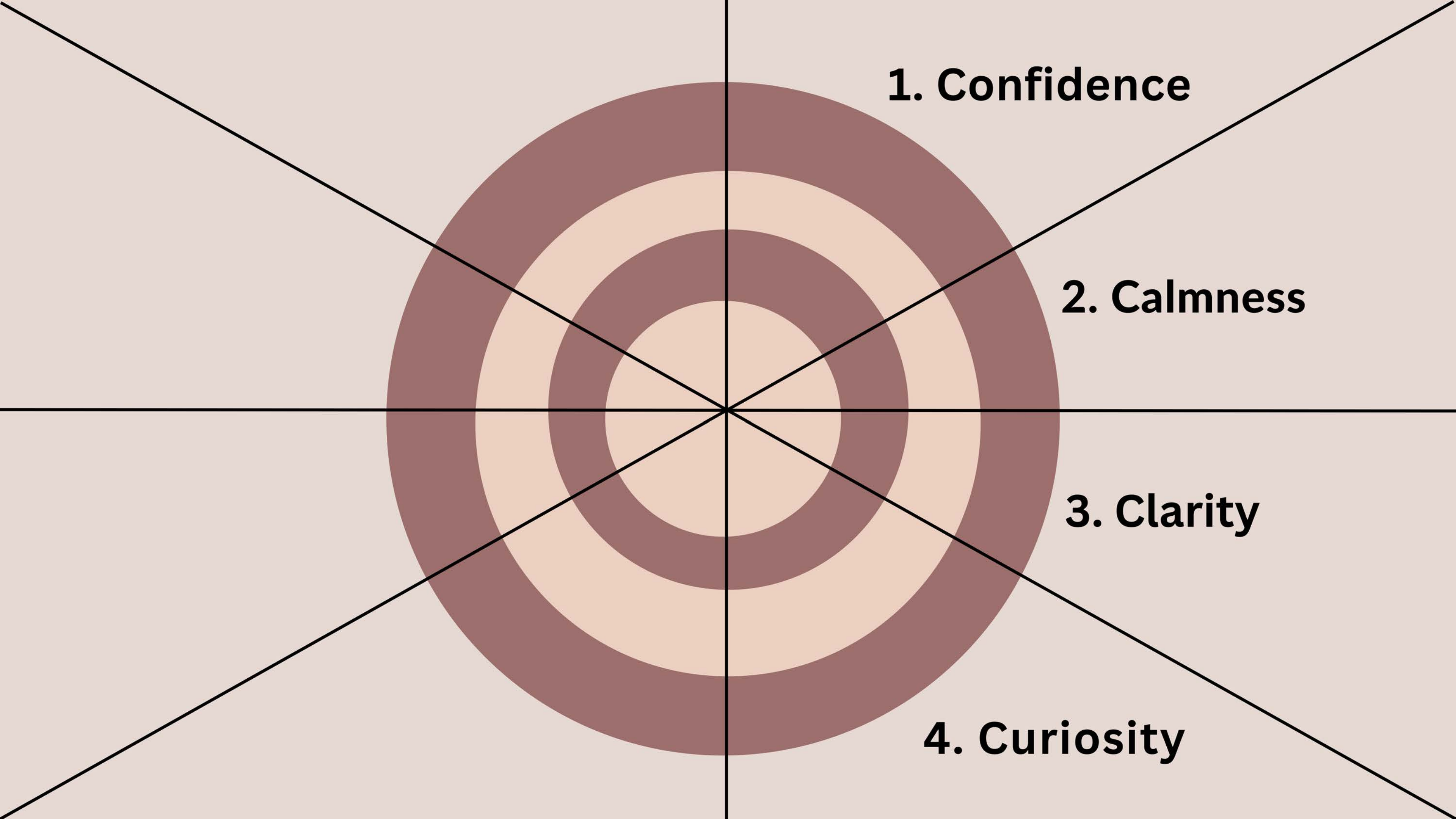
3. Clarity



4. Curiosity

- Do you pay attention to the world around you and explore new ideas and concepts?
- Leaders maintain an open mind and are eager to learn new things. When they come across something that conflicts with their own beliefs or is simply new, they take the time to learn more about it.
- They realize that there's always something valuable to learn.

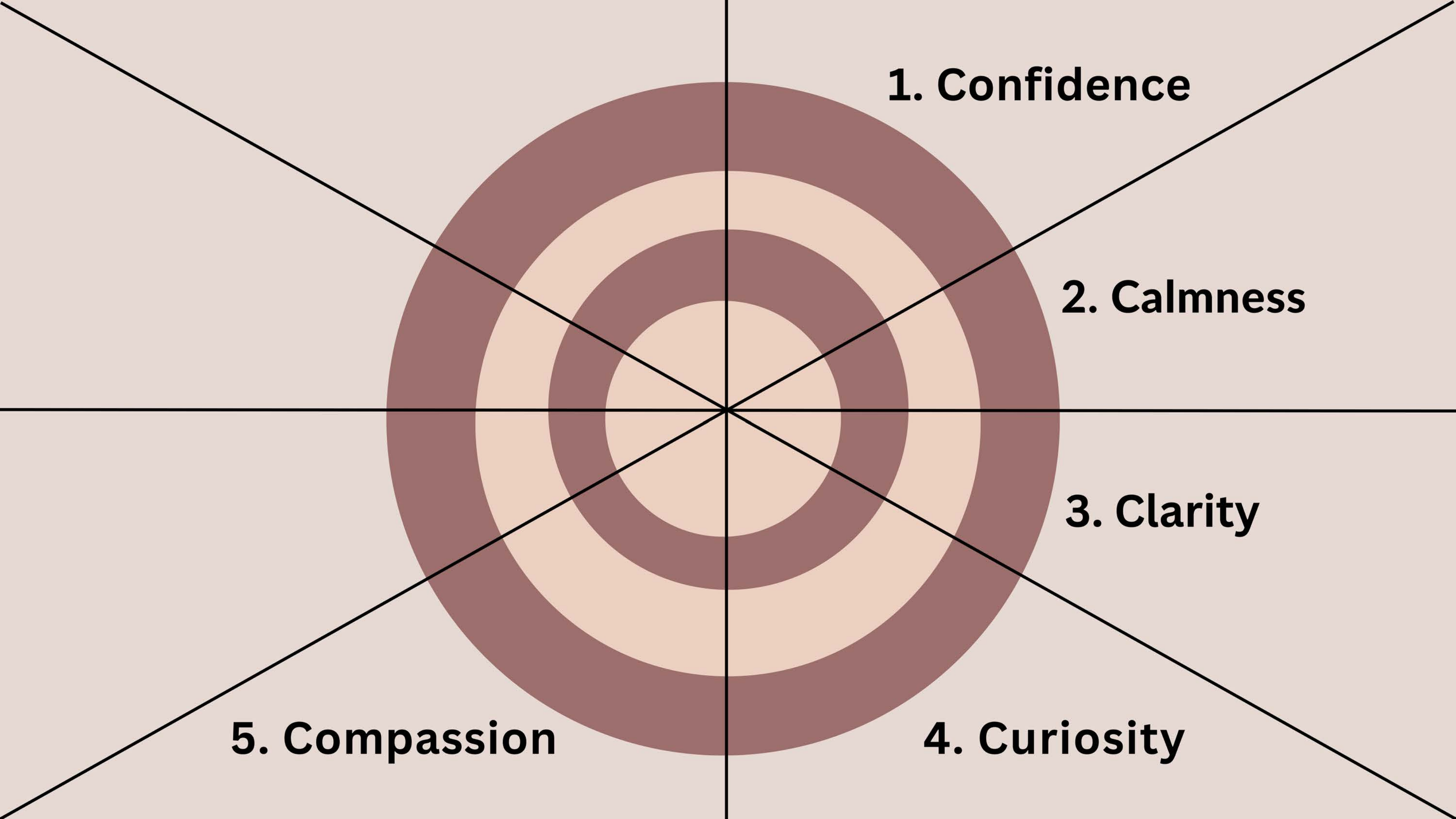






5. Compassion

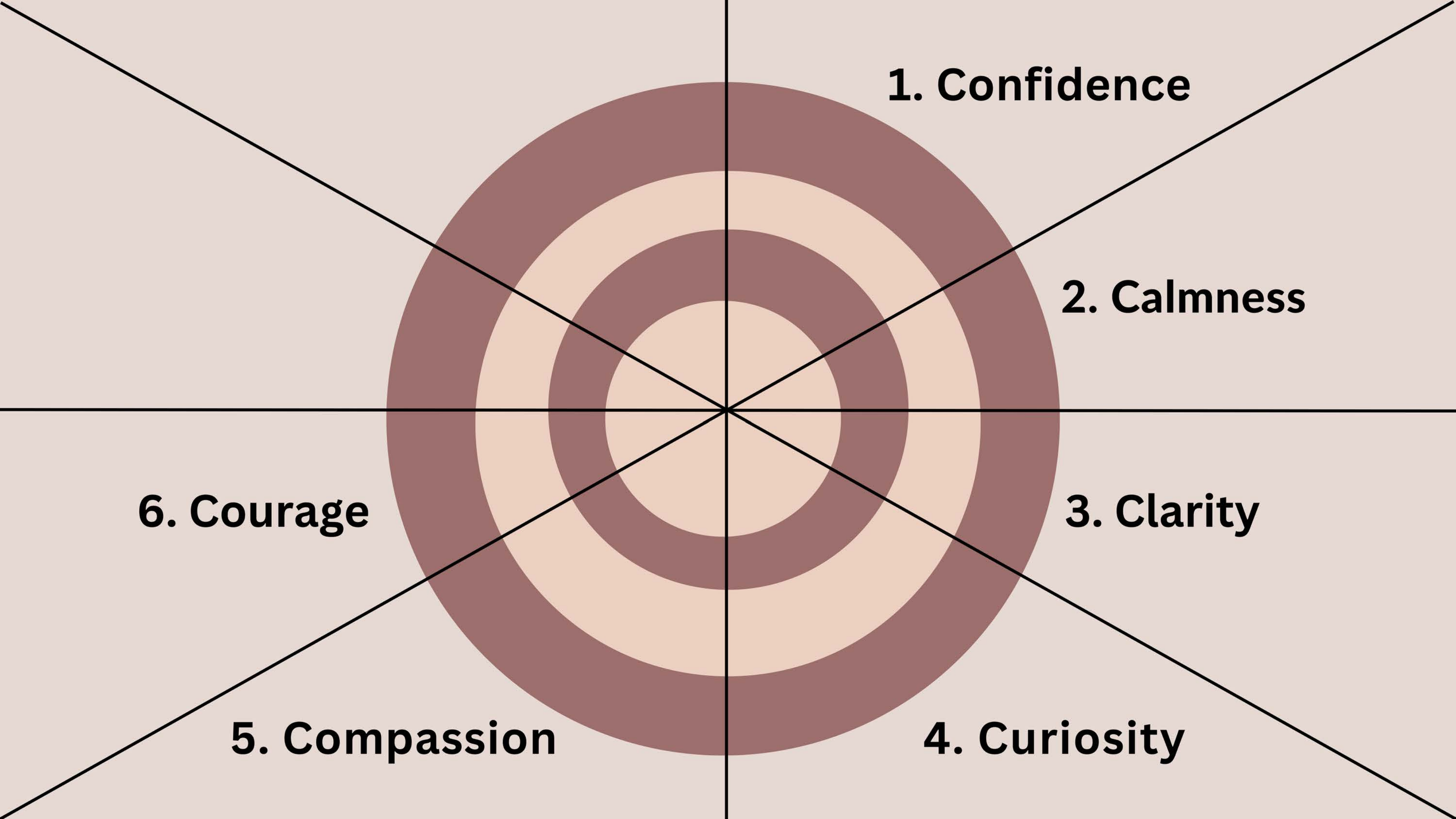
- Are you aware of your own humanity and compassionate to your own struggles and limitations?
- Great leaders acknowledge the struggles their team members are facing and take steps to help them grow and overcome.
- Self-leadership requires you to push and motivate yourself while having a healthy degree of understanding and compassion toward your struggles, limitations, and weaknesses.



6. Courage

- When the next step toward a goal requires some risk, can you hold your head high and take the first step in the right direction?
- The right direction isn't always the easiest, cheapest, or most acceptable to your peers or loved ones.
- Leading yourself requires you to bravely move in the right direction for your goals regardless of the risk.





1. Confidence

2. Calmness

3. Clarity

4. Curiosity

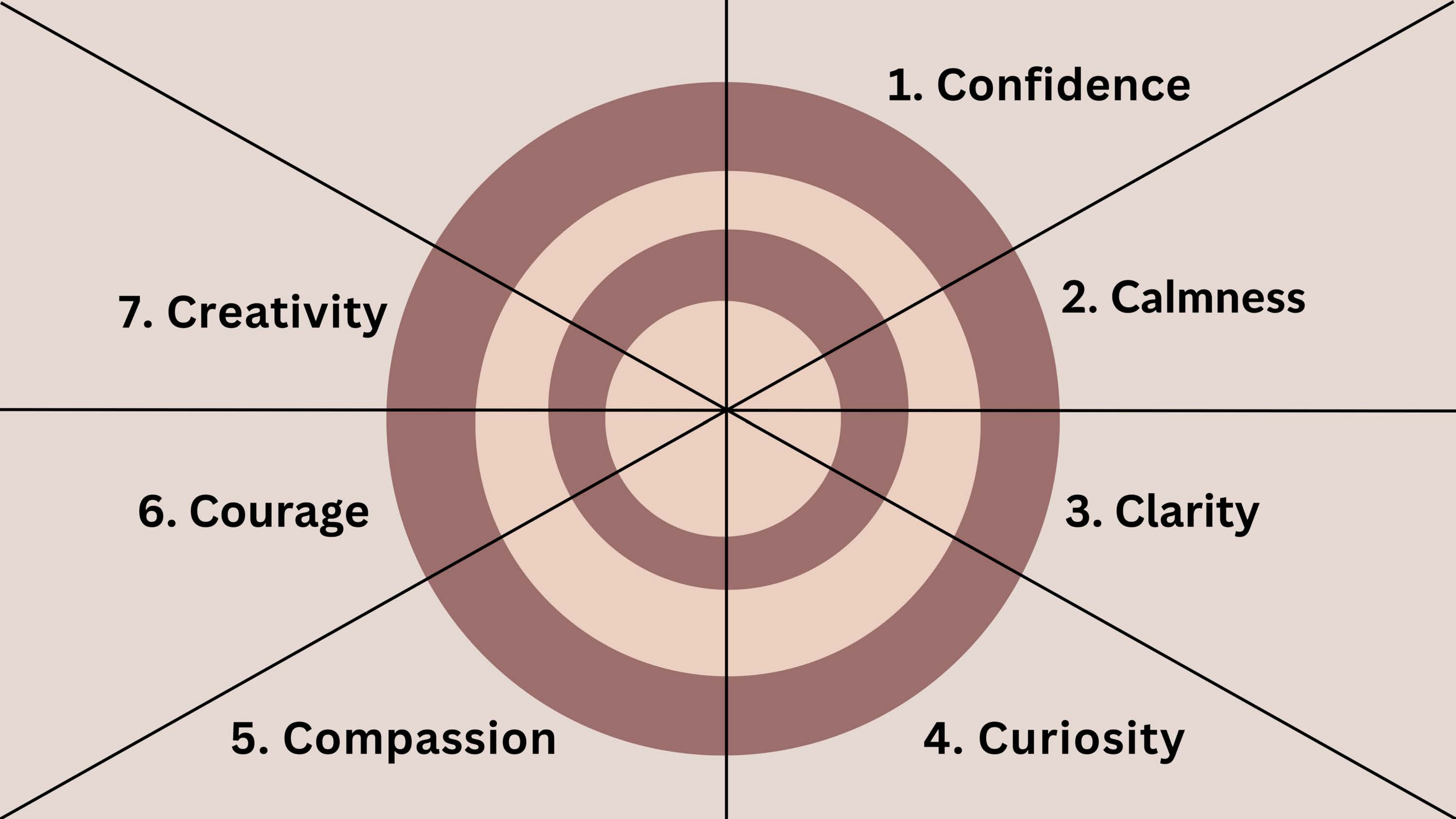
5. Compassion

6. Courage

7. Creativity

- Do you come up with fresh ideas and new options when you approach a problem?
- Self-leaders think beyond the usual and expected actions to find solutions that are unique or that accelerate results.
- Creativity is often what allows you to step away from the crowd and stand out in business, relationships and community.
- Not everyone is comfortable moving away from the crowd and doing things that are considered novel or strange, but self-leadership is easier with creativity.





1. Confidence

2. Calmness

3. Clarity

4. Curiosity

5. Compassion

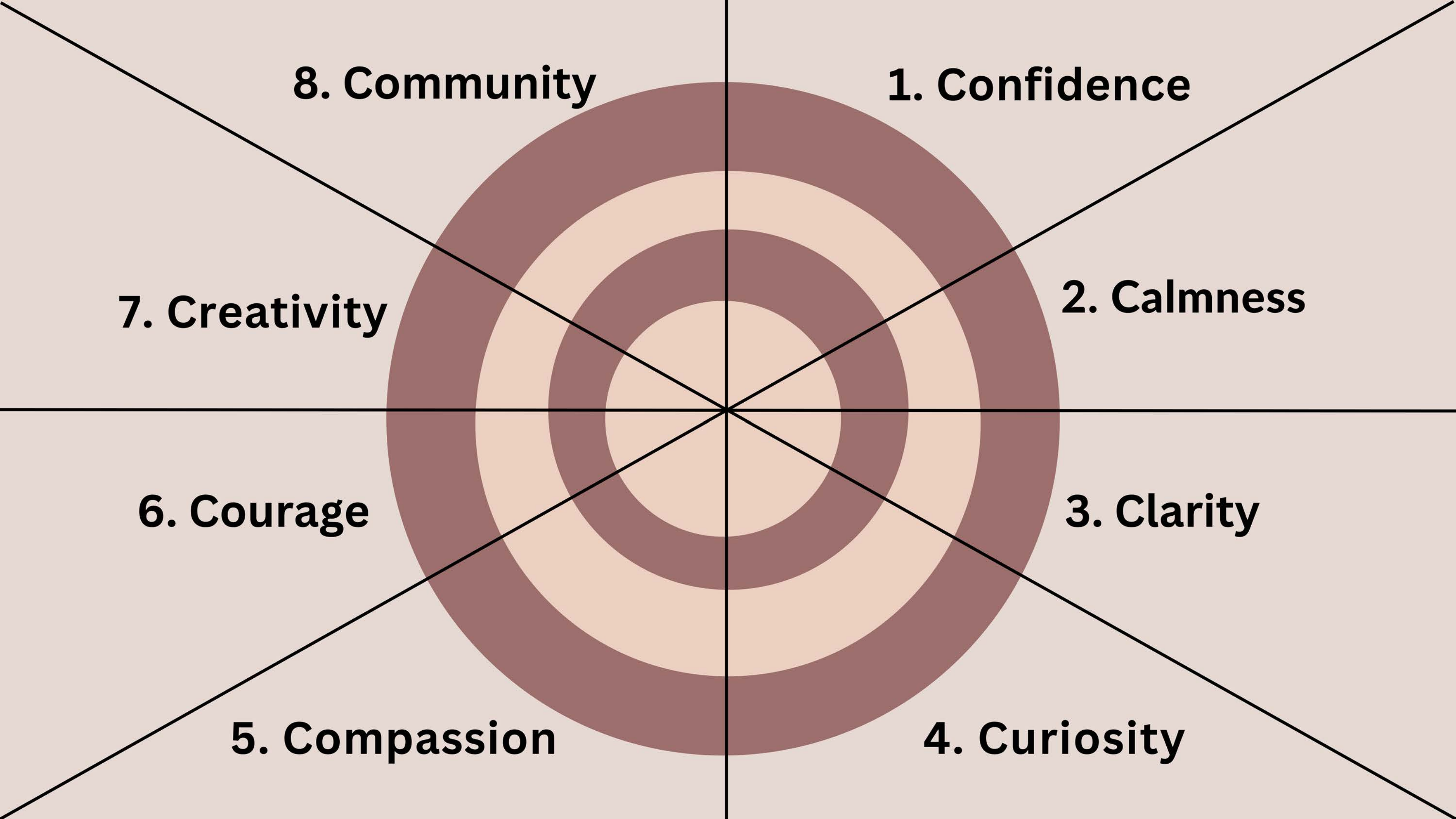
6. Courage

7. Creativity



8. Community

- Do you feel you are a part of a larger unit/purpose/group?
- Self-leadership requires a lot of independent thought and action, but that doesn't negate the importance of brainstorming and acting as a team.
- The Heroine's Journey.
- Strong self-leaders see their place within larger groups and communities, and work help accomplish collective goals.



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Strength & your Growing Edge

- Compare your strength (highest scoring) and your growing edge (lowest scoring).
- Write 3 ways to build on each.



Strength & Growing Edge

Strength: Curiosity

1. Attend a lecture
2. Learn new knitting stitches
3. Read a book about Cleopatra

Growing Edge: Courage

1. Talk to one stranger at lecture
2. Join knitting group
3. Wonder about how Cleopatra was so capable and brave





What are your observations about
your writing on strengths and
growing edges?

Raise your Zoom hand or put your answer in the chat.

a modern creative woman
who is a self-leader is
unapologetically authentic;
courageously pursuing her
passions; and empowering
others to do the same.

Mindful Moment



The Captain is Ready to Drop Anchor

**Connect with the world around
you.**

**Practice it throughout the day,
especially any time you find
yourself getting caught up in
your thoughts and feelings.**





1. Plant your feet into the floor.
2. Push them down—notice the floor beneath you, supporting you.
3. Notice the muscle tension in your legs as you push your feet down.
4. Notice your entire body—and the feeling of gravity flowing down through your head, spine, and legs into your feet.
5. Now look around and notice what you can see and hear around you. Notice where you are and what you're doing.

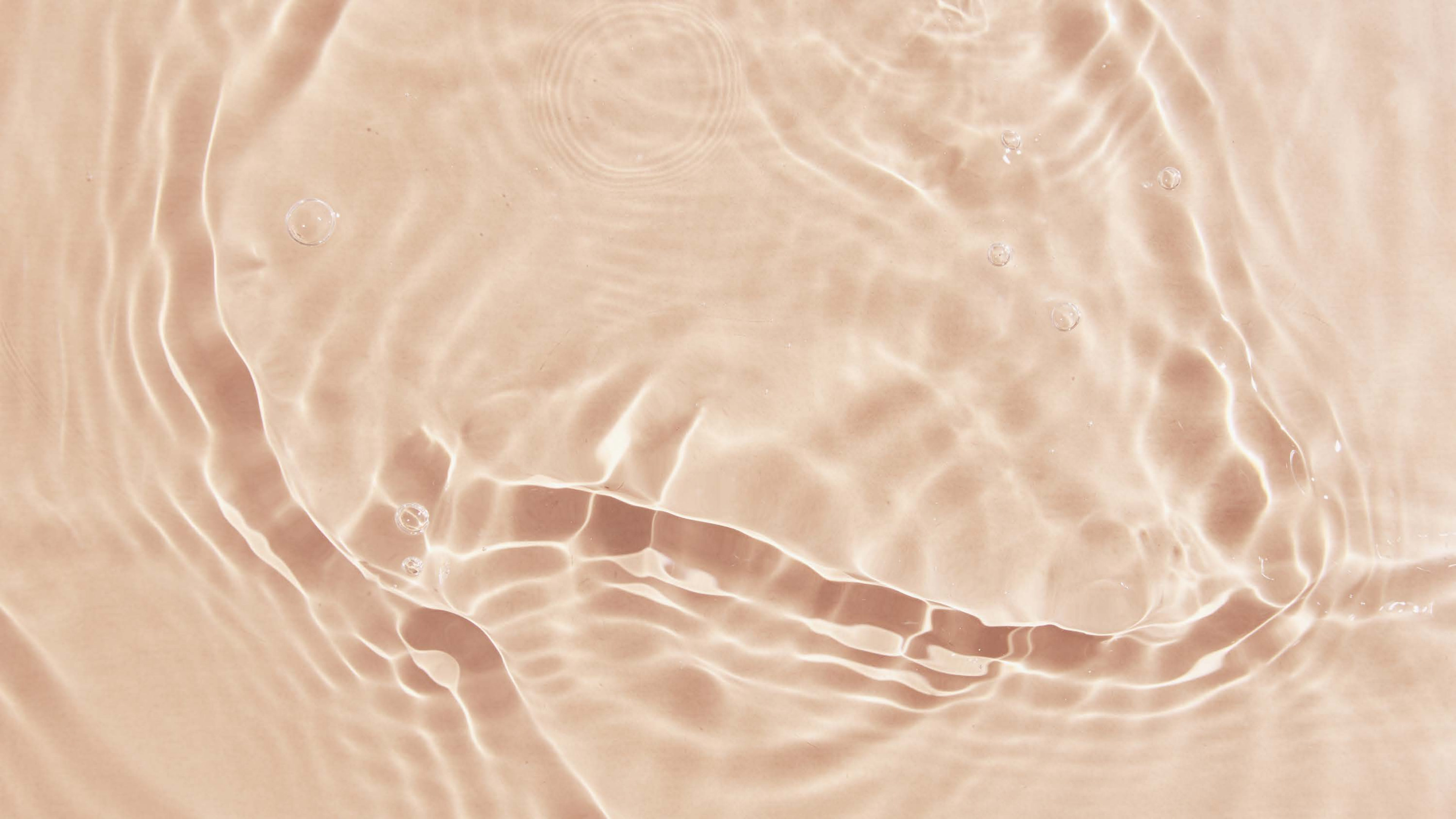


How do you feel now?
(1 - 2 words)

Raise your Zoom hand or put your answer in the chat.

however i do this will be
great.

however i do this will at
least be good enough for
right now.



Affirmation



**I am a modern
creative woman
who...
chooses her
values.**



Your Reflections for the Week





Your Inspired Action

20 minutes a day will give you
more than enough time to
complete tasks this week.

1

**Self Leadership
& Values**

2

**CEO
Mindmap**

3

Mindfulness

4

**Written
Reflection**



Self Leadership & Values

- What is your “Modern Creative Why” & what motivates you?
- How does your Modern Creative Why line up with your current actions?
- Where do you want to make change in your behavior to be in alignment with your values?
- Art Reflection.



CEO Mindmap

- Create a mind map of your CEO leadership qualities.
- Include four areas where you are already a self leader and four areas where you would like to increase your self leadership.
- Visualizing where you are already a self leader is a reminder not to overly focus on your areas of personal growth and to think broadly about your life and your current success.



Reflection

- What was it like to make contact with self leadership and your inner CEO?
- Getting to know your CEO and regularly tapping into this part of yourself can serve you well in times of stress, fear, and uncertainty.
- What do you like best about self leadership? Summarize what you learned from the exercises this month.



**BREATHE IT ALL IN.
LOVE IT ALL OUT.**



On a scale of 0 -10, how present are you
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.



Ready for More?

Friday at noon PST on IG live
@dramybackos

Book your VIP Creativity day or weekend

Podcast

Paris Trip - June 3-7

The Modern Creative Woman



What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.



Thank
you!