

THE 3 KEYS TO  
SELF INSPIRED  
LEADERSHIP



INSPIRE  
LEADERSHIP  
ACADEMY

**"SELF-INSPIRED LEADERS KNOW WHO THEY ARE, WHERE THEY ARE GOING IN LIFE, AND WHY THEY ARE GOING THERE. THEY KNOW THESE THINGS BECAUSE THEY ARE DEEPLY COMMITTED TO EXAMINING AND DEVELOPING THEMSELVES WHILE CREATING JOY-AND-ENERGY-RICH LIVES. PERHAPS MOST IMPORTANTLY, SO THEY CAN INSPIRE OTHERS TO DO THE SAME."**

TRACY SNOW

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WE ARE EXCITED TO PRESENT YOU WITH THESE 3 EFFECTIVE PRACTICES FOR DEVELOPING YOURSELF AS A SELF-INSPIRED LEADER, EMPOWERING YOU TO REAP THE BENEFITS OF BEING UNAPOLOGETICALLY WHO YOU ARE, BEING EXTRAORDINARILY INSPIRED BY WHERE YOU ARE GOING, AND FULLY EMBRACING WHY YOU ARE GOING THERE.

# LEARN FROM EVERYTHING

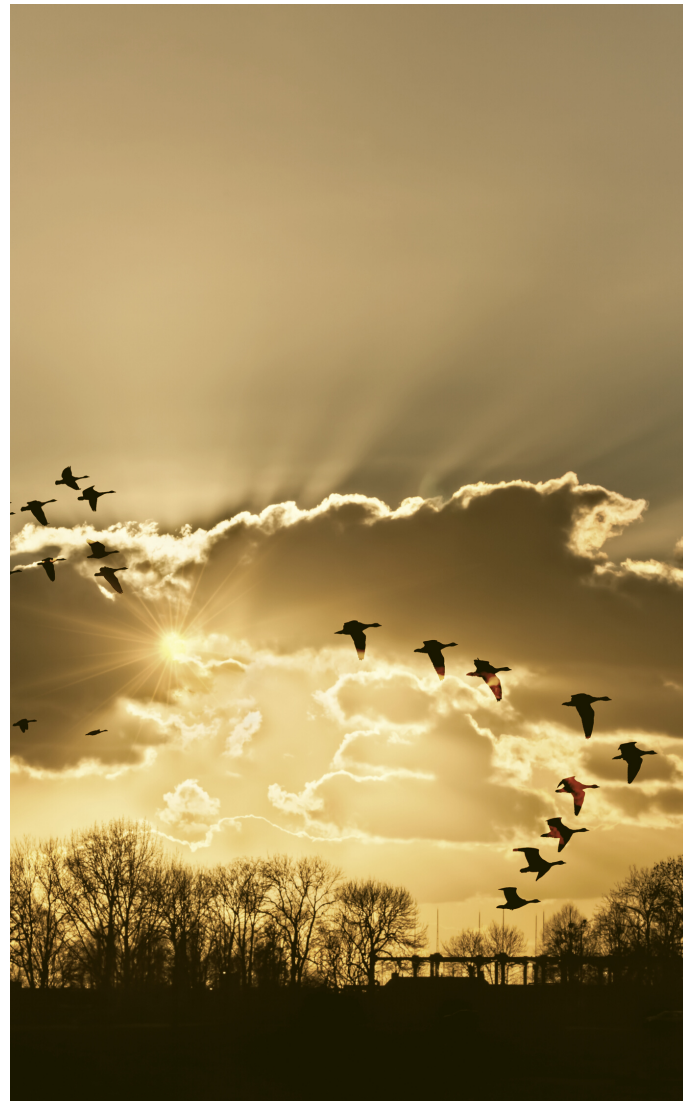
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## AWARENESS

The first and most essential step of all growth is awareness. In fact, awareness is 90% of the process. Everything in life, every circumstance, every situation, every relationship, every issue provides opportunity for learning, and the ones that provide the strongest emotional reactions within you, provide the greatest opportunities for learning. The goal is to train yourself to be aware of an emotion before you react to it. Once you become aware that you are experiencing an emotional reaction (fear, anger, joy, etc.), you are ready to move to step 2.

## INTENTION

In learning opportunities, the issue is never what you think the issue is. The true issue is how you are going to choose to be with yourself as you go through that opportunity. For example, if you were to be fired from your job, the issue is not that you have been fired, the true issue is how you are going to choose to be with yourself as you go through the experience of being fired. If you choose to be defensive, reactive and closed off, you are going to have a completely different experience and outcome than if you choose to be open, calm and engaged in the process. Intention is the act of consciously choosing how you are going to be with yourself as you go through opportunities in life to create the outcomes you want. Once you are clear on how you want to be with yourself, you are ready to move to step 3.



## RESPONSIVE ACTION

The process of being aware and consciously choosing your intention, moves you from a reactive state to a responsive state. When you are in a reactive state, you close yourself off from creativity and many long-term positive solutions. When you are in a responsive state, you open yourself to creativity and effective action for the given opportunity comes quite naturally and is an organic response, in line with your awareness and intention. Once you are aware of your emotional reaction and have become clear on how you intend to be with yourself as you go through the learning opportunity, follow your intuition and take responsive action.

# TAKE CARE OF YOURSELF SO YOU CAN TAKE CARE OF OTHERS

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Awareness, intention, and responsive action are easiest to achieve when you take care of yourself. Most people are conditioned to use all their energy and resources to take care of others and then feel selfish when taking care of themselves, becoming depleted, overwhelmed and resentful. The most selfless thing you can do is to take care of yourself, so that you have an abundance of energy and can therefore take care of others from a heart of service rather than one filled with resentment.

## BREATHING

Humans can go approximately 3 days without water and approximately 3 weeks without food, but most of us can't go longer than 3 minutes without breath. Controlled breathing calms your brain, regulates your blood pressure, boosts your immune system and increases energy. Five deep breaths are enough to lower cortisol levels in your brain and shift you into a more peaceful state. Deep breathing activates your parasympathetic nervous system (which is associated with healing and repair), improves immunity, insulin sensitivity and hormone function. There are numerous effective breathing techniques. Do a little research and find the techniques that work best for you. Dr. Andrew Weil teaches some powerful methods at [www.drweil.com](http://www.drweil.com)

## MEDITATION

Meditation is proven to reduce stress, control anxiety, promote emotional health, enhance self-awareness, lengthen attention span, improve sleep, control pain, and

decrease blood pressure. Meditation is something anyone can do, anywhere, without any special equipment. There are countless meditation courses with a variety of styles, each with different strengths and benefits. Again, do a little research and find the techniques that work best for you. [www.verywellmind.com](http://www.verywellmind.com) is a great resource.

## HYDRATION

Even mild dehydration negatively affects brain function, impairing mood, concentration and memory while increasing anxiety, fatigue and frequency of headaches. Hydration not only improves mood, concentration and memory, but it also helps maximize physical performance and can assist with releasing weight. It is recommended that you drink half your body weight in ounces of water daily. For example, if you weigh 180 pounds, you want to drink 90 ounces of water each day.

# DON'T HURT YOURSELF, DON'T HURT OTHERS

Most of us hurt ourselves and others, both intentionally and unintentionally with our thoughts, words and actions. Become vigilant in ensuring that you are not hurting yourself or others in any of these three areas.

## THOUGHT

Emotions are thoughts felt physiologically. Are your thoughts creating energy-rich or energy-depleting emotions? If your thoughts are creating energy-depleting emotions, they are hurting you, mentally, emotionally and energetically. Are your thoughts filled with judgment? When you hold thoughts of judgment against yourself, you are hurting yourself and when you are holding thoughts of judgment against others, you are hurting them. Challenge yourself to continuously evaluate your thoughts and change those that are hurting you or others to thoughts that empower yourself and build others.

## WORD

Do your words acknowledge and build or do they breakdown yourself and others? Dedicate yourself to ensuring that our words build up rather than break down. In his book, 'The Four Agreements', don Miguel Ruiz, introduces the idea of being impeccable with your word. When you are not impeccable with our word, you hurt yourself and you hurt others. Practice the art of being impeccable with your word.

## ACTION

Are your actions for or against yourself? Are your actions for or against others? Do your actions get you closer to or further away from what you want to create, promote and allow in the world? Practice conscious thought, words and actions through affirmations. Affirmations are simply statements that are designed to create change and can serve as inspiration and reminders. They also can serve to focus attention on goals throughout the day, which has the potential to promote positive and sustained self-change. Affirmations are positive statements, written in first person, in the present tense, with an emotional charge. An example of an affirmation is "I am courageous and speak my truth".



# DAILY TRACKING SHEET

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## LEARN FROM EVERYTHING

What learning opportunity were you presented with today?

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What was your Intention for how you wanted to be with yourself as you went through that learning opportunity, or what would you like your intention to be when similar learning opportunities present themselves?

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What action do you intend on taking to implement your learning?

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## TAKE CARE OF YOURSELF SO YOU CAN TAKE CARE OF OTHERS

- Breathing technique (minimum 5 repetitions)
- Meditation (minimum 5 minutes)
- Hydration (minimum half body weight in oz.)

## DON'T HURT YOURSELF, AND DON'T HURT OTHERS

What's an affirmation about yourself as a self-inspired leader?

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