



passion. purpose. potential.

Be the Leader People Crave

Mind the Gap - Module 2

When you live your Core Values and others observe them, you're living in integrity. Others see you as credible and trustworthy.

When there's a gap between what you espouse, or say you value, and the observation of how you're living those values, others may see you as less credible and trustworthy.

When you're not congruent within yourself, you might experience tension, stress or anxiety. And, others will notice that 'something's not quite right,' about you even if they're unable to name exactly why. This can impact your credibility, leadership and your relationships at work and home.

The **Mind the Gap** practice is designed to support living into your Core Values, to increase congruence between what's important to you and how you're living it.

When you're living on purpose, with consistency and congruence, you'll feel more settled inside yourself. You'll exude that confidence. Others will feel and believe they can trust you, which will translate into greater influence.

		Example 1	Example 2
Reflect	Reflect on one of your Core Values. Feel the importance of living it in your body.	Care	Accomplishment
Review	Mind the Gap between its importance and how it shows up in action.	I didn't show care at the office when Bob needed to chat.	I feel positive about the project I completed with my team.
Respond	If there's no gap, feel the congruence in your body & emotion. If there's a gap, accept this as accurate & feel the incongruence in your body & emotion.	I feel badly that I didn't take the time. I notice a tension in my gut.	I notice a certain excitement in my heart, a flutter. It feels good & I find myself smiling.
Recommit	Describe how you'll take action to close the gap in the future.	I will make it a point to touch base with Bob this week. And, I'll commit to pausing next time someone wants to talk.	I will continue to work with my team to meet our goals.