



Calm the Chaos

Conscious Leadership Questions

Before any event, meeting or item in your day, take time to reflect & get clear about these five things by writing down your answers in the space provided.

Situation: _____ Date: _____

1. **Who you want to be?** None of us wants to be inattentive, defensive or reactive. We aspire to be the leader people crave. Feel into & focus on who you want to be in this situation. *"I intend to be a clear communicator who stays centered."* *"I want to be responsive under stress."*

2. **How you want to feel & what energy shift you'll need to make?** Similar to #1, center yourself & tap into your current level of energy. Ask yourself, *'Is this the energy I need for this moment?'* If so, great! If not, what practice can you be in that will shift your energy (& perspective) to move forward with the project or situation at-hand? Remember, you have choice about your energy & emotions.

3. **Your desired outcomes, internal & external.** How do you want to feel as you walk away from the situation? Choose that before the situation happens, so you can step out of simply reacting and shift into responding to your life.

4. **Who is important to connect with about this situation?** Given your commitment to Being the Leader, who do you want to make sure you connect with today on this work?

5. **Your best-case scenario.** Tune into your own personal GPS system, called intuition. Visualize & feel your best Outcome. Know it in your bones. What would be a home-run?