

A Perspective on Being Conscious Leader:
Locating Yourself Above or Below the Line – Where are YOU?
(To Be Used with Location Video)

Locating Your Resiliency: Above or Below?		
Statements (By Me...Self-Talk)	My Behaviors	My Beliefs (Thinking Comforts)
What can I learn from this?	Breathe	I am the creator of my well-being
How is this familiar to me?	Significantly change my posture	There are more than two possibilities
How is the opposite as true?	Take responsibility	It is valuable to question my thoughts, feelings, and beliefs
I take responsibility for.....	Question my beliefs	My feelings are intelligent
I appreciate you for	Feel emotions	Approval, control, and security are something I already have
I agree to...	Listen consciously	All people and circumstances are my allies
I choose to...	Speak unarguably	Revealing creates connection and vitality
I created....	Make impeccable agreements	Play and rest are key to peak performance
How is this for me? For you?	Appreciate	
What I hear you saying is....	Create wins for all solutions	
My body sensations are	Play	
I feel... Sad, angry, scared, joyfulness, etc.		

(“BY ME”)

Responsive / Curious / Growth & Learning

ACCEPTANCE AND TRUST

(“TO ME”)

Reactive/Defensive/Recycling Drama

RESISTANCE & THREAT

Statements (By Me...Self-Talk)	My Behaviors	My Beliefs (Thinking Comforts)
I/You/They Should...	Hold Your Breath	Being Right is Most Important
I/You? They Can't	Fight/Flee/Freeze/Faint	There is a threat to ME out there
I'm Right/ They're wrong	See others as needing help	There is not 'enough'
It's hard....	Find fault & blame	I need another's approval
I'm trying....	Cling to opinion/Argue	Safety & Security come from outside me
It's not my fault....	Rationalize & Justify	Need to be "in control" (things I can't control)
I'm confused...	Gossip	There are only two options
The "truth" is...	Get overwhelmed	To get solutions, I need to be serious
I have to...	Suppress emotions...	I am better than/less than...
You made me...	Distraction to relieve pain (food, drugs, work)	There is right way/wrong way
I'm sorry...Excuses	Enroll others to affirm my beliefs	There is no choice
Always/Never	Avoid disconfirming data	My story is true...
"WHY" questions		
You're not listening to ME		
It's no use...Give up		
My way or the highway		
They don't get it...		