

Individual Reflection Daily, Personal Check-In

INTO THE NEW

ELEVATING LEADERSHIP
CHANGING BUSINESSES
TRANSFORMING LIVES

Daily, Personal Check-In

Start your day in Present Centered Awareness.

1. Take 5 deep breaths, exhaling on the count of 8. (This have proven physiological effects of lowering your stress hormones.)
2. Sense into yourself, using the 4 ways of knowing:
 - ∞ Observe the thoughts you are carrying.
 - ∞ Observe the physical sensations you are experiencing.
 - ∞ Note what feelings you are experiencing. What feelings are underneath those?
 - ∞ Note your soul and heart. Can you hear its subtle whispers?
3. Who do you want to be today? How do you want to show up?
Set your intention for the day.

Leaders with strong presence and attention in the current moment - a strong 'Present Centered Awareness' - have been shown to have greater ability to navigate and lead in complex systems.

In a strong Present Centered Awareness, our ability to see, sense and make sense of our world increases. In this awareness we can more easily determine how a next step could be taken, together. We let the path unfold as we walk it. This is called 'Emergence' and is considered by many to be the only way to navigate and lead in complex systems.

Research also shows that in a strong Present Centered Awareness the body regenerates. Repairs, lowers stress hormones and returns to its natural state of health.

Holding an intention is a way to meet ourselves in what we are, who we want to be and how we want to show up. It helps us both consciously and subconsciously to be, choose and act in line with our deeper truths.