

Individual Reflection the Opportunist

INTO THE NEW

ELEVATING LEADERSHIP
CHANGING BUSINESSES
TRANSFORMING LIVES

Individual Reflection – the Opportunist

1. Reflect on your day

Have there been situations where you note these early signs of your Opportunist having been triggered?

Have you...

- ... been blaming others for your experience or how you feel?
- ... been avoiding authority, to get it your way?
- ... been egocentric – "as long as I get", without concern for others?
- ... been feeling unsafe?
- ... taking power or using power with force – "...because I say so"?
- ... been going for short term wins or immediate fun without concern of long-term consequences?

2. Identify triggers

For the situations where you have been triggered in your Opportunist, reflect on:

- ∞ SELF: How was your own state (e.g., mind, body, heart, soul) prior to being triggered?
- ∞ OTHER: How did you experience the other? (e.g., attitudes, tone, behavior, atmosphere ...)
- ∞ SITUATION: How did you experience the situation, and the chain of events?

These situations are gifts for you to meet yourself.

- ∞ What triggers your inner Opportunist?
- ∞ What fear/discomfort is awakened in you?
- ∞ What does your inner Opportunist make you aware of? What does it want to tell you?
- ∞ How can you meet yourself in your fear/discomfort? Let your mind be silent and just be with the sensation.
- ∞ How can you embrace your inner Opportunist in love?

Our Opportunist

...forms at an early age with the purpose to take care of our needs. To protect us. To help us survive. It cares about us, only us, and doesn't pay much attention to others.

The Opportunist remains in all of us as a figure throughout life. It fulfills an important function in caring for our needs, but if triggered, taking over our thoughts and action from the unconscious, it can create quite a mess.

Daily reflection on situations where the opportunist has been triggered can be an effective way to integrate it.

By becoming aware of our Opportunist, we can start to invite it as a loved and needed part of ourselves. Inviting this part of ourselves to our inner boardroom, it starts to integrate. We then can receive the gifts from this part of us, and act more authentically and coherently, reducing the time being triggered.

Individual Reflection the Diplomat

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Individual Reflection – the Diplomat

1. Reflect on your day

Have there been situations where you note these early signs of your Diplomat having been triggered?

Have you been...

- ... holding back yourself, your opinions or ideas?
- ... talking in clichés or changing subject to avoid tension?
- ... talking badly of others, groups or individuals (to bond with someone(s))
- ... seeking approval from the high-status individual?
- ... feeling anxiety / fear of not being included, belonging, part of?
- ... adapting to norms / values / behaviours of a group, afterwards realising "that was not really me"?
- ... given away your power, "I don't know. What do you think?" even though you had an opinion?

2. Identify triggers

For the situations where you have been triggered in your Diplomat, reflect on:

- ∞ SELF: How was your own state (e.g. mind, body, emotions, energy ...) prior to being triggered?
- ∞ OTHER: How did you experience the others? (e.g. attitudes, tone, behaviour, atmosphere ...)
- ∞ SITUATION: How did you experience the situation, and the chain of events?

These situations are gifts for you to meet yourself.

- ∞ What triggers your inner Diplomat?
- ∞ What fear/discomfort is awakened in you?
- ∞ What does your inner Diplomat make you aware of? What does it want to tell you?
- ∞ How can you meet yourself in your fear/discomfort? Let your mind be silent and just be with the sensation.
- ∞ How can you embrace your inner Diplomat in love?

Our Diplomat

...forms in connection with adolescence and aims to ensure that we create belonging to a group.

Evolutionary crucial for our survival. It cares about the group, belonging and fitting in. Often at the expense of ourselves. It is more important to be WITH than to be ME.

The diplomat remains in all of us as a figure throughout life. It fulfills an important function in creating belonging and navigating the social space, but if triggered, taking over our thoughts and action from the unconscious, it can hold us back, limit our true expression and thus our contact with others.

By becoming aware of our diplomat, we can become more aware of when we are not authentic.

Daily reflection on situations where the diplomat has been triggered has proven to be an effective way forward..

Individual Reflection the Expert

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Individual Reflection – the Expert

1. Reflect on your day

Have there been situations where you note these early signs of your Expert having been triggered?

Have you been...

- ... so focused on what you know, that you don't really listen to others?
- ... micromanaging – since you know how to do things right?
- ... fighting to win an argument with facts and data?
- ... found yourself in a “facts-against-facts” discussion or argumentation?
- ... dismissed others using facts or references to specialists, to find the **right** way forward?
- ... held back from sharing an idea or thought, because it is not ready?
- ... neglected feedback or ideas from someone because they don't have the same deep knowledge as you do?
- ... felt fear of showing yourself vulnerable?
- ... been afraid of not knowing the answer?

2. Identify triggers

For the situations where you have been triggered in your Expert, reflect on:

- ∞ SELF: How was your own state (e.g., mind, body, heart, soul) prior to being triggered?
- ∞ OTHER: How did you experience the other? (e.g., attitudes, tone, behavior, atmosphere ...)
- ∞ SITUATION: How did you experience the situation, and the chain of events?

These situations are gifts for you to meet yourself.

- ∞ What triggers your inner Expert?
- ∞ What fear/discomfort is awakened in you?
- ∞ What does your inner Expert make you aware of? What does it want to tell you?
- ∞ How can you meet yourself in your fear/discomfort? Let your mind be silent and just be with the sensation.
- ∞ How can you embrace your inner Expert in love?

Our Expert

...forms to help us deepen our learning, our profession or deepening our knowledge within a certain area. It aims to distinguish us from the crowd as we become skilled / an expert.

It cares about skills, perfection and doing things right. About facts, accuracy and details. It cares deeply about knowledge, mastery and our professional development.

The Expert remains in all of us as a figure throughout life. It fulfills an important function in focusing on knowledge and expertise, but if triggered, taking over our thoughts and action from the unconscious, it can close our mind for others' perspectives, keeping us from listening to others, thus limiting our ability to connect with others.

Daily reflection on situations where the Expert has been triggered can be an effective way to integrate it.

By becoming aware of our Expert, we can start to invite it as a loved and needed part of ourselves. Inviting this part of ourselves to our inner boardroom, it starts to integrate. We then can receive the gifts from this part of us, and act more authentically and coherently, reducing the time being triggered.

Individual Reflection the Achiever

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Individual Reflection – the Achiever

1. Reflect on your day

Have there been situations where you note these early signs of your Achiever having been triggered?

Have you...

... felt the need to perform, optimize and deliver, on the cost of human connection or human needs. Maybe thinking "Only this time..."

... not really listened, because you know the way forward, the plan?

... not taken the time to actually invite more perspectives, because you have a set agenda, a goal to reach, a decision to make...

... felt that you're not enough. That you're not being enough in who you are?

... worried of not living up to your own or others' standards or expectations?

... felt a worry for not developing, not growing?

... felt a worry for not advancing? Not getting more...

... been chasing time? Stressing about not getting done all you must do.

... used your formal role (with force) to get it your way?

2. Identify triggers

For the situations where you have been triggered in your Achiever, reflect on:

- ∞ SELF: How was your own state (e.g., mind, body, heart, soul) prior to being triggered?
- ∞ OTHER: How did you experience the other? (e.g., attitudes, tone, behavior, atmosphere ...)
- ∞ SITUATION: How did you experience the situation, and the chain of events?

3. Meet yourself

- ∞ What triggers your inner Achiever?
- ∞ What fear/discomfort is awakened in you?
- ∞ What does your inner Achiever make you aware of? What does it want to tell you?
- ∞ How can you meet yourself in your fear/discomfort? Let your mind be silent and just be with the sensation.
- ∞ How can you embrace your inner Achiever in love?

Our Achiever

... is formed in the realization that expertise is not enough to achieve results together.

Our Achiever holds a strategic approach, where goals and results are important, and where the way to achieve results is to do it together.

For our inner Achiever, it is important to succeed, to be successful and to constantly develop, learn and advance.

The Achiever also holds an opening of the heart and in that a deeper understanding of ourselves. Values become important - and the insight that you and others carry values as driving forces.

Both the Expert and the Achiever experience great satisfaction in being skilled and knowledgeable. A paradox arises when this satisfaction becomes so strong that it closes the openness to others' perspectives. Perspectives that may provide further learning and development.

The strong focus on knowledge, results and progress can in itself counteract the possibility of further development.