



Total Leadership experiments

1. Tracking and Reflecting

Keeping record of activity, thoughts, and feelings (and in some cases distributing it) to assess progress on goals, increasing self-awareness and maintaining priorities.

2. Planning and Organizing

Taking new actions to better use time and plan by, for example, using a new tool for organizing, creating “to do” lists that involve all domains, or engaging in new career planning.

3. Rejuvenating and Restoring

Attending to body, mind, and spirit so that life tasks are undertaken with renewed power, focus, and commitment.

4. Appreciating and Caring

Having fun with people (e.g., by doing things typically outside of work with co-workers), caring for others, and appreciating relationships as a way of bonding at a basic human level.

5. Focusing and Concentrating

Trying to be physically or psychologically present when needed to pay attention to those who matter most. This might mean saying “no” to opportunities or obligations.

6. Revealing and Engaging

Sharing more of your self with others – and listening – so they can better support both your values and the steps you want to take toward realizing your leadership vision.

7. Time-shifting and Re-placing

Working remotely or during different hours to increase flexibility and thus better fit community, family, and self activities while increasing efficiencies.

8. Delegating and Developing

Re-allocating tasks in ways that increase trust, free up time, and develop skills in self and others; working smarter by reducing and/or eliminating low-priority activities.

9. Exploring and Venturing

Taking steps toward starting a new job, career, or other activity that better aligns your work, family, community and/or self domains with your core values and aspirations.