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.