



Fulfilled Leadership - Rewriting the Script

List a time when you experienced fulfilment even just for a moment? Briefly describe what you remember most about that time in terms of your mental state or performance?

Clue: right place, right time, right action, (+/- right partners/group)

To meet your immediate goals, which Fulfilled Leadership Outcome(s) would you most benefit from having greater access to?

What state has driven the majority of your experience in the last few months?



What do you notice about your current state? (ie: Body, Brain, Heart, Performance)

Which of these evidence-based strategies towards fulfilment do you already do well?
Which one will you cultivate in order to access your fulfilled leadership capacities?

1 Nutrition

Cut inflammatory triggers and don't forget hydration



2 Exercise:

Moderate Intensity Exercise is medicine for the brain and body

3 Sleep

Regenerate!

4 Time for Stillness

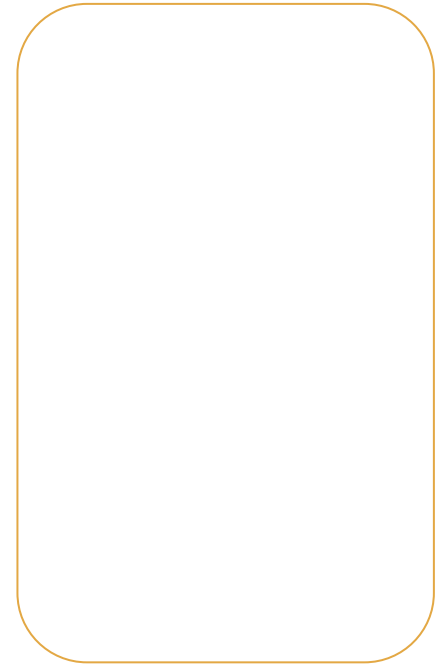
Daily activities that require a focus on the moment

5 Support

Build and nurture your strategic fulfilment-focused support network

6 Feed your spirit

Discover your spirit-nurturing practices



Join us!

