

THE 15 COMMITMENTS OF CONSCIOUS LEADERSHIP

Dethmer, Chapman, & Klemp

Commitments 6 - 8

Commitment 6: Practicing Integrity

Integrity Inventory (pp. 166-168) – Are you experiencing any breeches?

1. Emotional Intelligence: *Have I felt all my feelings around...* my childhood, my parents, relationships that have ended, my siblings, my children, my career, my partner, my body, my money, my sexual orientation/desires, my use of substances, death?

	2. Conscious Communication: <i>Have I been withholding from...</i>	3. Impeccable Agreements: <i>Have I kept my agreements with...</i>	4. Healthy Responsibility: <i>a. Am I blaming...</i>
My partner			
My children			
My extended family, parents, siblings			
my friends (current and past)			
my colleagues (current and past)			
myself			
anyone else who comes to mind 4+ times			

4b. Am I in victim or blame...

My past, my present circumstances, my lack, my emotional states, my spiritual states, my physical condition

Commitment 7: Generating Appreciation

How do I deflect appreciation? What is my go-to strategy? (pp. 179-180)

- Inner critic interception – Imposter syndrome, internally dismissing appreciation.
- Hands-off – It was someone else who did it.
- Downgrade – It wasn't perfect.
- Dismissal – it was no big deal.
- Reciprocation race – No, you're the man!

What is the root fear? If I accept appreciation...(pp. 180-181)

- I'll have to appreciate them back.
- I'll be manipulated by flattery.
- I'll have to be vulnerable.
- I'll have to experience higher expectations.
- I'll become complacent and won't work as hard.
- I won't be humble.

How could I improve my appreciation of others? (pp. 183-184)

Consider someone you sometimes forget to or struggle to appreciate.

- What is something you could sincerely appreciate about them? _____

- How could you express the appreciation in an unarguable way? (e.g., I noticed how I felt _____ when you _____.)

- What specific and clear details can you add? _____

- How could you restate this to make it more succinct? _____

Commitment 8: Excelling in your Zone of Genius

Which zones do your various work activities fall into? (pp. 190-192)

Incompetence: What are the things I don't enjoy AND don't do well? _____

Competence: What are the things I can do okay at but do not find fulfilling? _____

Excellence: What am I very good at and comfortable doing but lack enthusiasm for? _____

What is "too good to be true"? What are the ways I limit myself? (p. 194)

- I am fundamentally flawed so I cannot expand into my full creative genius.
- I fear being disloyal to my roots and abandoning others.
- I fear that more success will result in bigger burdens and demands.
- I don't want to outshine others and make them feel bad.

What is my genius? (pp. 196-197)

Genius:

What are the activities in which I find myself in flow, that I love doing and get positive results? _____

What do others identify as the time when I am most happy and energized? _____

What do others notice as a special skill or a favorite characteristic? _____

What do I need to dump, delegate, or do differently? _____
