

THE 15 COMMITMENTS OF CONSCIOUS LEADERSHIP

Dethmer, Chapman, & Klemp

Commitments 13 - 15

Commitment 13: Experiencing the World as an Ally

Who or what is preventing you from getting what you want? (p. 268)

How might you shift your perspective to cultivate the situation or person as an ally? (shift from reactive to conscious) (p. 273)

- What could I not have experienced without this person/circumstance?
- What am I most resistant to? Am I willing to welcome that part in myself?
- What is my biggest judgment about the way it is? Am I willing to see the opposite as true or truer?
- What quality could not have been developed without this person/circumstance?
- How is this in service to my growth?
- In twenty years, what will I say I learned from this or be grateful for?

What attracted this person/circumstance to my life? (p. 275)

- | | |
|---|--|
| <input type="checkbox"/> Judgments to release | <input type="checkbox"/> Expand your capacity |
| <input type="checkbox"/> Patterns to break | <input type="checkbox"/> Discover what you are resisting |
| <input type="checkbox"/> Invitation to pay attention to your body | <input type="checkbox"/> Face something |

Commitment 14: Creating Win for All Solutions

What situation seems like a win/lose scenario? (p. 280)

What makes the situation a win-lose situation? (p. 280)

- Is there a competition based on a scarcity mindset so that can only be one winner?

- Is there a compromise so that no one gets what they really want?

How might the situation shift to a win for all solution? (pp. 281-286)

- What help could you get from other commitments?
 - candor
 - sufficiency
 - view others as allies
 - curiosity
- Are we committed to seeing others as equals or allies in this collaboration?
- What is a bigger idea or vision?
- What do we need to become to create this vision?
- What do we need to let go of to create this vision? (beliefs, attitudes, feelings, experiences)
- What resources do we have already to support this vision?
- How can our collaboration support us to all get what we want?

Commitment 15: Being the Resolution

What do you want? (p. 295)

What is missing from an already complete/whole existence? _____

What could be more beautiful, efficient, aligned, or productive? _____

What are you invited to be and become in response to what is missing? _____

The Invitation to Being and Becoming (p. 299)

Do you have a whole body YES to the invitation? _____

What is the universe inviting me to be or become in this moment related to what I perceive as missing? _____

What doing comes forth from your being and becoming? _____

Wrap Up

- What is your top takeaway from this book?
- What could use improvement?
- What would you like to see moving forward?