

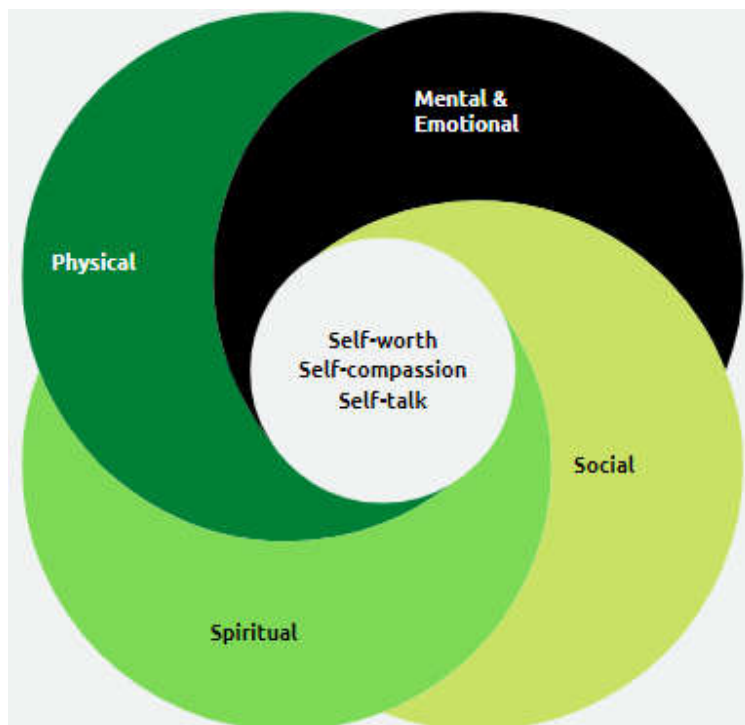
Conscious Personal Leadership



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Physical: how do I care for my body? What can I do to notice and improve my physical performance?

Mental & Emotional: what influences my thoughts and emotions? What can I do to notice and improve my mental and emotional performance?



Spiritual: what gives me meaning and purpose in my life? How does this contribute to my overall performance?

Social: how do my relationships influence my overall wellbeing and performance? What can I do strengthen those relationships?



Self-worth: Believing that we are worthy of love, belonging and connection, that we are enough without conditions; that our worth is not related to how productive we are or determined by other people.

Do I approach life and all situations it presents from a place of believing that I am worthy?

If not, imagine what the impact would be if you did?

Self-talk: The inner voice that provides a running monologue on our lives; question the truth in what that voice says, is it helpful or harmful?

How do I talk to myself?

Do I speak truth and fact to myself or assumptions and fiction?

Is it helpful or harmful to me?

Self-compassion: With self-compassion, we give ourselves the same kindness and care we'd give to a good friend.

Do I treat myself like I would my best friend?

If not, imagine what the impact would be if you did?