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5-Day
Executive
Mindset
Reboot

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Integrity Notice

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Insight to Action

QUESTIONS:

1. What is your vision for the organization you lead over the next 90 days?
2. What are the biggest challenges you're currently facing when it comes to bringing that vision to life?
3. What negative thoughts come up when you think about those challenges?
4. What are you most passionate about in terms of serving your customers?

HOMEWORK

- **PQ Score** Assessment – [Access Here](#)
My PQ Score is: _____
- **PQ Saboteur** Assessment – [Access Here](#)
My Top 3 Saboteurs are: _____,
_____, _____
- Share your Top Saboteur in a fun way in the [LinkedIn group](#)

The Operating System: Saboteur Interceptor

QUESTIONS:

1. What are the typical ways you “go negative” (thoughts, feelings and/or the usual actions)?
2. What are some of your biggest stressors (certain people or situations that trigger you)?
3. What are some ways you prepare yourself to handle challenges with a positive mindset?

HOMEWORK

- Watch video -> [“CEO Insecurities”](#)
- Create Your **Daily Healthy Habits**
- Create **alarms** in your phone (or on our work calendar) to prompt you to do a set of PQ reps

The Operating System: Sage Perspective

QUESTIONS:

1. Thinking back over your life, identify a situation or circumstance you experienced as bad/painful.
2. Fast-forwarding to today, in what ways have you converted that circumstance into a gift?
3. In what ways, if any yet, have you used the gift/s to create opportunities for positive impact that surpasses the pain of the original circumstance?

HOMEWORK

- Find a **picture of yourself as a child** when you were still innocent.
- **Post the picture** in the [LinkedIn Group](#).

The Operating System: Sage Powers

QUESTIONS:

1. Of the 5 Sage powers (empathy, explore, innovate, navigate, activate), which do you feel comes most easily to you?
2. Which Sage power/s do you want to more fully develop?
3. With which Sage power is your executive team strongest?
4. With which Sage power is your executive team weakest?
5. How are the weaknesses holding your organization back?

HOMEWORK

- What “thing” in your work or life that a deeper understanding/exploration of the issues would have the biggest possible positive impact?
- Explore that issue deeply, and without fear of what it might lead you to.
- Share in the [LinkedIn Group](#).

The Application

QUESTIONS:

1. What is your biggest opportunity when it comes to maintaining a positive mindset and helping your executive team do the same?
2. What is your biggest opportunity when it comes to your performance?
3. What is your biggest opportunity when it comes to your relationships?
4. What is your biggest opportunity when it comes to your peace of mind and overall wellbeing?
5. What is your biggest opportunity when it comes to your organization's results?
6. What are you committed to achieving in the next 30 days?

HOMEWORK:

- Take that Action! Intercept your saboteurs while you take the action.
- Coach a friend on taking action