

The Power of

SHOWING UP!

AN ATTACHMENT-INFORMED APPROACH TO L.E.A.D. IN THE WORKPLACE AND AT HOME

ATTACHMENT-INFORMED LEADERS LEAD BY:

Looking through the Lens of Attachment

L

Earning Their Security

E

Attuning and Creating Secure Attachment

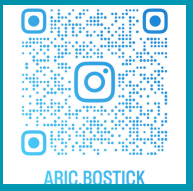
A

Doing What Matters Most (ME FIRST)

D

My ME FIRST

Plan



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1. Rate yourself on a scale of 1 to 10 in each area.
2. Select the area that needs the most attention.
3. Create an improvement plan for the next 30 days.

M

Mental, Emotional, and Physical Health

1 2 3 4 5 6 7 8 9 10

E

Education and Growth

1 2 3 4 5 6 7 8 9 10

F

Fun and Rejuvenation

1 2 3 4 5 6 7 8 9 10

I

Impact and Contribution

1 2 3 4 5 6 7 8 9 10

R

Relationships and Connection

1 2 3 4 5 6 7 8 9 10

S

Supply and Savings

1 2 3 4 5 6 7 8 9 10

T

Time and Space

1 2 3 4 5 6 7 8 9 10
