



The Nautilus

The Nautilus is an amazing creature. I love it as a metaphor for your growth as a leader and it is why I named my company Nautilus Leadership. As leaders, we are never done learning and growing. Our past experiences, learnings and habits make us who we are today. The Nautilus grows starting out with 7-8 small chambers and it grows by building new chambers connected to the old ones. It carries its past with it. The walled off sections are still a part of the Nautilus, but it is always growing, learning and evolving. I often say “The greatest journey is the one we take within ourselves.”

Reflection Questions:

Take some time to reflect on the questions below inspired by the Nautilus metaphor:

- What are you holding onto that if you released it, would free up your energy or capacity?
- What is occupying your thinking? If solved, resolved or eliminated, how would that free up your prefrontal cortex for more important things to think about?
- How are you spending your time both professionally and personally? Make a 3-column list with the titles: What you are doing? What should you be doing? What do you want to be doing? What insights did you gain? What are one or two clear actions you can take based on these insights.