



# *Lead Your Way*

*STOP ... & DREAM*

*Reflection Workbook*

*Name:*

## STOP ... & DREAM

*'Your Way' is all about you. It is a homecoming to your essence, who you are, what you want, and dusting off your purpose — your why.*

My methodology has 2 phases: A static or reflective phase ('STOP'). And a dynamic or forward phase (here, this is 'DREAM').

By the end of this workbook, we will have the foundations for a blueprint of the essence of your leadership (Your Leadership Design) which can form the basis of your intentional leadership mission and career.

Let's get started!

*Paula*

### *The power in stopping*

Often, and particularly as leaders, we are not conditioned to stop. We are conditioned to keep going – there is always something more to be done. Action is valued. We are making progress.

But to where? Why? With and for whom? How do we actually feel? Are we concentrated on the destination only, or the journey?

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Taking the time to stop has the following benefits:

- Building awareness: Noticing and observing thoughts and feelings
- Re-charging / re-invigorating energy
- Sense-making and reflecting
- Course correcting
- Conscious and intentional Leadership Practice
- Cultivating gratitude and appreciation

Are you ready to **STOP**? In this workbook there are a number of thought starter coaching questions and exercises to complete to get you thinking.

## Thought starter questions

What is my current situation? (Write anything that comes to mind)

(Rate your satisfaction level 1 - 10 (1 being not at all satisfied and 10 being completely satisfied))

	<b>1 - 10</b>
Working life	
Family life	
Social life / relationships / friendships	
Personal growth and development / intellectual	
Financial / wealth	
Physical health / fitness	
Service/ voluntary work / supporting others / community	
Mental health / resilience	
Fun / joy / happiness / laughter / entertainment	
Physical surroundings and environment	

What am I feeling? (Pick 5 words from the following list of words and highlight or underline – or add your own word – and highlight and underline)

Calm	Confident	Relaxed	Adventurous	Inspired
Exasperated	Regretful	Impatient	Afraid	Fulfilled
Vibrant	Passionate	Engaged	Safe	Lonely
Delighted	Upset	Capable	Free	Exhausted
Expectant	Stimulated	Content	Hopeless	Happy
Brave	Unsure	Worried	Restless	Warm
Self-conscious	Peaceful	Discouraged	Proud	Frustrated
Excited	Optimistic	Disgruntled	Overwhelmed	Amazed
Serene	Bored	Weary	Blessed	Encouraged
Thankful	Reflective	Indifferent	Determined	Resistant

Are there any feelings in the above box that you didn't highlight / you don't feel, but you would like to feel?

What is the point? (This is my favourite question of all time! Literally – ask yourself – what is the point? Why do you do what you do? Who does it serve? Why is it important to you / others?)

When are you 'in flow'? When do you experience time disappearing without you noticing? What absorbs you? (If you can't think of a present example ... is there a time when you remember being 'in flow'?)

Think about the following statements and think about where you would place yourself on a scale of 1 – 10 (1 being low and 10 being high)

	<b>1 - 10</b>
I wake up in the mornings feeling excited and hopeful for the day ahead	
I finish my working week feeling energised and motivated	
I feel my contribution makes a significant difference to others	
I feel genuinely fulfilled in my work	
I feel I am using all my creative skills and experience	
I feel valued	
I am contributing all of my capability	
The people around me and above me get the best out of me	
Conditions around me enable me to experience leading long term, sustainable and meaningful change	

## *The power in dreaming*

When did you last let your mind go crazy and allow yourself to dream big?

As children, we want to be authors and astronauts – we have limitless ideas about what we might do 'when we grow up'.

Sadly, for many of us, our dreaming becomes more confined, we put limits on ourselves, we trade off responsibilities and our perception of reality with our wildest dreams.

However, dreaming can unlock possibilities and lead to a much more fulfilling and impactful working life – if we just allowed ourselves to think those audacious thoughts!

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Taking the time to dream has the following benefits:

- We push beyond boundaries which may indeed be real or may be perceived.
- We can ignite sparks of joy and creativity which are inside us
- We build up leadership as a mission and life purpose rather than a job
- We create a sense of possibility for the future
- We build curiosity and ignite wider questions which leads to growth

Are you ready to ***DREAM***? In the second part of this workbook there are a number of thought starter coaching questions and exercises to complete to build your awareness of your bigger ambitions.

## *Thought starter questions*

What do I love to do? What lights me up? (Write anything that comes to mind – share an example or two when you have felt really purposeful)

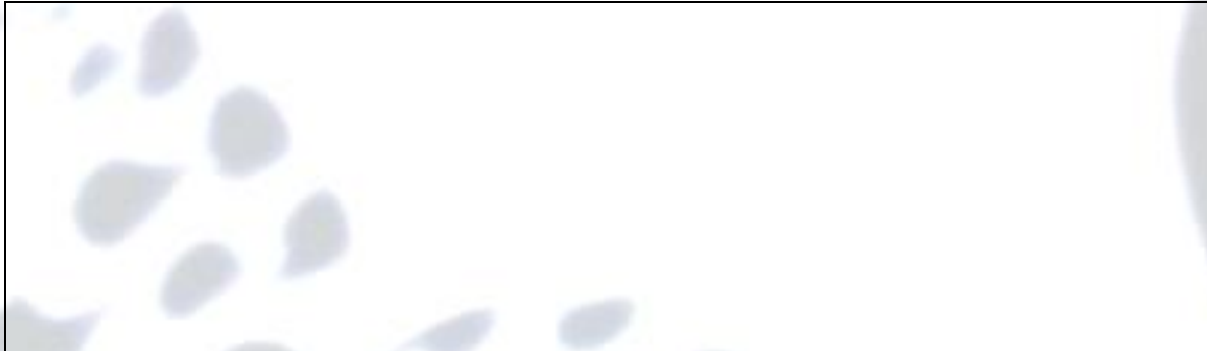
What have I let go of from my childhood or my earlier life, that I enjoyed and found fun, creative, and challenging, that I don't do anymore?

What does leadership mean to me in the next 5, 10, 20 years? What do I want to spend my time doing? What impact / experiences would I like to have?

The leader I am becoming (or becoming more of ...): What 3 - 5 words would you like to choose which **describe** your forward leadership approach? And what 3 - 5 words would you choose to describe how you would like **others to feel** around you?

Description words	Feeling words

Looking back (from the future): Fast forward 20 or 30 years – what would you like to achieve as a legacy in your working / professional leadership life?



Do you sometimes experience limiting beliefs or stop yourself from dreaming or reaching for your ambitious dreams? If so – do you have a sense of what holds you where you are? (This could be your perceptions of fear, risk, imposter syndrome or something else entirely)



Can you have a go at describing the DREAM? What is your audacious ambition?





Finally, complete one of the following creative visualisation exercises (or you can complete both if you would like to). These exercises may feel a little strange and odd and very different to your usual professional practice – just try to go with the flow and enter into the spirit of it! No one is judging the outcome; it is purely an exploratory resource on our journey to dreaming big!

1. **Create your vision or action board.** Take a large piece of A3 paper or card. Cut out images from magazines which speak to you – don't think too much about it – just any image which you find resonates with you and represents something about your future that you would like to happen. This can be just about your professional life, or about your whole life (e.g., work, family, home, travel, health ...). You can complete this online e.g., using a PowerPoint slide and importing online images). Try to use images rather than words. To find out more about the principle and neuroscience of vision or action boards, you could read 'The Source' by Tara Swart.
2. **Write a letter to yourself ... from your future self.** Imagine it is 20 or 30 years from now. What would your future self be saying to you? What would your future self be describing that has happened, what you achieved, how you led and lived your professional (and home) life. Try to write in detail and describe visually some of the elements rather than just listing experiences, activities, or achievements. How does your future self feel? What advice would your future self give to you now?

## STOP ... & DREAM

*'Your Way' is all about you. It is a homecoming to your essence, who you are, what you want, and dusting off your purpose — your why.*

What has STOPPING and DREAMING opened up for you? I sincerely hope that you have found this workbook enlightening and helpful in your leadership practice.

If you would like to explore what you have discovered in the workbook some more, then why not book in for a session to debrief your thinking? Or enquire about scheduling an investment in yourself and some 'me time' to develop your thinking with a series of 1 x 1 sessions or join an upcoming group session.

Leading YOUR WAY is for you and up to you. I would love to walk alongside you on that journey and help to inspire, challenge, and build your self-belief and leadership impact!

[www.vantagepointsconsulting.com/workwithme](http://www.vantagepointsconsulting.com/workwithme)

*Paula*

## KEEP IN TOUCH

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