

SELF-STORY ACTIVITY SHEET

The metaphors you lead by reflect the stories you believe about who you are what you are capable of as a leader. If you've created a low-status self-story, it may be time to change the metaphor and create a more empowering story. Here's an activity to help you do just that. Write your answers down as you reflect on these questions.

PINPOINT ORIGINS OF YOUR SELF-STORY

1. What was your favourite story or book as a young child?
2. What did the plot and characters in that story teach you about life? What 'message' did the story teach you?
3. Does that message play out in leadership style? If so, how?
4. What do you remember your parents, caregivers and teachers saying about you as a child?
5. What did you believe about your strengths and weaknesses as a child?
6. Are those beliefs still reflected in what you think about yourself now?

IDENTIFY YOUR ADVERSITY STORY

1. What are some of the biggest challenges or adversities you've faced in your life?
2. How did you cope with those challenges? What got you through them?
3. What did you learn about yourself from overcoming those challenges?
4. What did you learn about others? About the world around you?
5. How have those lessons affected your leadership style?

CREATE A NEW, HIGH-IMPACT STORY

Now that you've looked at the source material for your self-story, it's time to create a new, more empowering story.

1. Imagine the leader you want to be. What kind of person do you want to be?
2. What difference do you want to make in the world?
3. What action will you take to make an impact?
4. What values do you want to lead by?
5. What strengths do you want to focus on?
6. What do you want your legacy to be?

Once you have designed your new self-story, it's time to start leading by it. Every decision you make, every action you take should reflect the kind of leader you want to be. Find out more in this week's live session.