

***YOUR* Next Chapter in Leadership**

Brainstorming Exercises

IT'S NOT JUST WHAT YOU DO



IT'S HOW YOU THINK ABOUT IT TOO

BY DEBBIE PETERSON OF

GETTING TO CLARITY, LLC
BUSINESS KEYNOTE SPEAKER, TRAINER, AND
COACH



NOW LET'S BRAINSTORM!

So now it's time to think about YOUR Next Chapter in Leadership. What does that mean? What do you want? Not everyone has the answers so this workbook is designed to give you a little insight to what is rolling around in your head, as well as your heart and soul. It contains a series of exercises designed to brainstorm what may be part of *YOUR Next Chapter in Leadership* as well as uncover key components of what needs to be present in that Next Chapter.

Here's what to keep in mind while progressing through this workbook:

1. Complete each exercise to the best of your ability. There is no right or wrong, as your answers are uniquely for you.
2. Go with the first answer that pops into your head. Run with it. Empty out. Draw pictures, whatever information needs to come out is just great!
3. When you start giving your unconscious mind direction to find new solutions for you - get ready! Have a tablet nearby or some other way you can capture notes especially during those times when you are preoccupied (by the nightstand, cooking, getting ready in the morning, driving, etc.)
4. These exercises might not be able to be done in one sitting. You may need to start and stop and that's just fine.
5. Pay attention to your emotions. When a thought pops into your head and you think "Cool!" pay attention to it. Also pay attention to those thoughts that don't make you feel so good. It's an indicator!

EXERCISE #1

As a journaling exercise, please fully consider the following questions and create open ended phrases for each. Anything goes no censoring or judging. What pops into your mind first is what you need to write down.

1. My dream as a child was:

2. If I had a week to do absolutely anything I wanted to do (without worry or consequence), I would:

3. What is the coolest, most rewarding thing you just did and why was it cool &rewarding?

4. People always compliment me on:

5. If I received an award it would probably be for:

6. My dream is now is to:

7. What leadership means to me is:

8. This is what makes my little toes tap when I consider leadership!

9. You would never guess this about me. I really like to:

10. What is my least favorite aspect of leadership and why?

EXERCISE #2

Break your life down into 5 year increments. For each time period if you can, recall a particularly joyful memory that jumps out at you right away:

- 1. Jot it down.**
- 2. What was present in that memory that brought you joy. Person, Place, Thing, Accomplishment?**

1 – 5: _____

6 – 10: _____

11 – 15: _____

16 – 20: _____

21 – 25: _____

25 – 30: _____

31 – 35: _____

35 – 40: _____

41 – 45: _____

45 – 50: _____

51 – 55: _____

55 – 60: _____

61 – 65: _____

66 – 70: _____

70 – 75: _____

Great! What did you remember that you hadn't thought of in ages? (Rhetorical question)

Did you notice a pattern of what was present in these memories that brought you joy? What's the pattern? What was frequently present? Is this present in your current profession?

EXERCISE #3

Remember a time, a specific time where you felt totally and completely empowered and confident! Write down as much of what you can remember about that time.

What did you see? _____

What did you hear? _____

What did you feel during that time? _____

What other feeling or emotion was present? _____

Remember **another** time, a specific time where you felt totally and completely empowered and confident! Write down as much of what you can remember about that time. What did you see? What did you hear? What did you feel during that time?

Do this as many times as you are able You may have to start/stop on this one as you direct your mind to look for these events and they pop up from the unconscious.

Now, I'd like you to tell me what the observation; lesson, theme, learning or pattern was for each exercise.

Exercise #1: _____

Exercise #2: _____

Exercise #3: _____

When you consider the result of the exercises and summarized them here, how can these tie into what may be next for you in YOUR Next Chapter of Leadership? What direction do you need to go?

Here's the MOST important thing I can tell you about YOUR Next Chapter in Leadership. Ready?

It's a process. It's a journey. It takes time.

I know you would really probably like to have a download of all the answers so you know, step by step what you need to do to achieve exactly what you want. Unfortunately, it doesn't work that way.

What does work, however, is **FOCUS**. Energy flows where the attention goes or what you focus on is what you bring into your career and life. It's your choice.

Here is how you can be the ***MOST FOCUSED*** on achieving YOUR Next Chapter Leadership. **These 5 steps must be present:**

1. **You have to give your beautiful, glorious Unconscious Mind something to focus on, and the conscious mind is what directs it.** Think of what you discovered in these exercises. Focus on those results, even if they're threads of information – follow them, explore them, discover whatever you can about them as they relate to you and what you want for YOUR Next Chapter in leadership.
2. **Be conscious of your thoughts.** When you find yourself thinking in a direction that doesn't support you, ask yourself "*What do I want to focus on instead?*" Then identify one step that you can take to move you in that direction. It takes practice but being aware is a HUGE step!
3. **Take Action.** "If you do what you've always done, you get what you've always got." "Nothing ventured, nothing gained." You get the picture. You have to be willing to take action otherwise nothing changes. Try things. Treat it like an experiment. You're just looking for new information. You've identified new paths and until you take a step to move down one of those paths, you can't start achieving what you want. Action is **CRITICAL!**
4. **When you encounter a setback remember a breakdown precedes a breakthrough!** An obstacle means you are taking action so congratulations! It means you are moving! It means you aren't stuck! Isn't that wonderful? It also means you are getting valuable feedback to learn from and that you are one step closer to your goals. Embrace them, learn from them – they really are a gift because they morph into a pearl of wisdom later on.
5. **Contact me.** I'm a resource for you and it's my pleasure to help you discover YOUR Next Chapter in Leadership and support and encourage you to move in that direction. Reach out to me at Debbie@gettingtoclarity.com.

Most of all... be good to yourself. Allow the process to happen in whatever way is most comfortable for you and yet, stretches you as a person.

Be well and thank you for allowing me to support you as you move through this journey.

Deb