



Living Heartfelt Leadership

Mount Olympus, Greece

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Introduction

Love is the most important aspect of our human existence because it keeps the heart beating. Yet, unfortunately it is what is missing most in leadership roles. Our world is crying for openhearted leaders with solid solutions. When we examine the statistics concerning all the innocents in the world, such as children, animals, the elderly, the environment, we witness the void of heartfelt feelings. We hear more of trials than triumph and hopelessness than happiness.

Yet, we have the power to change these statistics. Solutions can be realized through each and every one of us making an effort to stabilize and ignite our own individual heartfelt goodness. If we create a world unto ourselves, whereby we make a commitment to infuse caring into every minute of our journey here, we will indeed see our global situation transform with us. This kind of loyalty to ourselves instigates a change in our way of thinking, our way of being and our way of leading. We will then no longer accept things in our space that do not serve our highest good, and we will no longer let our hearts go unconscious.

Senses are needed for sincere leadership. They are sensitivity, sensibility, common sense and sense of responsibility. When we lead coming from a place of our heart, we experience a sense of fulfillment for ourselves that goes way beyond what we can see and feel. When we lead coming from a place of our ego, we experience a sense of loss for ourselves that also goes way beyond what we can see and feel.

Heartfelt leadership is found in our ability to handle problems with grace, compassion and intelligence. Leaders of this kind believe in generosity over greed, good over evil, truth over lies, and fairness over injustice.

Exercise 1

Leadership Tips

Leading through our own innate goodness is the first seedling of a miracle. It matters not what the end result is, it only matters how we took the journey. The road to success, in however we view success, is always under construction. We are here to listen and learn, then share those jewels with others. Compassion is the most revolutionary agent of all. In truth, materialism is just a means by which we are tested. By and large, people do not care how much you know until they know how much you care. Leading this way transforms the lowest into the highest, humbles the most proud, and infuses darkness with light.

The following 40 leadership tips are to inspire you to draw the line between being a dreamer and a leader.

Instructions

1. Read through the 40 leadership tips and choose the 10 that resonate the most to you.
2. Document the 2 that are the most difficult, and why?
3. Document the 2 that are the easiest, and how do you manifest them?

40 Leadership Tips

1. To be defeated or to be victorious is founded in our ability to choose wisely.
2. The right train of thought can make your ride through life more fulfilling.
3. Success is not to be measured by your position, but by where you position yourself.
4. Do not fool yourself; challenges cannot be overcome without challenges.
5. Swallow hurtful words so you don't have to eat them afterwards.
6. For those who are not angry, are worth little; for those who lose their temper are worthless.
7. Fame sought through goodness – is not goodness.
8. People can doubt what you say, but they cannot doubt what you do.
9. Do not let yourself get ruined by instant compliments, instead let yourself be saved by intelligent criticism.
10. “No sooner said than done” are the acts of a true leader.
11. The depth of our conviction is more important than the height of our logic.
12. When we ‘see’ someone’s faults, we must also keep an ‘eye’ on their attributes.
13. Don't listen to the crowds, create your own reality.
14. For those who submit to life without complaint are successful indeed.
15. When problems arise, take care to preserve the feeling of your heart.
16. The tiniest deed is better than the largest intention.
17. Nothing is ever permanent, so do not be too ecstatic in success, nor too excruciated in defeat.
18. The discipline of desire is decisive impeccability.
19. More often than not, belief is the result of circumstances, but true belief endures in spite of circumstances.

20. Grace is the art of making a point without making an enemy.
21. Be careful of your thoughts, they create words and worse, they create actions.
22. Money is an excellent servant, but a terrible master.
23. If you cannot help a hundred people, then just help one.
24. The trouble with stretching the truth is that what you stretched will definitely snap back at you.
25. Don't stumble over the truth, just stick to it.
26. It is much easier to keep your integrity than to try and reclaim it.
27. Great wisdom is using foresight instead of hindsight.
28. Charm can open doors but character is what keeps them open.
29. Only through humbleness can honor be reached.
30. Never anchor life to a single hope.
31. Deeds not plaques are the true monuments of the Great.
32. Openness keeps us optimistic even when we are exposed to criticism.
33. Do not mistake a legitimate excuse for a clear conscience.
34. Courage is contagious because when one stands tall, it strengthens the backbone of others.
35. Remorse is the reward of better ways of living to come.
36. Motivation is when your dreams put on your work clothes.
37. Life is like a chess game, only those who take it seriously can take the lead.
38. Do not be concerned in your ability or inability; just be concerned in your availability.
39. A simple task becomes complicated when you do it with reluctance.
40. Never think you are too small, the mightiest oak tree was once a little nut that held its ground.

Leadership Tips

The Leadership Tips that resonate the most to me are...

One

Two

Three

Four

Five

Leadership Tips

The Leadership Tips that resonate the most to me are...

Six

Seven

Eight

Nine

Ten

2. Which 2 are the most difficult and why?

3. Which 2 are the easiest and how do you live it?

Exercise 2

I Am that I Am

“I Am that I Am” is a written phrase in spiritual and biblical writings. This phrase is meant to be our connection to our higher or divine will. It has been proven that when we use and embrace the “I Am” within ourselves, we automatically begin to feel more empowered and confident.

The following exercise is a vehicle to having a better understanding of this theory. We are all unique and precious...however, we all need reminders of that fact.

Instructions

As a leader of your life, score yourself on the following I AM 44 attributes.

1 being the lowest and 5 being the highest.

I Am

- _____ 1. **Idealistic** - thinking of things in terms of excellence
- _____ 2. **Igniting** - to spark, as in to light up
- _____ 3. **Illuminated** - enlightened
- _____ 4. **Illustrative** - to explain, to make clear
- _____ 5. **Imaginative** - creatively constructing
- _____ 6. **Impartial** - does not take sides, unbiased
- _____ 7. **Impassioned** - fervently stirred
- _____ 8. **Impeccable** - totally pure
- _____ 9. **Important** - notable, noticeable
- _____ 10. **Improving** - making better
- _____ 11. **Independent** - feels willing to stand on own
- _____ 12. **Individualistic** - unique, distinguishable
- _____ 13. **Industrious** - works diligently
- _____ 14. **Influential** - can make a difference
- _____ 15. **Informative** - sharing information
- _____ 16. **Informed** - knowledgeable information
- _____ 17. **Infused** - lit up and ready to go
- _____ 18. **Ingenious** - brilliant, very clever
- _____ 19. **Initiating** - beginning, seeding
- _____ 20. **Innocent** - free from evil
- _____ 21. **Inquisitive** - questioning, being curious

- _____22. **Inquiring** - seeking answers, wanting to know more
- _____23. **Insightful** - intellectually discerning
- _____24. **Inspired** - officially motivated
- _____25. **Inspiring** - stimulating, kindling
- _____26. **Instinctive** - a natural aptitude moved by impulse
- _____27. **Instrumental** - serving as a means for something
- _____28. **Integral** - honest, forthright
- _____29. **Integrating** - bringing together, mixing energies
- _____30. **Intellectual** - holding higher capacities
- _____31. **Intelligent** - informed, active mind
- _____32. **Interested** - lively curiosity
- _____33. **Interesting** - excitingly attractive
- _____34. **Intermediary** - comes between to help have better understanding
- _____35. **Inter-mingling** - sociably interactive
- _____36. **International** - global, worldly
- _____37. **Interpretive** - translates, explains
- _____38. **Introspective** - looks into, examines
- _____39. **Intuitive** - reaches results through feelings not mind
- _____40. **Investigating** - searches and inquires
- _____41. **Invigorating** - having vigor and energy
- _____42. **Invincible** - unconquerable, unbeatable
- _____43. **Inviting** - openhearted, open-minded
- _____44. **Involved** - holds attention, draws together

1. Name the highest 5.

2. Name the lowest 5.

3. Which one of the lowest 5 do you want to work on? Which one of the highest 5 do you want to manifest more?

Exercise 3

Values

Staying true to our values is staying true to our victory.

Values established are a distinct touchstone of virtue, whereby truth and integrity are never compromised. We hold ourselves accountable for all our decisions and actions and do not give in to mediocre behavior. As long as we keep to these values, we keep the agreement we made with our higher selves. This alone creates an intrinsic self-worth which defeats all depression and failure. It is the most valuable aspect in ensuring a lifetime of peace. We stay true to the commitment for our soul's survival because our values are the veneration of our character. Through this devotion, we become steadfast and strong. In turn, we become the difference that makes the difference. In truth, our values are truly the most valuable possessions we can have.

Being aware of our values is a significant step to successful leadership. All of us dream of life being different, the world being a safer place and having more success in our life. These dreams are indeed birthed from our ability to live and protect our values. Through this process, we begin to value ourselves with new found surety.

Instructions

1. Read through the list of 23 values that strengthen leadership.
2. Pick 3 that you struggle with the most and state how you will work on them.
3. Pick the 5 that mean the most to you and how you will live them or you will learn to live them.

Values that Strengthen Leadership

1. Don't be bothered that others do not know you – be bothered if you do not know yourself.
2. Do not be hard on yourself....but do not be too soft either.
3. Always strive for new knowledge and understanding.
4. Act only when clear of your intentions.
5. Forgiveness is the attribute of the strong for only the weak refuse to forgive.
6. Only those who want the best for you should be considered friends.
7. Never ignore someone worthy of hearing and do not waste words on those who do not hear.
8. Value truth above all other things.
9. Do not strive to be perfect but do not accept things lower than your standards.
10. Support yourself with what is right.
11. Never be true to someone false.
12. Wrath is often righteous anger, which when put to good use, can create great change.
13. Never gossip about other's shortcomings – what you put out will come back.
14. Practice what you preach and do not preach what you do not practice.
15. Compassion and empathy are important keys to avoiding narcissism.
16. Use discretion when forming an impression.
17. Discern wisely instead of being in situations where you wished you had been discerning.
18. Do not be attached to being popular.
19. An attitude of gratitude carries you through despair, defeat and devastation.
20. Perseverance is a reconfirmation that you are not addicted to perfection.
21. Do not attempt to teach what you are not willing to learn.
22. Through conviction, the concept of defeat is defeated.
23. It is better to try and fail rather than fail to try.

Pick 3 that you struggle with the most and state how you will work on them.

1.

2.

3.

Pick the 5 that mean the most to you and how you live them or will learn to live them.

1. _____

2. _____

3. _____

4. _____

5. _____

Exercise 4

What is True?

True Happiness

When we love what we do and who we are, marvelous things follow. It is the law of the Universe. It is not what happens outside of ourselves that shapes our life, it is what happens inside of ourselves that shapes our lifetime. So no matter what we are involved in, large or small, the most important thing is to have the time of our life doing it. Make a commitment to accept each day with a grand, loving heart. The art of **true happiness** is birthed from the art of self-love.

True Wealth

It is not what we do that counts; it is how we do what we do that matters. Livelihood was meant to mean “lively-hood”. We must train ourselves to view our day to day life as a cultivation of our character. Dignity is not connected to finances as most people think. It is our birthright and we must defend it throughout our life, in all our relationships. **True wealth** is not about money, it is the reward that flows from our hearts and follows us into infinity.

True Power

To be happy or sad, to be inspired or bored, to be determined or lethargic is always a conscious choice. It is so commonplace to blame our problems on others. We always have the power to change our situation or at least how we perceive our situation. We are not as powerless as we think we are. Every moment of our day is filled with something or someone inviting us to further develop ourselves. **True power** is experienced most when we see and validate the success hidden in our failure.

True Freedom

Freedom is seeing our mistakes as opportunities for growth and not caring how others perceive us. We need to take ourselves seriously, yet be able to laugh at our blunders. A great master once said; “The highest form of spirituality is laughter.” It is the almighty anti-depressant. When we come to realize that even the dullest task can be filled with delight and even the most challenging situation can be seen as stimulating, it is then, no matter what the circumstances, life can be exciting and exhilarating. **True freedom** is doing the best we can and feeling at peace to leave the rest to the unseen forces.

True Success

People make decisions that are cold, greedy and calculating, using the excuse that there are different rules for business. This is a ridiculous man-made statement that holds no credence or virtue. The only way to everlasting peace is through our open-heartedness and open-handedness. Money has no importance in heaven, yet heaven never ignores how well we loved and how generous we were during our lifetime. Love has intrinsic value to **true success** because it is the only thing that makes life worth living and truth be told, nothing endures long without it.

1. What paragraph do you have the most difficulty with and why?

2. What paragraph meant the most to you and why?

3. What do you feel you learned the most from what is true?

Exercise 5

Learning By Example

We are here to learn and we all need someone to learn from. One of the ways of growing and expanding ourselves is to study and copy people we admire. There may be some attributes we love more than others. Pick the characteristics that you respect the most in each person. It can be someone from history, theatre, someone we know personally, living or gone.....and by honoring them, we honor ourselves.

1. Name 2 women that you think are or have been good leaders, and why?

2. Name 2 men that you think are or have been good leaders, and why?

3. Name 2 people you know personally that you think are or have been good leaders, and why?

4. Name 2 people in your family that you think are or have been good leaders, and why?

5. Do you want to emulate their leadership qualities, and if so, how will you do that?

Exercise 6

Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

2. Which exercise did you like the best and why?

Leadership Strengths

A Good Leader's Mandate - Team

A good leader knows that the greatest strategy is to work in team.....for team means Together Each Accomplishes More.

Our highest self-esteem proactively infuses the collective body of the team.

An Enlightened Leader's Wisdom - Silence

An enlightened leader knows when seeking direction and wisdom, one should make time to be in silence to receive higher knowledge.

One cannot properly hear when others are outspokenly in fear.

A Smart Leader's Power - Gratitude

A smart leader knows that gratitude is the true source of power. It births from an awareness of the trials and defeats that led to the positive results and successes.

With great gratitude, one ensures a positive attitude.

A Humble Leader's Knowing - Humility

A humble leader knows that it is not necessary to talk about our successes – we simply need to share them. We lead by example of who we are and how we live.

We do not display ourselves by our words and talk, but by our deeds and walk.

An Accomplished Leader's Mastery - Respect

An accomplished leader knows it is foolhardy to diminish our strengths in an effort to make others feel better about themselves.

Mastery is knowing how to share our own highest intelligence, with no fan-fare.

A Sharp Leader's Intelligence - Discernment

A sharp leader knows that the protection of our success is secured with the wisdom of discernment. Discernment is the watch tower for the leader.

Red flags were created for a very good reason, they are meant to prevent unwanted treason.

An Insightful Leader's Emotion - Forgiveness

An insightful leader knows that for those who cannot forgive another, will not forgive themselves.

For those who do not forgive themselves, will inevitably become a poor decision maker and a wobbly, weak faker.

An Impeccable Leader's Virtue - Integrity

An impeccable leader knows that deception conceals us, not only from others, but from our own protection and destiny.

Success and freedom can only be sustained - if TRUTH and NOTHING BUT THE TRUTH is maintained.

A Mighty Leader's Strength - Courage

A mighty leader knows that anything worthwhile is worth fighting for. As well, anyone who is mighty knows to defend against all things that are darkened.

It is not how we fall or bounce, it is how we get back up that counts.

An Equipped Leader's Achievement - Acceptance

An equipped leader knows how to accept change and defeat because defeat catapults us to our next victories.

We embrace lessons to become stronger, so challenges don't last longer.

A Patient Leader's Weapon - Mindfulness

A patient leader knows timing is everything. We watch for the signs and signals. We move ahead with certainty and commitment, leaving no room for vacillation or confusion.

When we wait to be more precise - our decisions are more concise.

A True Leader's Mission - Justice

A true leader knows to commit to fight for justice FOR ALL at ALL TIMES in ALL WAYS. He or she will not stand for anything less.

One does not kneel to darkness or manipulation on this matter - even if or when our pockets don't get fatter.

A Generous Leader's Asset - Goodwill

A generous leader knows that when we leave this world, we take nothing material with us. Truth is, money is not required in heaven.

When our generosity is constant and outrageous - it often becomes contagious.

A Conscious Leader's Focus - Discipline

A conscious leader knows to always attention to the details. The smallest detail missed, can create the largest problem.

Our feet must be planted on the ground - so our heads do not stay in the clouds, and cannot be found.

An Inspired Leader's Passion - Commitment

An inspired leader knows that without commitment nothing will work. For this kind of leader, it is all quite simple. Mediocre input - mediocre output. Miraculous input - miraculous output.

Never is our passion out of fashion.

A Noble Leader's Contemplation - Sound Judgment

A noble leader knows that judging another is indeed not sound judgment. Words must make room for goodness and no room for gossip.

Always get the truthful facts - in order for honor and integrity to stay intact.

A Limitless Leader's Knowledge - Faith

A limitless leader knows that miraculous events occur when being unrestricted by facts and figures. In truth, there is more happening in the unseen than the seen.

Our limited fearful thinking can lead to our magnificent ship sinking.

A Compassionate Leader's Action - Caring

A compassionate leader knows that if we are not part of the solution, we are part of the problem. People do not care how much we know until they know how much we care.

We start with our heart, not being led by our head.