

EXERCISE Mapping Your Internal Influences

All of us have hidden drivers that influence how we engage life and business challenges. This isn't a bad thing - it's just important to know what these internal influences are so that we can manage them effectively. This allows us to lead ourselves and our businesses deliberately with self awareness rather than reacting to current challenges.

"Until we learn to observe ourselves with detachment, we remain largely unaware of our inner motivations and the impact we have on others."

— Susan Trout

Success Definition:

What is your new definition of success based on current conditions?

Fears & Concerns:

What are your biggest fears & concerns related to your business?

Core Values:

What values do you want to lead from in your business now?

Internal Resources:

What internal resources do you draw on to stay grounded & engaged?

Beliefs & Stories (Narrative):

What are you telling yourself and/or others about the situation?

Grieving Loss:

What have you had to let go of related to your business?

Gifts & Strengths:

What innate abilities & strengths can you draw upon right now?

Your Brand:

How do you want to be seen/perceived now in your market?

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