

10 Mindsets of Positive Leaders

AND THEIR SUPPORTING BEHAVIORS

Mindsets

Actions / Behaviors

- 1 I can intentionally train my brain.** There are more possibilities for neural connections in my brain than there are stars in our galaxy. My number-one job as leader is to evolve my thinking to keep pace with the complexity of our environment because I know that a team cannot transcend the consciousness of its leadership.
- 2 I do not believe every thought that I think.** My perspective-taking practice allows me to sort fact from fiction. Is this thought true? How is it serving me? How can I revise the thought to be more useful and productive?
- 3 When I undermine myself with my own thinking, I am robbing myself of my power - literally giving it away to something that doesn't exist.** I choose to coach myself towards my best self, especially when I'm uncomfortable.
- 4 The reason to live in the moment is that the universe solves things in ways I cannot yet imagine.** Am I solving present-day (INSERT YOUR NAME) problems? Or future-day (INSERT YOUR NAME) problems?
- 5 My most valuable asset is my energy.** I refresh my energy by moving my body and resting my mind – every day.
- 6 As a leader, I make my most valuable contribution through other people.** What can I delegate? How can I support? I am a coach, consultant, and facilitator. I am not an enabler, micromanager, or task hoarder.
- 7 I am a trusting and trustworthy leader.** I distribute responsibility, share risk, and let go of responsibilities that I used to be the “go to” person for.
- 8 I create an environment of psychological safety around me.** I am paying attention to group dynamics and how each person is showing up (or not). I understand that psychological safety is subjective and collective.
- 9 I invite feedback without defense or pretense.** I know that feedback is the secret sauce to accelerated growth and that the more senior I become in the organization, the more insulated I become. I have a practice of asking, “What feedback do you have for me?”
- 10 I hold myself accountable to: “Be present or be absent, but don't be both.”** This simple practice transforms my interactions with others.

