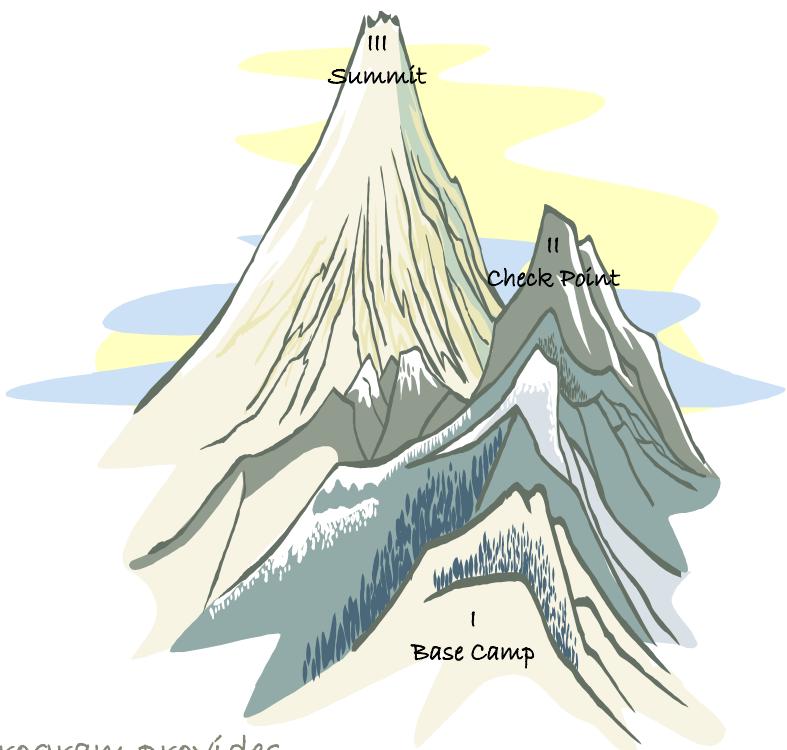


Leadership SherpasSM Within:

Being the Leader of Your Life

There is a
Sherpa
inside
all of us



This program provides
the support needed to
chart your own course,
follow your path, and
find the tools and
resources you need to be
the leader of your life.

Set big goals, climb high, Reach extraordinary places

Leadership SherpaSM Within: Being the Leader of Your Life

Phase One

Base Camp: Set Big Goals & Chart Your Course

- Identify Who's Within
- values - What do I value?
- Vision - What's my vision?
- Goal setting - What do I want to achieve?
- Live in the present
- Honor Yourself

Phase Two

Check point: Climb High & Follow Your Path

- Develop Healthy Habits
- Lift Your Energy
- Define Your Terms
- Eliminate Barriers
- Create Meaningful Relationships
- Find Solutions

Phase Three

Summit: Reach Your Peak

- Align Your Life - Be impeccable with your words
- Priorities
- Attract what you want
- Raise the Bar
- Financial Freedom
- Always do your best

Phase One

Base Camp: Set Big Goals & Chart Your Course

Identify Who's Within

Objective

By the end of this lesson you should have a greater awareness of who you are.

Concept

Identify Who's Within. Are you wondering yet what this could possibly mean?

I know it sounds a little funny, but it comes from the title of the program: "The Leadership SherpaSM Within." Within you, that is. The first part of really becoming a leader of your life is to truly identify, understand, and accept who you are. Take a long, deep look inside of your yourself. Don't be afraid to acknowledge the not-so-good things you might find right along with all that is good.

Often, when we think of who we are, we are really only thinking about it in terms of our egos. Ego is an idea we construct about who and what we are.

Dr. Wayne Dyer points out that there are 6 ego beliefs:

- I am what I have.
- I am what I do.
- I am what others think of me.
- I am separate from everyone.
- I am separate from all that is missing in my life.
- I am separate from God.

Identifying who's within will take more than what is in our ego. It may "take some time to recognize and readjust any or all of these six beliefs."¹ This is just the first step in the journey.

In his book The Seven Habits of Highly Effective People, Stephen Covey relates to us what he and his wife went through. "We began to realize that if we wanted to change the situation we first had to change ourselves. And to change ourselves effectively, we first had to change our perceptions."² As you start this process and determine if there's a situation that needs to change, I invite you to be open to changing your perception. The beautiful thing about this journey is that it is all about you.

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Who am I?

Journal

Write down all that comes to mind when you ask yourself the question: “Who am I?”. Take a few minutes. Get introspective.

I am...

When you are done writing, ask it again. Go deeper. Go beyond the titles you hold in your household, workplace, community, and society. What comes to mind when you go past titles and roles? Keep writing. Keep asking.

I am...

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Strong leaders take the time to get to know and understand the people who report to them. If you are going to be the leader of your life you must take the time to get to know yourself. There are no right or wrong answers. Keep writing. Keep asking.

Who am I?

I am...

This is not a time to be critical or pass any kind of judgment. It is an opportunity to stop and look and begin to see within yourself. Begin to understand all that you are about. You have a lot to offer the world. It starts with a the simple understanding: Who am I?

“...you are the only person alive who has sole custody of your life. Your particular life. Your entire life. Not just your life at a desk, or your life on the bus, or in the car or at the computer. Not just the life of your mind, but the life of your heart. Not just your bank account, but your soul.”³

Action Plan

Examine all that you've written down. Take notice of anything that may have surprised you.

As you move through this program you will have the opportunity to focus on the areas in your life that you would like to change or improve. Know that you are moving toward being the absolute best you can possibly be. Accept who you are today.

¹ Dr. Wayne Dyer, The Power of Intention (Carlsbad, CA: Hay House, 2004) p. 10.

² Stephen R. Covey, The Seven Habits of Highly Effective People (New York: Fireside, 1989) p. 18.

³ Anna Quindlen, A Short Guide to a Happy Life (New York: Random House, 2000) p. 10.