

KNOW YOURSELF TO LEAD YOURSELF

Actively Strive to Know Yourself to Lead Yourself

How are your tendencies affecting you today? Use the tool to process for yourself and help you understand why.

1. ARE THERE ANY REALITIES YOU WISH TO CHANGE?

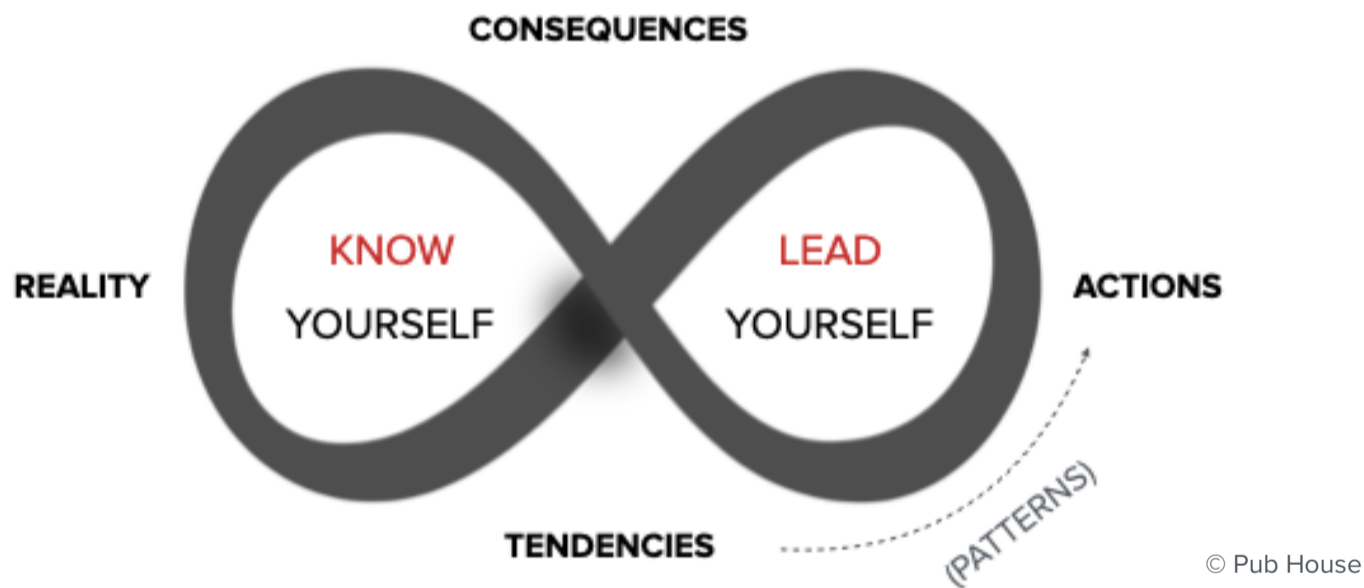
List 3-5 current realities of work, life, relationships, personal development, bad habits, etc. that you would like to change.

2. KNOW YOURSELF TO LEAD YOURSELF

Review your list from Step 2 and choose a current reality that you wish to change - maybe it's a pain point, frustration, or bad habit you want to kick.

Then think through the Know Yourself to Lead Yourself process - determine the tendencies that create the patterns of action which produce the consequences that shape the reality you don't want.

Now consider how you can change those tendencies. What different patterns might you be able to cultivate to produce different actions? How might those actions change the consequences and reshape your desired reality?



1. Tendencies	(Patterns)	2. Actions	3. Consequences	4. Reality