

# The Intentional Leader

## Module 2: Leading Self

### Learning Objectives

- Understand how and why the way we experience and show up in the present is influenced by our past.
- Learn how self-reflection can help to define your future.
- Identify your barriers to leading yourself and how you can overcome them.
- Gain familiarity with the brain and how to avoid emotional “short-circuits.”
- Learn strategies for resilience and how mindset influences your outcomes.

### Present-Day You

We all arrive at our collective thought processes through our DNA and our lived experiences – this creates momentum and normality. If we don’t challenge ourselves by expanding and diversifying our experiences, we’ll continue to look at things the same way.

### Positive Psychology and Internal Saboteurs

Shirzad Chamine, of Stanford University introduced a concept called Positive Intelligence.



Shirzad says that we develop “guardians” (saboteurs) early in life to help us survive the real and imagined threats to our physical and emotional survival as children. Patterns of thinking, feeling, and reacting (our “guardians”) become soft-coded in our brain through neural pathways (become our “beliefs”) which, as adults, cause us to get “hijacked” by unhelpful thought patterns. These guardians later become “saboteurs” (E.g., previous hypervigilance becomes persistent distrust of others later in life). For example, if you grew up in a household with an angry, reactive parent, you may have avoided danger by avoiding him or her. That avoidant pattern got encoded in your brain, and now, as an adult, you default to avoidance whenever you find yourself in a difficult interaction.

We can train ourselves to recognize these triggers and redirect our brains to engage in more positive patterns of thinking (sages).

### Growth Mindset vs Fixed Mindset

You may be familiar with Carol Dweck’s work on Growth and Fixed Mindsets

*There are two main mindsets we can navigate life with: growth and fixed. Having a growth mindset is essential for success. The growth mindset is based on the belief that your basic qualities are things you can cultivate through your efforts. The fixed mindset is if you believe your qualities are unchangeable – you will want to prove yourself correct over and over rather than learning from your mistakes. Changing our beliefs can have a powerful impact. The growth mindset creates a powerful passion for learning. “Why waste time proving over and over how great you are,” Dweck writes, “when you could be getting better?”*

**“Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” -Victor Frankl**

**Strategies to avoid the “short route” and take the long route when it comes to our responses:**

- Name it to tame it
- Practice mindfulness
- Reframe the situation
- TIP the scale