Exploring Yourself as a Leader
Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life

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Let's begin by taking a moment to allow your body to settle into a comfortable position (2 seconds). You may close your eyes or keep them slightly open allowing the spine to lift, the shoulders to soften (10 seconds).

Today we will explore leading with purpose (5 seconds).
Regardless of your position,
whether in an organization or a family you are called on to lead at some point.
The best leaders have a sense of clarity and purpose
and how they engage with the world and in how they lead others (2 seconds).
They connect with people in a very human level (10 seconds).
Begin by taking a full breath in (2 seconds)
and a long breath out (10 seconds).
Letting your attention rest on the breath (15 seconds).
I'm now going to ask you a series of questions
but instead of thinking about the questions or coming up with responses,
I want you to allow the questions to just sink in like pebbles being dropped into a still pond
and I want you to be sensitive to any ripples that you notice (10 seconds).
As a leader what is most important to you? (20 seconds).
What are you aiming to achieve as a leader? (20 seconds).
As I ask these questions,

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just noticing the thoughts, feelings, and images that come to mind (2 seconds)
as you breathe in and as you breathe out (15 seconds).
What are the values that guide you (30 seconds).
What may be preventing you from living your values each day? (30 seconds)
Now continue breathing in and breathing out (5 seconds)
bringing attention to your body (2 seconds),
noticing if the mind is wandering (2 seconds)
or if its attaching to any particular thoughts or feelings that arise (20 seconds).
Now imagine yourself leading with purpose (5 seconds).
What does that feel like? (40 seconds)
And now as we begin to re-emerge from this reflection,
notice how you feel in body and mind (10 seconds)
Finishing with a full deep breath in (2 seconds)
and a long breath out (5 seconds)
ding (15 seconds).

Integrated Practice:

Write for 2 full minutes for each journaling prompt below. Once you've finished, take a minute to reread what you wrote and reflect.

Journaling Prompts:

1. The contributions I most want to make to the world are ...

2. Some ideas I have for sharing this with others around me are ...