

WOMEN IN LEADERSHIP FOR LIFE

Living a fully expressed life and our personal best

Will Team Practices for Transformation

What helps you live your intentions, achieve your goals, step into your best self?

As coaches and facilitators we support people on getting clear about what they want and then help them get there. Here are some practices that work for us, from the practical to the emergent and including inner and outer work. See what resonates for you!

Practice 1 – Make Your Intentions Visible. Write them out and put them on screen saver, your mirror, your journal, so the words keep showing up for you. Capture your intention in a symbol or picture.

Practice 2 – Create Space for a Daily Review. When the world is sleeping, before the children are up, before email, take a few minutes to remind yourself of your intentions. Embed your intentions in a daily ritual – such as part of meditation or your reflective practice.

Practice 3 – Deeper Reflection. If you have more time for reflection, ask yourself, “Did I do something yesterday that aligned with my intentions, or didn’t?” then listen to your deepest desires and yearnings, they will support action.

Practice 4 - Bring Awareness to the Moment. Ask yourself “What do I really want?” “What do I really really want?” This will help align your choices and your actions with your intentions.

Practice 5 – Anchor in Possibility Consciousness. A foundational leadership practice is to focus on what you want to create not on the past or constraints of the present. Live your life in possibility and experience a newfound hope and joy!

Practice 6 – Embrace & Embodiment. Act as if you have already fulfilled your intentions. Notice how your body responds to ‘trying this on’. This is the foundation for creating more space for possibilities.

Practice 7 - Remember Self Compassion. Acknowledging and loving yourself wherever you are – vulnerable, imperfect, and messy - holds integrity.

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Practice 8 – Don't do it Alone. Find people who model where you want to go. Seek a 'growth partner', someone who will encourage you, be candid with you, as you move toward fulfillment of your intentions. Be part of a community of like minded/hearted people.

Practice 9 – Take Micro-movements. Take one small step, really small; but know that growth is incremental. Try using the number 5 – 5 actions or 5 minutes a day on something that matters.

Practice 10 – Recognize and Celebrate. Acknowledge and celebrate even small successes. Recognizing progress stimulates motivation.

Practice 11 – Imbed the New Patterns. We hear it all the time – there's plasticity to the brain – and after awhile, new practices become habits. The brain likes repetition for rewiring.

Practice 12 – Take a Developmental Orientation to Adversity. What ever is not in integrity or aligned with our intention will break down and this is normal. Ask yourself, "What is my learning as I grow and evolve and take a step towards my intention?"

Practice 13 – Manage Incompletions and Integrity Breaches. Incompletions leak life energy and get in the way of us moving forward on our intentions. Make a list of your incompletions and select your top three and focus on completing them.

Over the next few months we will be using these practices in our workshops, saying more about them in our blogs, and creating a handout that integrates our ideas for our community. Thanks to Colleen Shepherd and Candace Laing for their recent contributions.

We would love to **hear about a practice that works with you**...so we can share it with our community. You can email us at info@womeninleadershipforlife.ca