

# Exercising Attentional Leadership



## Long Future (Envisioning)

Do you have a clear picture of what success looks like in this arena? Is your mission set? Is your vision clear? Is your legacy defined?



## Short Future (Planning)

Do you have a structured and detailed plan to achieve success in this arena? Are your goals SMART and plans developed? Are you maximizing your time every day to align yourself toward your envisioned future?



## Focus (Engaging)

Can you observe broadly (seeing systems) yet engage narrowly (with focus)—placing your “Attention with Intention” on What’s Important Now (WIN)? Are you eliminating distractions and removing the “noise” that interferes with deep and sustained focus?



## Short Past (Learning)

Are you measuring your inputs, observing the results (outputs), getting feedback, and reflecting on what’s working, what’s not, and what needs to change—internalizing the lessons learned from every performance?



## Long Past (Cultivating)

Are you tapping into your successes, cultivating mistakes, and mining every past experience? Are you challenging previous assumptions, testing boundaries, and expanding the possibilities (about yourself, others, and the world around you)?



## Physical (Acting)

Are you eating well, exercising often, and taking good care of your physical body? Are you getting ample sleep, taking breaks, and managing stress in order to optimize your energy?

• *What is your current Personal Flow Formula?* • *Are you aware of your current Flow Assets and Liabilities?* • *Are you working on your “One Thing”—or What’s Important Now?* • *Are you fully engaged and Finding Your Flow?*



### Emotional (Feeling)

Are you aware of your emotions? Do you have control over your feelings? Are you able to generate positive and productive moods? Are you becoming more resilient and able to manage the stresses of your work and life?



### Psychological (Thinking)

Are you intrinsically motivated in this arena? Are your thoughts, images, and perspective helping you to excel?



### Philosophical (Valuing)

Are you performing in accordance with your beliefs, ideals, and deepest values? Does your personal philosophy govern your thoughts, feelings, and actions?



### Spiritual (Aligning)

Are you constantly seeking principles that reveal truth and what “is”? Are you moving toward your full potential and ultimate purpose with faith and hope?



### Personal (Performing)

Are you controlling what’s controllable and managing the manageable? Is your immediate environment well-resourced, organized, and comfortable—an optimal environment for full engagement?



### Interpersonal (Relating)

Are you aware of all the individual relationships that surround you in this arena and how they influence you (positively or negatively)? Are there any misalignments that need your attention?



### Team (Collaborating)

Are you aware of the team dynamics/issues in this arena (if a team-based arena) and how you fit and function (positively or negatively)? Are there any misalignments that need your attention (inspiration, culture, mindset, climate, resources, direction, role, and collaboration)? Does this team give you what you need to excel?



### Organization (Engaging)

Are you aware of the organization dynamics/issues and how you fit and function (positively or negatively)? Are there any misalignments that need your attention (inspiration, culture, mindset, climate, resources, direction, role, and collaboration)? Does this organization, or your roles within it, give you what you need to fully engage and contribute?



### Community (Thriving)

Are you aware of the community dynamics/issues that influence your Flow? Are you “at home,” “in the right place,” and connected to this community? Are there any misalignments that need your attention (geography, cultural, resources, etc.)? Does this community give you what you need to perform, serve, and thrive?

