

Am I a Resonant Leader—Exercise

Are you a resonant leader? Think about, and write down the answers to, these questions:

- Are you awake, aware, and attending to yourself and others?
- Do you create a positive, hopeful emotional tone?
- Are you in touch with others?
- Do you experience and demonstrate compassion? At home? At work?
- How do you inspire others?

Consider asking people whom you trust their sense of you in relation to these questions? How accurate is your own self-awareness on these aspects of leading?