

### 1 Create a Personal Holding Environment

“Take care of yourself not as an indulgence, but to help ensure that the purposes you join have the best chance of being achieved, and that you will still be around to enjoy the fruits of your labors.”

1. What space will I create as a sanctuary for my physical, emotional, mental, and spiritual renewal?
2. How will I remind myself to revel in those sanctuaries?
3. How will I ensure I find meaning in multiple areas of my life so that I have greater resilience when changes occur?

### 2 Grow My Personal Support Network

“Resilience comes not only from your inner “shock absorbers”, but also from sustaining relationships. Cultivate a personal support network outside of the system you are trying to change.”

1. Who are my confidants outside the system?
2. How will I feed my “hungers” so that I can be fully present and available for the work?
3. What communities will I anchor myself in?

### 3 Community of Self/Tolerance for Heat

“You need stamina, and for the practice of leadership you need to be in close enough touch with your body so that you can read yourself for clues to the emotional undercurrents in the system.”

1. What aspects of me provide courage and stamina?
2. What aspects of me drain or distract me from purpose?
3. How will I cultivate my awareness of my internal “community” so that I can renew myself fully and connect more deeply with the external community?

### 4 Stay Connected To Purpose

“Your purpose provides the inspiration and the direction for your action.”

Top 3 Values:

- 1.
- 2.
- 3.

1. How will I know when I am on track and on purpose?
2. How do I know when I am off track or off purpose?
3. What do I know realigns me with my purpose?
4. What do I know pulls me off my purpose?
5. What choices will I commit to so that I can stay on purpose?



## Personal Thrival Plan

*Gain greater clarity and skill in deploying self*

*With special thanks to Rachel Dexheimer*

*Reference: Chapter 23: Thrive: “The Practice of Adaptive Leadership: Heifetz, Grashow and Linsky*