

“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally.”

Jon Kabat-Zinn



## SURVEY – WHERE DO YOU FIT, AS A ‘MINDFUL’ LEADER?

Adapted from Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others (2012) pages 6 - 7 by Maria Gonzalez.

On the characteristics below, choose a number between 1 – 7, that best reflects how you embody the characteristic of mindfulness described. 1 – it’s not really present, and 7 – it’s fully present in my life.

### **Mindful leaders behave coherently and consistently, and exhibit 9 specific ways of being:**

1. They are **aware**. They know exactly what is arising within them at any given moment. This means they won’t be blindsided, by their emotions or negative patterns.

1                   2                   3                   4                   5                   6                   7

2. They are **present**. This means that they are in the moment. They aim to be right here right now, rather than thinking about the past or worrying about the future.

1                   2                   3                   4                   5                   6                   7

3. They are **calm**. Being calm allows them to keep their wits about them at any given moment. This means they won’t be blindsided by their emotions or negative patterns.

1                   2                   3                   4                   5                   6                   7

4. They are **focused**. When leaders are focused, they deliberately channel resources to accomplish priorities, rather than being scattered. They are able to concentrate on whatever they deem important in any given moment.

1                   2                   3                   4                   5                   6                   7

5. They are **clear**. Being clear is critical to make the best possible decisions. Mindful leaders understand what motivates them and why they are drawn to take certain action. They know what is important.

1                   2                   3                   4                   5                   6                   7

6. They are **equanimous**. Equanimity is the ability to accept ‘what is’ without resistance. To be equanimous is to truly have inner peace, because you do not waste time fighting what you can’t change and you do not fight yourself. There is coherence in your being. You do not need for everything to be ideal to be content or even happy.

1                   2                   3                   4                   5                   6                   7



7. They are **positive**. This means that they are positive forces in their lives, organizations, families and communities. And in so doing, they become an inspiration to those around them. They understand that the role of a leader is to be of service.

1                    2                    3                    4                    5                    6                    7

8. They are **compassionate**. Leaders who are compassionate, have deep caring without attachment. They do their best each and every moment of the day, under the circumstances. They understand the importance and value of self-compassion, because they know that without taking care of themselves, their ability to serve and to perform at a high level is not sustainable.

1                    2                    3                    4                    5                    6                    7

9. They are **impeccable**. Mindful leaders are impeccable in their words and deeds. (But being impeccable should never be confused with being perfect). They have integrity, are honest and courageous. They accept responsibility for their actions and do not blame others for honest mistakes.

1                    2                    3                    4                    5                    6                    7

## REFLECTION



What did you notice when you completed this assessment?



What are two of your strengths as a mindful leader?



What are two areas you want to work on?

