

AUTHENTIC LEADERSHIP

C E N T E R

Maintaining Balance

Ideas generated by graduates of *Leading from the Center*
and attendees of *Living Authentically* (Revised:2020)

Using the HBMS, PAC, and Communication models

- Use 3x5 cards around house/work to remind self about Adult, Nurturing, and Free Child Voices.
- Check-in with yourself regularly using the Heart, Body, Mind, Spirit, or the PAC models.
- Examine which “voice” is talking when triggered and then:
 - Acknowledge and validate it
 - Give it time, compassion, and acceptance
 - What is its message?
- Adjust the “dials” of your adaptive behavior.
- Do “Chair Work” with yourself.
- Listen to the voices inside: who’s talking? Who’s in charge? Remember: you are at choice.
- Keep a PAC journal: Write a few sentences each day from each of the voices.
- Actively call your “observing ego” or your adult voice to gain insight into your thoughts, feelings, and behaviors.
- Play – listen to your Free Child voice.
- Teach, share, and USE the Communications and Empathic Listening Models.
- Ask permission to use the Communications model with significant others in your life.

General Advice

- Practice balance tools while in “Good” frame of mind, not just in tough times.
- Take action – Love is a Verb
- Do one thing – split big tasks into small steps and DO one of them.
- Risk doing something different – being bold and daring.
- Move your body in some way.
- Consciously breathe.
- Slow your life down on purpose.
- Verbally express your feelings.
- Make eye contact.
- Put a picture of you as a child up where you can see it regularly.
- Actively create safety in your life – Be discerning in assessing emotional and physical danger.
- Expand your knowledge – read, engage, discuss, observe, teach.
- Laugh often – Be silly sometimes.
- Write “Don’t Send” letters when carrying anger.
- Get more data: facts, feelings, and imaginations.
- Get quiet and still – do nothing.
- Apologize and make amends.
- Clean up: This is what I said; This is what I would rather have said; I am sorry; I am working on this.



Authentic Leadership Center Activities

- Read your reflections from your training.
- Attend Living Authentically regularly.
- Come to Leading from the Center celebrations.
- Participate in the Going Deeper workshop.
- Do your stretch.
- Use your shield when emotionally challenged.
- Frame and hang your Declaration from Leading from the Center.
- Use your Declaration and your affirmations liberally.
- Come to coach trainings provided by ALC.
- Coach for *Leading from the Center*.
- Remember a time you were wonderfully connected and whole (Leading from the Center grads: remember when and how you connected and found your declaration.)
- Take the feelings experienced at ALC out into your life: Trust self, take risks, and show up.
- Plan activities with your Leading from the Center group.
- Release anger and frustration using any of the various techniques taught at ALC or try your own and then consciously shift into a different perspective using affirmations, breath of thanks, loving kindness meditation, inner wisdom letter, etc.

Gratitude and Appreciation

- Keep a gratitude journal.
- Make gratitude and appreciation a habit.
- Celebrate the good stuff on purpose.
- Give and get hugs
- Look for the Gift – the Gold – in each moment.
- Slow down and SAVOR life – especially beauty and passion in any of its manifestations.

Support of Self and Others

- Be of service
- Rest – Give care to yourself.
- Watch inspiring movies.
- Use an anchor or a symbol to help center self.
- Use visualization to imagine doing the “hard stuff”.
- Turn on some music.
- Reach out and connect with someone; share self.
- Give back to others in some way – less emphasis on self and more on others.
- Ask for and be a willing recipient of feedback.
- Stay in touch with supportive people – Ask for help.
- Visit nature.
- Listen to music that moves you (your cradle, your stretch, etc)
- Take time everyday for your self.
- Take a walk.
- Surround yourself with support.
- Gift yourself with therapy if you cannot seem to come to center.

- Reframe your pain – Retell the story as a heroic one.
- Wiggle anything.
- Rest and refresh on purpose.
- Intentionally cultivate optimism and hope.
- Actively appreciate others and self.
- Make mistakes on purpose.

Daily Practice

- Practice mindfulness.
- Breath work – go within and practice patience.
- Connect with Spirit in some way – prayer, meditation, nature, exercise, etc.
- Imagine and get very explicit about what balance is to you.
- Establish a daily practice of reading, meditating, moving, sitting, prayer, etc
- Maintain a daily journal
 - Gratitude journal
 - “What’s Good About Me” journal
 - Feelings journal
 - Releasing journal
- Connect with your Higher Power.
- Set your intent each day.