



BODYMIND THERAPY

ONLINE COACHING

Exercise: The 8 C's of Self Leadership (© 2010 Julia Sullivan and The Center For Self Leadership)

The 8 C's of Self Leadership help us recognize how much of our "Self" is available to us in any moment. Using the radar chart on the next page, rate yourself on the scale with 0 (low) at the center and 5 (high) on the perimeter. Then connect the dots to make an 8-sided figure. Fill in the 8-sided figure with a highlighter.

Calmness

- Peace of mind independent of circumstances.
- The ability to respond to triggers in your environment in a less automatic and extreme way.

Clarity

- The ability to perceive situations with precision, without distorting them through extreme beliefs emotions.
- The ability to maintain objectivity about a situation in which one has an vested interest.

Curiosity

- A strong desire to know or learn something new about a topic, situation or person in a non-judgmental way.
- To have a sense of wonder about the world and how things work.

Compassion

- To be open-heartedly present and appreciative of others and one's self without feeling the urge to fix, change, distance, or judge.
- An intuitive understanding that the burdens or suffering of others affects you because of your connectedness to them.

Confidence

- To maintain the ability to stay fully present in a situation and effectively handle or repair anything that happens.
- To have internalized the growth that comes from healing previous traumas and failures.
- To understand that life and learning includes making mistakes.



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Courage

- Strength in the face of threat, challenge or danger.
- The willingness to be take action toward a goal that others would find overwhelming.
- The ability to recognize the damage we do to others then take action to make amends.
- The willingness to reflect and “go inside” toward our own pain and shame, carefully examine it and act on what we see.

Creativity

- The use of the imagination to produce original ideas.
- The ability to enter the “flow state” in which expression spontaneously flows out of us and we are immersed in the pleasure of the activity.
- The ability to create generative learning and solutions to problems.

Connectedness

- The state of feeling a part of a larger entity such as a partnership, team, community, or organization.
- A spiritual connection to a meaningful purpose or a higher calling.
- To be in a relationship with someone who truly knows and accepts you for who you really are.
- To be able to relax your defenses with others as you know that you won’t be judged or controlled and are not afraid of getting hurt because you have confidence that you can repair any damage or misunderstandings that may occur.

