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Leaders Within (Inside Crew, Internal Board Of Directors) Mind Map Exercise

The purpose of creating our own unique Leaders Within mind map is to strengthen our awareness and understanding of the positive aspects of ourselves.

In this exercise, you will have the opportunity to look inward and reflect on your internal beliefs, assumptions, and values as well as to expand your knowledge of just what leadership is and is not. Identifying your intrinsic core values will propel you forward in your life and career.

By focusing on our constructive attributes, possibilities become clearer, and the celebration of positive outcomes is more likely to occur.

Below are a few typical types of positive internal characteristics.

Your Captain (Leader Within, Guide, and/or Inner- Genius) is your Inner Knowing. A positive visionary that leads all parts of yourself towards the fullest expression of your Life Purpose. *Please don't get caught up on the name we are looking for the voice of your internal brilliant leader of your own authority.*

There are no rules about your Guide being masculine or feminine, human or animal, with a physical form or not. The key attributes of your Guide are: **Wisdom, Compassion, Clarity, and Courage.**

Your Guide has access to all the **Wisdom** that ever was, has been there and back, has the experience to keep you pointed and on purpose, and knows that, ultimately, everything turns out for your highest good.

Your Guide loves you completely, exactly the way you are, unconditionally, and no matter what happens, holds you tenderly with gentleness and infinite **Compassion**, not a harsh critical voice.

Your Guide believes in you completely and without question, is **Clear** and grounded, and can see exactly what you need and how best to move forward.

Your Guide is fearlessly **Courageous** and relentless in pursuit of the very best for you. Your Guide is unshakable, dedicated, and unwavering.

Your Crew

Some of our clients identify their crew members by their values. For example, Adam the Adventurer, Creative Connie or Rational Robert. Or you can look at different stages of development that you carry with you today, e.g., Little Nina, Teenager Tina, or Grumpy Granny, etc. You may notice that team members often balance one another, so an adventurous side of you may need to have a conversation with the rational side of yourself. Ultimately, all voices are to serve your highest good. The key is building the objective observer inside yourself to listen and honor each part.

Below are a few of the typical internal team members and associated definitions.

The Appreciator This crew member is a free agent and moves easily into all domains of life. He or she is able to appreciate everything that happens and can find value in anything. The Appreciator does not know how to judge. He or she understands that life is unfolding exactly as it should and appreciates the gift in everything.



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The Curious One: This Crew member is adventurous and eager to explore ALL of life. Powerfully and deeply curious, he or she asks lots of questions with the wide-eyed wonder and excitement of a three-year-old. This Crew member LOVES to play in experiences of all kinds and is committed to freedom of expression, freedom of spirit, and freedom of soul.

The Listener: This Crew member's role is to witness and observe. With great compassion, he or she holds a container for whatever is occurring without needing to jump in and fix it. This Crew member listens deeply with every part of their being and has x-ray vision, enabling them to look underneath the words and see what is being expressed. He or She is masterful at being present, regardless of what energies are swirling around, and is able to "be with" and include it all.

The One Who Forwards the Action and Deepens the Learning: This Crew member keeps everything moving and makes sure that lessons are being learned and remembered. He or she understands that life is a paradox and relishes the tension between being and doing, dark and light. This Crew member is masterful at balancing essence with action to bring your most resonant desires into reality with vision clarity, meaning, and heart.

The Self Manager: This Crew member knows when to say "no" and when to say "go." He or she is a master of attention and carries a "lightsaber" of attention by their side, pointing it wherever attention is needed. This Crew member is infinitely flexible and can help you recover rapidly whenever you find yourself trapped in self-doubt or a negative emotion.

The Intuitive One: This Crew member offers insight without attachment. He or she is masterful at "knowing" from all parts
Adapted from The Coaches Training Institute.

SHADOWS (saboteurs, hijackers) – oftentimes, our inside crew members can come across a bit sideways. When these parts of ourselves are loud in our minds, we can drive ourselves to exhaustion and exhibit perfectionism, which leads to self-doubt and leading from depletion.

- **Perfectionism** - Perhaps there is a part of you that is trying to (convince you that you'll eventually be happy just as soon as you get your life to match the unrealistic pictures he/she creates)
- **Hulk:** suppresses anger and other authentic emotions and always encourages you to pretend to be "nice". Sometimes, you say something you don't mean and then have to pick up the pieces from that versus just asking for what you want or need.
- **Big Shot:** You are the one that must have all the answers. This part of you thinks it knows or should know the best action to take more than anyone.
- **Grim Reaper:** Having difficulty focusing on just living and enjoying life. Creates stress, burdens, and being overwhelmed even when things are going well.
- **One of your own:** - name a part of you that typically hijacks your progress.

Notice the 2% truth that any of these hijacking voices are trying to give you. They all want something good for you. Be compassionate AND don't let them take over!



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Inside Crew Mind Map:

When creating your Leadership mind map, think about what you might name your internal leader. This is an opportunity for you to identify the attributes that stand out about your internal guidance system.

1. Consider including branches such as: Events or Triggers that call forth your Internal Leader.
2. Perhaps there are symbols, metaphors, quotes, or images that you want to include.
3. Remember to include what makes you feel fulfilled, your core values, and what you know about your life purpose(s).

Tips:

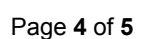
1. Breathe. Remember where you end, and all else begins, and leap off into the future.
2. Simply Notice. Notice your thoughts, feelings, fantasies, memories, and assumptions, and notice that the Natural You is not any of these.
3. Think of your awareness as a spotlight you can direct wherever you choose.

Extra Credit ☺ What's it like knowing you have a strong internal positive guidance system? – do you feel this in some particular place in your body?

Leaders Within Mind Map Example:

In this example, the client identified their Internal Leader as a "Loopy Flow". You will notice that this client listed their core values and created ownership by stating, "I am Grounded, Clear, etc. You may also notice that this client identifies with several versions of their life purpose and that there is an arrow pointing to the back of when they get "offshore." Each mind map is unique. Yours will be exactly as it should be for today. Enjoy and have fun!

Example 1 - *(Created in a mind mapping software called MindNode)*



[illegible]

The Grouches

- The encouraging one**
 - "Come on! - You can do it - If you can do this physical thing, you can do this other thing."
- The logical one**
 - "There is a right way to do it - You just have to struggle with the ideas to figure it out"
- The fun one**
 - "Let's play"
 - "Let's Be a Kid Again!"
- The peaceful one**
 - "Ah - HERE is the core of me before I was damaged - Before I the happened - His sorry pun!"
- The Romantic**
 - "This is so beautiful"
 - "I am so lucky to have friends"
 - "I relish this experience"
- The orderly one**
 - "Order + Beauty are equivalent"
- The calm one**
 - "Things usually work out for you"
 - "You can't freak about happen"
- The encouraging one**
 - "Come on! - You can do it - If you can do this physical thing, you can do this other thing."