



## Authentic Leadership Improving the Quality of Your Actions

1. Briefly describe the circumstances you are thinking of.

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2. What are your goals or intentions?

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3. What strategies have you been pursuing?

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4. What actions have you taken?

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5. What results have arisen?

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**Part 2**

1. Actions and behaviors: How skillful were your actions? Can you identify the critical points at which you intervened and could have been more successful?

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2. Plans and Strategies: In hindsight, do your plans and strategies make sense? Could you change them in either a minor or profound way to get a better outcome?

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3. Intentions and Purposes: Given the outcomes, how do your original intentions now look? Were they realistic, do you want to adapt them, give up on them or continue to pursue them?

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Adapted from Fisher, Rook and Torbert, 2001.