

## Exercise 1 – Authentic Leadership – Improving the Quality of Your Own Actions

1. Briefly describe the circumstances you are thinking of.
2. What are your goals or intentions?
3. What strategies have you been pursuing?
4. What actions have you taken?
5. What results have arisen?

## 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?
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?
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?

Adapted from Fisher, Rook and Torbert, 2001.