

# 15 COMMITMENTS OF CONSCIOUS LEADERSHIP

## PRINCIPLES THAT CAN HELP YOU BECOME A MORE EFFECTIVE LEADER

All of my notes here have been adapted from the book 15 Commitments of Conscious Leadership by Dethmer, Chapman, and Klemp (2015)

### 1. TAKE RADICAL RESPONSIBILITY

- Don't place blame.
- Change your mindset from wanting to be right to one of curiosity and learning.
- Never feel the need to be right again.
- Encourage others to be responsible.

### 2. LEARN THROUGH CURIOSITY

- Shift out of the drift.
- Wonder - the aim here is to create and live in a set of wonder questions.
- Be open to feedback and see it as a gift.

### 3. FEEL ALL THE FEELINGS

- Acknowledge all feelings.
- Match your experience with your expression.
- Learn from emotions.

### 4. SPEAKING CANDIDLY

- Reveal your feelings.
- Own your judgements.
- Ask critical questions about what happened.
- Conscious listening empowers those around you to use candor with you.

### 5. ELIMINATE GOSSIP

- Separate facts from stories.
- Listening to gossip is just as bad. When you gossip you validate yourself! Gossip influences how others feel.
- If someone comes to you with an issue, then let them tell you (clearing).
- Remember that people may gossip because they fear going to that person.

RESPONSIBLE - CURIOUS - FEEL - CANDOR - ZERO GOSSIP

### 6. PRACTICING INTEGRITY

- Express unarguable truth.
- Keep all agreements.
- Take 100% responsibility.
- Match what you feel on the inside to what you think on the outside.

### 7. GENERATING APPRECIATION

- Pay attention to the little things.
- Fully accept appreciation as a gift.
- When people feel appreciated they grow.
- Make sure appreciation is sincere, unarguable truth, specific and succinct.

### 8. EXCELLING IN YOUR ZONE OF GENIUS

- Don't hold back.
- Encourage others to grow.
- Stop doing things you don't enjoy or don't do well.
- Delegate tasks to others.

### 9. PLAY AND REST

- Embrace challenges with Yes And.
- Take time to play and rest.
- Honor one day of rest per week.
- You need it!

### 10. EXPLORING THE OPPOSITE

- See the opposite story as having more credibility than your side of the story.
- Challenge your desire to be right all of the time.
- Increase your curiosity.

INTEGRITY - APPRECIATE - ZONES - REST - OPPOSITE

### 11. SOURCE APPROVAL WITHIN

- Don't seek approval, control or security from others.
- Ask yourself which of the 3 core wants are driving your behavior.
- Let go of your wanting.

### 12. HAVE ENOUGH

- Don't think you don't have enough money, time, b space etc.
- See the world from the perspective of there are sufficient resources.
- Practice meditation every day.

### 13. EVERYONE IS AN ALLY

- Don't see people as an obstacle to hold you back.
- Be curious about why someone resists.
- See pressure as a good thing, as it pushes you to go further.
- Ask yourself what quality could not have been developed without their feedback.

### 14. CREATE WIN-WINS

- Never see it as a win-lose situation.
- Be curious about the potential outcomes of the project.
- Collaborate with others.
- Be willing to let go of your own ideas.

### 15. BE THE SOLUTION

- Don't be apathetic or blame others.
- Start by seeing what is missing.
- Choose from any range of options.

WITHIN - ENOUGH - ALLY - WIN - SOLVE