

# Leading Well

*How to fire your inner critic & rewrite what's holding you back.*

## Vision Reality Gap - Diagnostic

1. What's the **vision** for your business?

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2. Describe **reality** – do employees or customers 'get' it?

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3. How big is the **gap** between vision and reality?

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## Inner Critic -> Inner Coach

4. **Catch:** What does your **Inner Critic** most often say?

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5. **Flip:** What is the **opposite** of that line?

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6. **Hold:** What's **one story** that proves Inner Coach is right?

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**Limiting Beliefs -> Healthy Beliefs**

7. **Catch:** What's your biggest **limiting belief**?

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8. **Flip:** What's the opposite **healthy belief**?

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9. **Hold:** Write **one story** that supports your healthy belief?

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10. Think about the future: What empowering **new story** will you lead from?

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