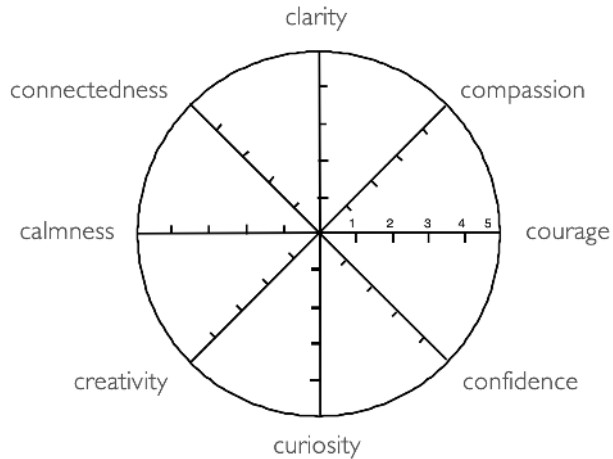


The 8 C's of Self Leadership Wheel



The 8 C's of Self Leadership help us recognize how much of our "Self" is available to us in any moment.

Using the radar chart above, rate yourself on the scale with 0 (low) at the center and 5 (high) on the perimeter. Then connect the dots to make an 8-sided figure. Fill in the 8-sided figure with a highlighter.

Calmness - n. 1. serenity regardless of the circumstances 2. the ability to react to triggers in your environment in less automatic and extreme ways

Clarity - the ability to perceive situations accurately without distortion from extreme beliefs and emotions 2. the ability to maintain objectivity about a situation in which one has a vested interest 3. the ability to recognize one's own bias or preconception and then seek a deeper understanding

Curiosity - n. 1. a strong desire to know or learn something new about a topic, situation or person in a non-judgmental way 2. to have a sense of wonder about the world and how things work

Compassion - n. 1. to be open-heartedly present and appreciative of others and one's self without feeling the urge to fix, change, distance, or judge 2. an intuitive understanding that the burdens or suffering of others affects you because of your connectedness to them

Confidence - n. 1. to maintain the ability to stay fully present in a situation and effectively handle or repair anything that happens 2. to have internalized the growth that comes from healing previous traumas and failures 3. to understand that life and learning includes making mistakes

Courage - n. 1. strength in the face of threat, challenge or danger 2. to take action toward a goal that others would find overwhelming 3. to take complete responsibility for one's actions and make amends to correct one's errors 4. the willingness to reflect upon and explore one's inner world

Creativity - n. 1. the use of the imagination to produce original ideas 2. the ability to enter the "flow state" in which expression spontaneously flows out of us and we are immersed in the pleasure of the activity 3. the ability to create generative learning and solutions to problems alone or with others

Connectedness - n. 1. the state of feeling a part of a larger entity such as a partnership, team, community, or organization 2. to be able to relax your defenses with others as you know that you won't be judged or controlled 3. to have companionship and/or spirituality that helps one deal with reality in a way that transcends circumstances