

# LEADING FROM WITHIN

**BUILDING LEADERS FROM THE INSIDE-OUT!**



**Greg Giesen**



*The basis for leadership is learning, and principally learning from experience. Reflection is a major way in which leaders learn. Consider some of the ways of reflecting: looking back, thinking back, dreaming, journaling, talking it out, watching last week's game, asking for critiques, going on retreats.... Reflection is a way of making learning conscious."*

**- Warren Bennis, On Becoming A Leader**

## WHAT'S YOUR PURPOSE?

### Ten Questions to Find Your Purpose

One of the best ways to identify your purpose is by beginning with the end in mind. The following ten questions will help you create your purpose statement...or know if you need to tweak the one you currently have. Keep in mind that there is no right or wrong way to do this. Take your time, be honest, and respond to as many of the questions below as you can (use the pages in the back of your journal). Once you start to notice key words or phrases continually coming up, you are well on your way to crafting your purpose statement.

- Question 1:** What's been your biggest contribution to the people that matter most to you?
- Question 2:** If you were to write an autobiography about your life (so far), what would the title be and why?
- Question 3:** If you had the opportunity to deliver your *Last Lecture* to all your friends and loved-ones about your life, what would you want to tell them?
- Question 4:** What are you most passionate about in your life and how would people know it?
- Question 5:** What have you done to make this world a better place?
- Question 6:** How much have you loved in this lifetime?
- Question 7:** When do you feel most alive?
- Question 8:** What are you most proud of right now about your life?
- Question 9:** What do you want to be remembered for most after you are gone?
- Question 10:** If you were asked to offer one piece of advice to a group of six graders about how to succeed in life, what would you say?

What did you say? How did you respond? What key words kept showing up? Now complete the sentence below.

**My purpose is to:** \_\_\_\_\_

**AUTHENTIC AND FUNCTIONAL SELF**

**AUTHENTICITY**

*Leading from the Inside Out*

**Transforms:** Opens up  
Possibilities and potentialities

**Guided By:**

Authenticity  
Purpose  
Openness  
Trust  
Compassion  
Courage  
Inclusion  
Creating Value and Contribution  
Balance/Centeredness  
Fluidity/Adaptability  
Peaceful Presence

**FUNCTIONALITY**

*Leading on the Outside*

**Protects/Copes:** Limits  
possibilities and potentialities

**Guided By:**

Image  
Safety/Security  
Control  
Fear  
Self-Interest  
Avoidance  
Exclusion  
Winning at all Costs  
Distraction  
Resistance to Change  
Uneasy Presence

\* Adapted from *Leadership From The Inside Out* by Kevin Cashman

**"FINDING YOURSELF"**  
IS NOT REALLY HOW IT WORKS.  
YOU AREN'T A TEN-DOLLAR BILL  
IN LAST WINTER'S COAT POCKET.  
YOU ARE ALSO NOT LOST.  
YOUR TRUE SELF IS RIGHT THERE, BURIED  
UNDER CULTURAL CONDITIONING, OTHER  
PEOPLE'S OPINIONS, AND INACCURATE  
CONCLUSIONS YOU DREW AS A KID THAT  
BECAME YOUR BELIEFS ABOUT WHO YOU ARE.  
**"FINDING YOURSELF"** IS ACTUALLY  
RETURNING TO YOURSELF.  
AN UNLEARNING, AN EXCAVATION,  
A REMEMBERING WHO YOU WERE  
BEFORE THE WORLD GOT ITS HANDS ON YOU.  
EMILY McDOWELL

### ABOUT GREG GIESEN

Greg Giesen is the manager of People Development at the University of Denver where he provides both professional development and OD consulting services for faculty and staff. With a Master's degree in Personnel Services and Counseling from Miami University, Greg brings over thirty years of experience in corporate consulting, training, facilitation and conflict mediation. In addition, Greg is an adjunct professor at DU's Center for Professional Development. He is the author of the award-winning book, *Mondays At 3: A Story for Managers Learning to Lead* and is currently writing, *Lessons from Geese: Inspirational Stories and Teachings*. Greg also speaks around the country on authentic leadership and facilitates his award-winning program, *Leading From Within*.

### ADDITIONAL RESSOURCES

- To experience the full **Leading From Within** program, consider:
  - Leading From Within, Saturday, April 25<sup>th</sup>, 2018, 8-4pm at the University of Denver. This program is sponsored by the Center for Professional Development ([www.du.edu/professional](http://www.du.edu/professional)).



- ***The Mastery of Self*** by don Miguel Ruiz Jr. The perfect book to learn more about the authentic self.

### NOTES