



## LIVING THE SKILL 'INTENTIONAL LEADERSHIP'

1. Come present to your breath, to this moment, to this now.
2. Attune to a Presence within beyond your body, emotions and thoughts.
3. Breath into the loving neutrality of this inner Presence.
4. Open yourself to receive of the blessings that are available for you at this time.
5. Attune to your intention for the Wholesome Leadership (see Handout entitled "The Wholesome Style of Leadership")
6. Ask that you be shown, in ways you can understand, what actions, or attitudes you can be / do: physically, emotionally, mentally and/or spiritually to support you in living your intention for the Wholesome Leadership.
7. Allow time to sense, receive and perceive an answer.
8. Make note of what you receive by completing your actions / attitudes for the Wholesome Leadership in you Intentional Leadership Tracking Form and track your intentions daily.
10. Express gratitude to the inner Presence.

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**"We either live with intention or exist by default."**

Kristin Armstrong

**"Begin to see yourself as a soul with a body rather than a body with a soul."**

Wayne Dyer

**???"Watch your thoughts, for they become your actions. Watch your actions for they will become your habits. Watch your habits for they will forge your character. Watch you character for it will make your destiny."**

Lao Tzu