



## LIVING THE SKILL 'SYNERGY'

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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. Ask that you be shown, in ways you can understand, what Synergy means to you.
  6. Describe a situation where you knowingly or unknowingly experienced Synergy.
  7. Describe what Synergy feels like to you: physically, emotionally, mentally and spiritually.
  8. Describe any actions / attitudes that support you in experiencing Synergy.
  9. Allow time to sense, receive and perceive an answer.
  10. Say out loud or write what you perceived (you may want to track these actions / attitudes in your Intentional Leadership Tracking Form).
  10. Express gratitude to the inner Presence and your partner.
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**“Courage is what it takes to stand up and speak; and it is also what it takes to sit down and listen.”** Winston Churchill

**“The secret to success in business is synergy.”** Galileo Galilei

**“Survival in business requires synergy of skills.”** Richard Branson