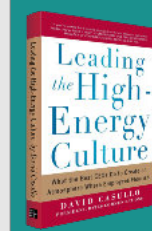


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Chapter 2

Chapter 2: Remember the “WHO that You Are”

Considerations

Step 1 of this exercise challenges you to reflect on your past from two equally important perspectives: introspection and external influences.

Step 2 of this exercise challenges you to reconsider your conclusions from Step 1 and either confirm or reject them.

It is important that you do not move forward until you have thoroughly and thoughtfully completed this exercise.

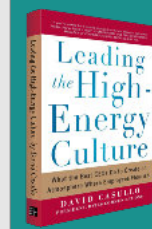
Feel free to take your time and step away from this exercise. It may be beneficial to take time to reflect and review with a fresh perspective.

“That we should know ourselves means that we should know our souls.”

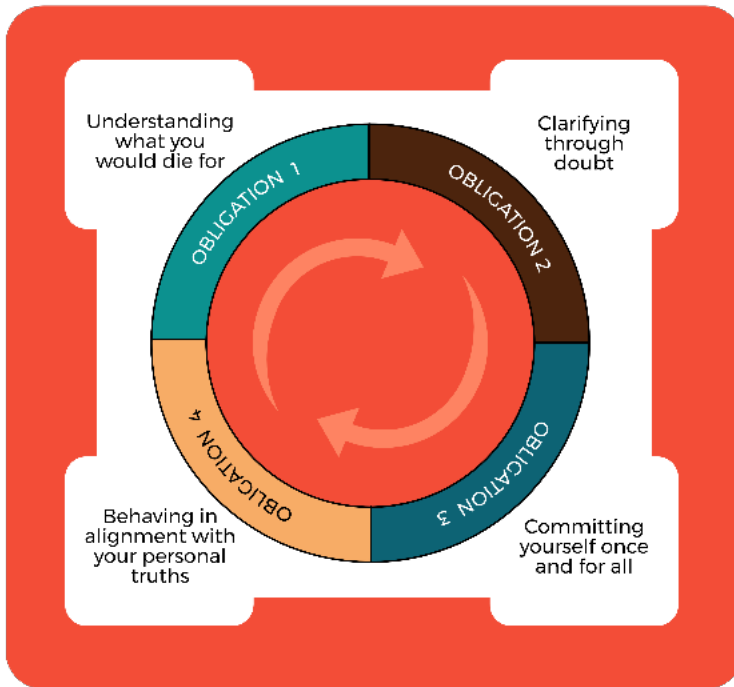
*—Socrates,
Greek Philosopher*

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Exercise 2.1



The 4 Obligations to Identifying Your Personal Truths

1. Understanding what you would die for
2. Clarifying through doubt
3. Behaving in alignment with your personal truths
4. Committing yourself once and for all

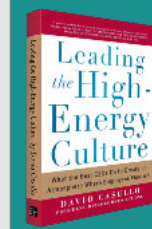
Step 1 - Reflection

Suppose I asked you this simple question: “Who are you?” What would you say? Stop for a moment and really think about this. Who are you?

In three sentences or less, tell me who you are.

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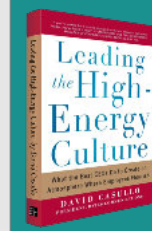
Exercise 2.1

In three sentences or less, tell me who you are with your closest friend.

Are they different? How?

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Exercise 2.1

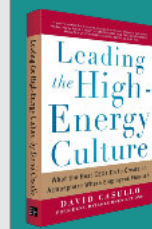
Now, let's reflect on a time when one of your key truths was shattered—a paradigm buster. It might have happened in college, in an early job experience, or through some friendship or relationship. Regardless, it should be an event or experience that permanently changed a personal truth.

What experience in your past was a paradigm buster for you?

Next, recall a personal traumatic experience—a life-threatening illness, the death of a family member or friend. What was important? What was or became incidental as a result?

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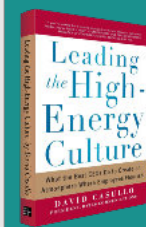


Exercise 2.1

Finally, let's reflect on something that Kouzes and Posner call "your personal best leadership experience." Think of a time in your career when you were leading a team, a department, or an organization when you were at your very best. Try to place yourself there and describe the situation thoroughly. How did you feel? What prompted you to act? How did you feel as you were leading the team through this situation? It is important that you capture stimuli and your response to each. This may be lengthy; there is more room on the following page.

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Exercise 2.1