



FOUNDATION

THE SIX TENETS OF PURPOSEFUL LEADERS

(DEFINITIONS)

A SHORT ARTICLE

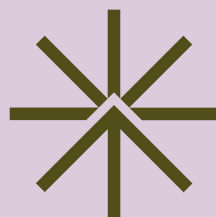


“THERE IS A QUESTION EVERYONE
HAS TO ASK AND ANSWER -
IN FACT, HAS TO KEEP ON ASKING
AND KEEP ON ANSWERING..

IT IS ‘HOW SHOULD I LIVE MY LIFE?’...

THE GREAT MAJORITY OF PEOPLE
DO NOT ASK THIS QUESTION, THEY
MERELY ANSWER IT UNTHINKINGLY,
BY ADOPTING CONVENTIONAL VIEWS
OF LIFE AND WHAT MATTERS IN IT,
AND MOVING ALONG WITH THE
CROWDS OF UNMASKING, UNTHINKING
ANSWERERS IN THE DIRECTION THAT
THE CROWDS TAKE THEM.”

A.C. Grayling, *Philosophy And Life*





How should you live your life? This is an ageless question that, as A.C. Grayling points out, is often avoided, ignored or suppressed by most, which is interesting because those who ignore this question are alive and living their life. And yet, many can progress through life either as a passenger, or nodding off at the wheel.

Determining how you should live your life is important to your role as a leader. These two domains are interconnected. How you show up in life, what you value and what really matters to you, at your core, will influence how you lead others. Attending to this question, and questions connected to it, are important for you as a leader.

The Purposeful Leader (TPL) aims to provoke and encourage you to get firmly and comfortably behind the wheel of your life, with your eyes wide open, all your senses engaged and your mind and heart awakened. The content we deliver on this course will not only help you develop as a leader, it will help you more broadly in life. It aims to support you to discover purpose. And it encourages you to do so whilst thinking about your role as a leader. It offers you the opportunity to become a *purposeful leader*.

In order to discover your purpose, there are six foundational tenets that are important to consider in advance. If you find yourself deeply opposed to some, or all, of these tenets, or if you feel entirely indifferent, then your readiness to discover your purpose may be impacted. Conversely, if you find yourself generally head-nodding in agreement to the six tenets, then this might suggest that you are ready to discover your purpose as a leader.

These tenets are philosophical beliefs that underpin TPL. They are offered to you as critical reflections for you to consider before you invest time in discovering your purpose. We've taught these tenets, in various guises, to thousands of leaders from around the world and, not only will they help you in discovering your purpose as a leader, they'll help you more broadly in life.

The six tenets of *Purposeful Leadership* are:

- 1. You have meaning**
- 2. What do you want?**
- 3. It starts with you**
- 4. You're already playing a part**
- 5. Commit to self-compassion**
- 6. You're in charge of your future**

Definitions for each tenet are provided overleaf;

TENET	DEFINITION
1. YOU HAVE MEANING	You already have meaning in this life. The combination of your biological make up and how it has responded to the environments you've experienced throughout your life, is unique. There is no one like you. You, in this place, at this time, have never existed before and will never exist again. You have a part to play. Your meaning is to be found through a posture of acceptance.
2. WHAT DO YOU WANT?	Many in life are motivated by protecting themselves from, or getting away from threat and fear. Whilst this can provide an appropriate temporary, and at times, helpful motivation, ultimately, it is a negative motivation which focuses on what you don't want, or like, in life. ("I don't want to fail", "I don't want to die", "I don't want to be left alone"). Don't spend your life focused on what you don't want; ask yourself the more resourceful and brave question, 'what do I want?'
3. IT STARTS WITH YOU	There is a relationship between you and the world outside you. Change in this world isn't a job that you can simply outsource to others, whilst you spectate. If you want anything to change in your life, or this world, it starts with you. The external change you hope for will only begin when you change yourself. This is impacted by the quality of your inner life and the extent to which you love or loathe self.
4. YOU'RE ALREADY PLAYING A PART	Consciously or unconsciously, you're already contributing. You are already connected to the great connected system that is humanity and all other living species. This system is not passive or static, in fact, it is highly dynamic and responsive to stimuli. As a living human, you are already connected to this system and playing a part, often unconsciously. How can you bring into conscious awareness the part that you'd like to play? What contribution would you like to make?
5. COMMIT TO SELF-COMPASSION	Purpose is simultaneously all about 'the other' and all about yourself. It does not request that you intentionally exhaust and expend yourself for the other. Purpose is not interested in deliberate acts of martyrdom resulting in your ill health. Rather, it challenges you to notice, love and protect self. Your value and impact grows when you tend to self.
6. YOU'RE IN CHARGE OF YOUR FUTURE	The future is not a random set of experiences and events that bear zero relationship to the present. You can't outsource responsibility for your future to a set of other people, or events. Purpose has a 'future-back' perspective and stimulates you to recognise that you are already co-creating the future you'll experience. Whilst you can't control everything, this does not mean you don't control anything. How you show up today influences the outcome(s) you'll experience tomorrow.

In advance of the course, please take some time to digest these 6 Tenets and consider how aligned you are in relation to them.

 THE
PURPOSEFUL
LEADER

Delivered by: **TOWARD>**