



FOUNDATION

THE SIX TENETS OF PURPOSEFUL LEADERS

(SELF SCORING ASSESSMENT)

A SELF-REFLECTIVE ACTIVITY

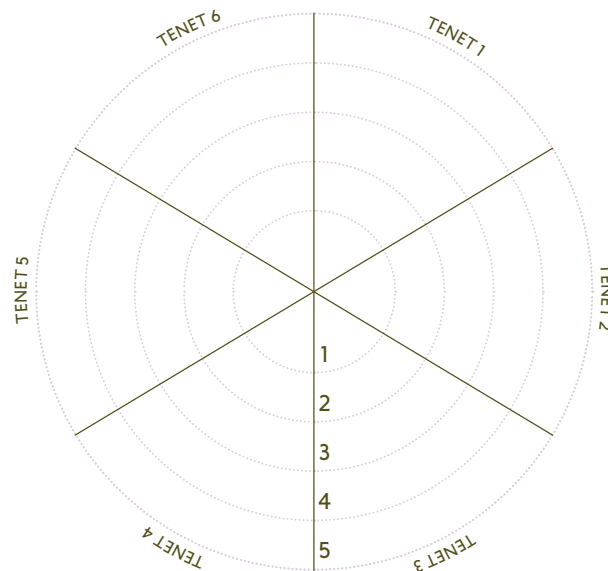
TENET	DEFINITION
1. YOU HAVE MEANING	You already have meaning in this life. The combination of your biological make up and how it has responded to the environments you've experienced throughout your life, is unique. There is no one like you. You, in this place, at this time, have never existed before 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.



The Purposeful Leader (TPL) is underpinned by six philosophical tenets that illuminate your readiness to discover purpose. These are defined on the previous page.

Please take some time to digest these 6 Tenets and consider how aligned you are in relation to them.

Please use the wheel below to help you with this exercise. Shade each segment of the wheel outlining how aligned you are with each Tenet, with 1 meaning unaligned and 5 meaning fully aligned. Once you've done this, please respond to the questions about each of the Tenets.



Having completed the above, please take a few minutes to write some answers to the following questions:

What does this activity suggest about my readiness to engage in a conversation with myself about purpose?

Type your answer below

In which tenets do I feel comfortably aligned, and why might this be?

Type your answer below

How can I use the course to support me with the conversation about my purpose?

Type your answer below

What else might be important for me to consider, or do differently?

Type your answer below

 THE
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LEADER

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