

YOUR INNER LEADER

Exploration Guide



NEW TIDES COACHING

Make yourself a priority and be the leader of your life.



Welcome to the Inner Leader Exploration Guide. Congratulations! You've made a first step towards connecting with the inner leader in you and to being the leader of your life. In this guide you will find some exercises to help you gain clarity and to set the foundation for your way of leading.

Before you begin, I'd like to invite you to get gather a few things such as your favorite pens or markers, a cup of water with lemon or a nice cup of tea. I'd like you to find a place where you will be comfortable, can think and are able to write.

My intention for you is to explore and excavate the thoughts and feelings that come up for you during the exercises and to capture and jot them down as you move through the guide. Some things will make sense to you right away and others may take some time to process or inquire about them further. Whatever comes up for you is okay. I am giving you full permission to be who you are at this moment. You can be messy, honest, and vulnerable. This is a time for no perfection. It is a time to discover and explore. It's a time to play and get messy. A time to dream and be fully open to whatever comes forth for you as whatever it is will be unique to you. That is where the magic happens.

So sit back. Get comfortable. Take a deep breath and slowly exhale. Repeat a few times. Get grounded and be open to all possibilities.

Are you ready to begin? Yes, Ok, let's go!



Take a moment and think about what being a leader means to you? Write down your thoughts here.

In what ways are you a leader?

Where do you play the role of leader?

What are you doing as a leader?

Who are you being as a leader?



Do you act like someone else when you're a leader? Do you find that you need to be or act differently? How are you being?

It's okay if you feel like you need to be or act like someone else when you're in the role of leader, or that you do things in way that isn't fully you. Many of us, especially women haven't had a lot of women leader role models. I'm glad to see that is starting to change but there is still a ways to go. We've seen people be leaders in different places of our lives. It's not uncommon to model after or to act like those leaders you've seen. You may have even been told by others to be different than how or who you are. It's not easy to show up and lead as you are especially when you first start in the role of leader. So, we're going to do some work to find out who you are as leader. First, I'll ask you what do you believe in? What do you stand for? As a leader it's important to know what you stand for and what you're leading people toward.

With all of this in mind, I want you to ask yourself this question. What is your mission or your purpose for your life?

This is a big question and one that you can easily get stumped on or be scared of. For some, this can be a question that taps into religion or spirituality. You're free to go there if you desire but I'm going to make this a bit more tangible and real for you. So, stay with me, ok?

Take a deep breath and exhale slowly. Get grounded in your body and simply take a moment. You are about to go ahead for a moment into the future. You're a healthy, wise, elder woman taking a quiet moment and reflecting back on your life. Ask your wise, elder self the following questions and jot down some notes.

What have you accomplished in your life?



What are you most proud of?

What and who are you most grateful for?

What do the people closest to you (loved ones, friends) say about you? How do they describe you to others?

What are you most happy about?

What memories do you cherish most?



Are there things you would do differently? What would be different? What would it mean to you? What would you need to change?

Take a moment to thank your wise, elder self for sharing her wisdom with you. Take a deep breath and exhale slowly. Thank yourself for the lessons you have learned, your wisdom and the experiences you've had.

Now take what you just learned and complete the statement below.

I believe _____

I stand for _____

What is most important to me is _____



The mission or purpose of my life is _____

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What does being the leader of your life mean to you?

As the leader of your life, how do you feel? What are you doing? What's different?

What does success look like to you?

What does being successful mean to you? What would success be for you?



What is your inner leader?

Your inner leader is a place within you that holds your strength, your wisdom, and your truth. It is a place of integrity and authenticity. It is the essence and core of who you are. Your inner leader knows who you are, who you want to become and what you really care about and what deeply matters to you. It's your inner voice telling you what you are yearning for.

Why should I care?

Many of us fall into playing many roles in our lives (such as mother, daughter, sister, friend, spouse, worker, boss). As we fall into these roles we often give up some of our selves or put her aside to fulfill what we think are the expected shoes of the role we are playing.

As a mom, the needs of your kids, the school, your job, your spouse or your to-do list of never-ending things may come ahead of your needs as a person.

As a result, at the end of the day you may find that there is no time for you. You put your needs for yourself aside. As we continue this pace and practice over time, we tend to forget who we are, who we want to be and what our dreams or priorities are.

As women, we sometimes forget who we want to be and what our priorities or values are as we get on the hamster wheel of life.

I'll admit as a recovering "good girl" and perfectionist, I would go through the days doing what others wanted me to and living up to expectations and feeling resentful that I made everyone else happy but myself. Many of us have been taught that it's selfish to think about what you want, and who you want to be, and god forbid if you spent time on yourself. The world might come to an end. This is the exact thinking we need to step back from.

Loving your inner leader is about taking care of you, who you are and who you want to be. It is allowing yourself to express your feelings and share your thoughts. Developing the strength to set boundaries, to say no to things that aren't serving us and to say Yes to you. You only get one life to live and only you can be the leader of your life to ensure that you live it in a way that is authentic to you.



It's about asking yourself what do you really want and what really matters to you. It's about building the skills within to help you live in alignment.

What roles do you play in your life? (mother, spouse, daughter, sister, friend, lover, coworker, etc).

What do you enjoy about the roles you play in your life? What brings you joy?

Now, go back to pages 5 & 6 and look over what you wrote. How do you feel? Do you feel good about what you jotted down? Are there some changes you want to make? What have you learned about yourself? What surprised you?

Being the leader of your life and expressing your inner leader is the beginning of the journey. Jot down any thoughts you have that you don't want to lose.



I hope you enjoyed the first step to getting to know your inner leader.

I would love to work with you to further develop your inner leader so that you can enjoy clarity on your strengths, values and vision.

Visit newtidescoaching.com to learn more or feel free to email me directly at kim@newtidescoaching.com. I'd love to hear from you.



Kim holds a PCC (Professional Certified Coach) certification from the International Coach Federation. She is a graduate of the Fielding Graduate University Evidence Based Coaching Program and the Behavioral Coaching Institute, ItoI coaching school. She holds a Master's degree in Business Administration (M.B.A) and a Bachelor of Science (B.S.) degree from Rivier University.