

Level Up

GUIDE



SESSION SUMMARY:

Success is an inside job that manifests outwardly. Effective leadership starts with cultivating a successful mindset. This involves understanding the conscious and subconscious mind and how experiences are stored in the cognitive library. When faced with conflict, a well-stocked cognitive library allows for confident and effective responses, while an empty one triggers stress and fear. To build a successful mindset, it's essential to fill your cognitive library with valuable resources through training, coaching, and diverse experiences. As a leader, it's also crucial to provide your team with the necessary resources and training to handle challenges effectively. By focusing on self-development and equipping your team, you can lead with confidence and grow into your potential.

GROUP QUESTIONS:

1. What does it mean to you to 'grow into your potential' rather than 'go to your potential'?
2. Can you share a time when you felt you were growing in your leadership abilities? What contributed to that growth?
3. How do you currently fill your cognitive library with positive resources and tools?
4. What are some ways you can help others develop a successful mindset?
5. How do you handle conflict, and what tools or strategies have you found effective?
6. Why is it important to understand how our mind works in the context of leadership and success?
7. How can we ensure that our subconscious mind is filled with positive and constructive thoughts?
8. What steps can you take this week to begin or continue growing into your potential?

APPLICATION:

This week, identify one area in your life where you feel you need to grow. Find a resource—whether it's a book, a podcast, or a mentor—that can help you develop in that area. Commit to spending at least 30 minutes each day engaging with that resource and reflecting on how you can apply what you learn.