

GROWTH & STRATEGY INSIGHTS

# LEADERSHIP OF SELF EMBARK ON A JOURNEY OF SELVES

## This guide includes:

- Resonance Map: Navigating The Self
- Authenticity Survey and Evaluation
- Top 5 Actions to Transform Your Authenticity

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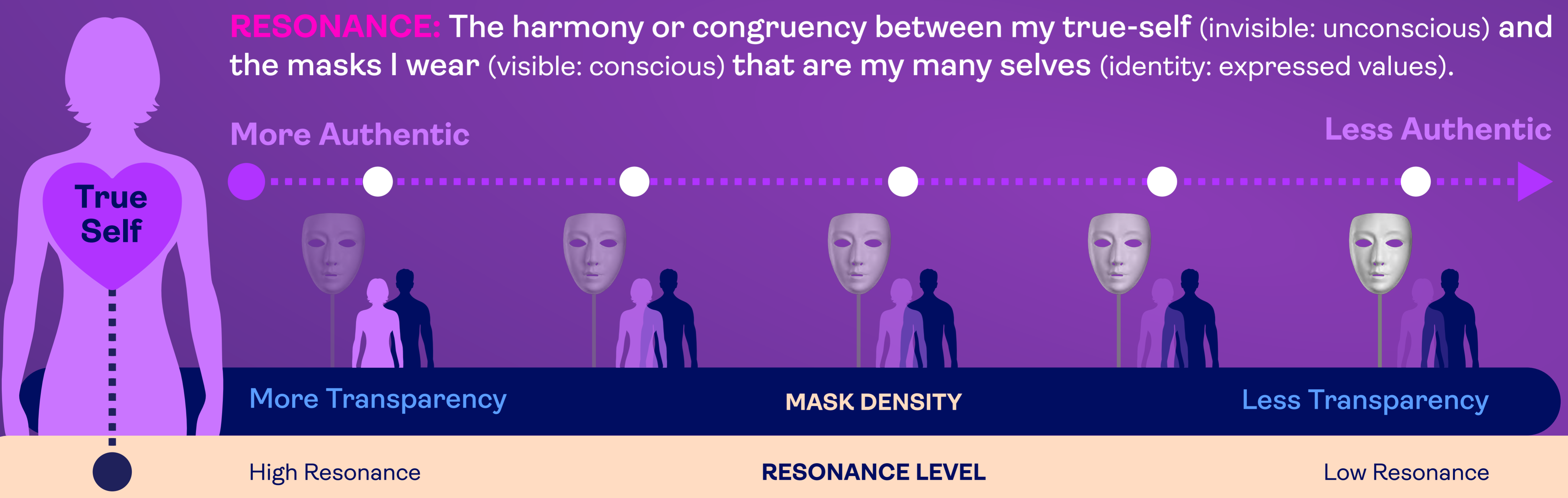
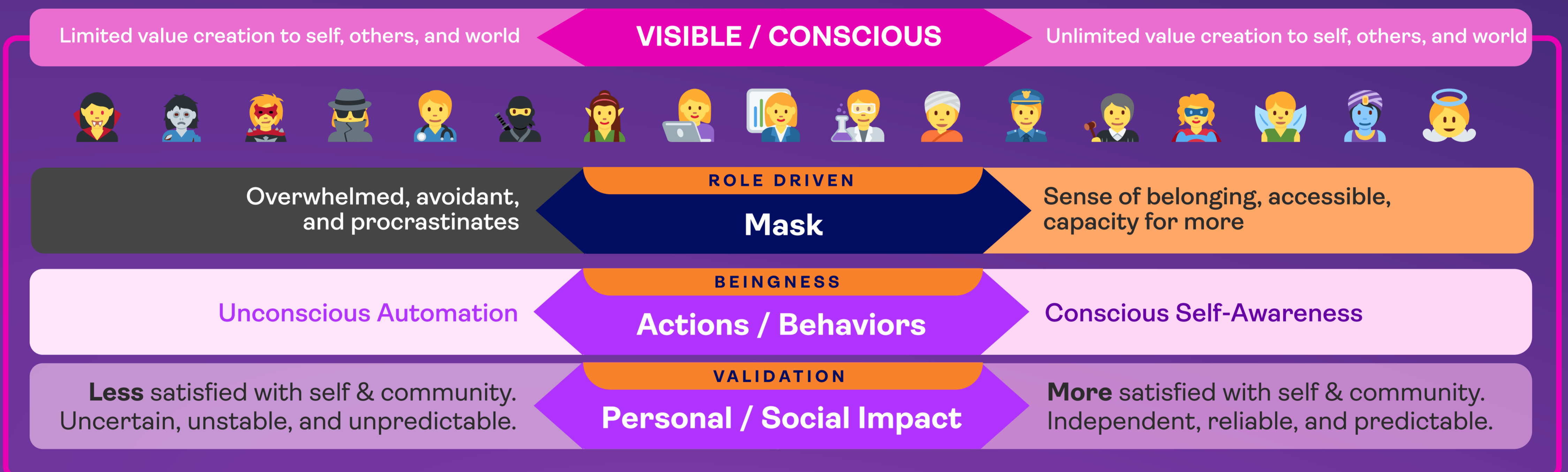
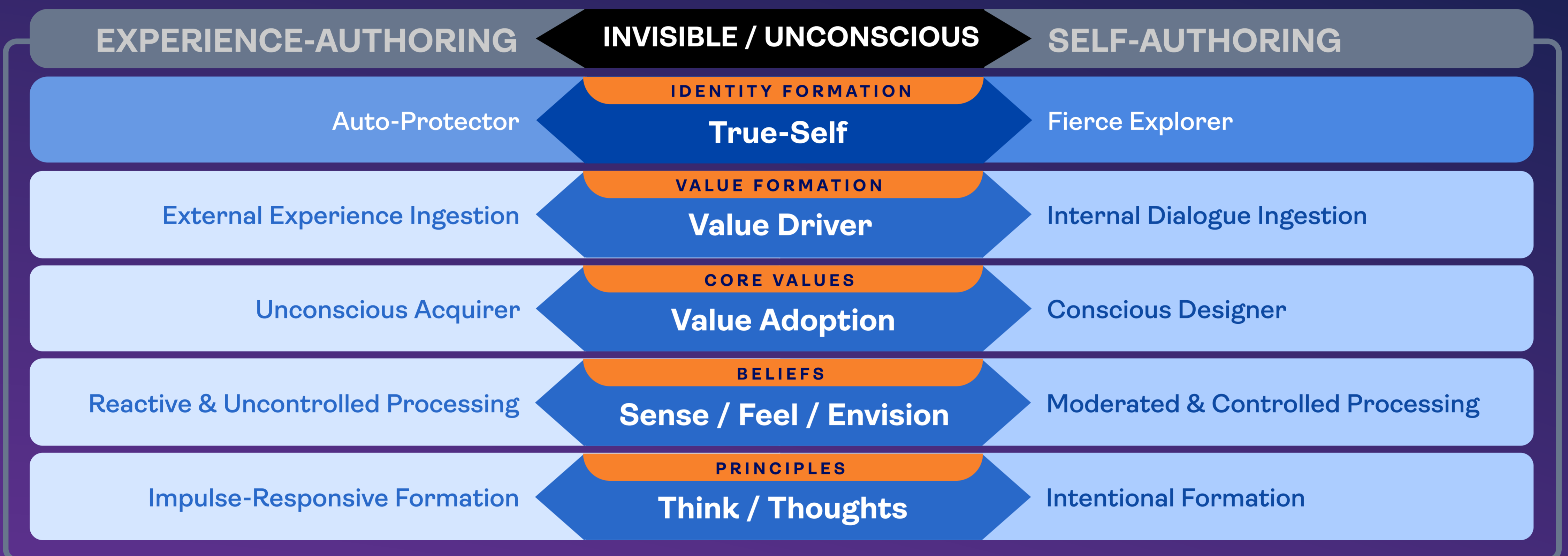
**SUCCESS DOES  
NOT MAKE YOU A GREAT  
LEADER; IT REVEALS THE  
LEADER YOU ALREADY ARE.**

# AUTHENTICITY MODEL

## RESONANCE MAP:

### NAVIGATING THE SELF

Identities and values formation: visible and invisible components



The shorter the distance, the more authentic our expression, and the greater the distance, the less authentic our expression.

# SCORECARD

# AUTHENTICITY SURVEY & EVALUATION

Assess your score out of 5, where 5 is the highest and 1 is the lowest. Giving each statement a score of “3” is off limits. No fence sitting!

## Experience-Authoring Mind

- 1. I frequently take on tasks at work because it's what's expected of me, even if they don't align with my personal career goals.
- 2. Related to my continuing education, I often choose courses or majors based on what I think will be most impressive to others, rather than my personal interests.
- 3. I often go along with what my friends or partner want to avoid conflict, even if it's not what I personally desire.
- 4. My beliefs are largely influenced by what I've been taught by my family or community, and I haven't questioned them much.

## Self-Authoring Mind

- 1. When given a task at work, I often consider how it aligns with my personal career goals and values, even if it's praised by my superiors.
- 2. Related to my continuing education, I pursue topics that genuinely interest me, even if they're not seen as the most popular or prestigious.
- 3. In my relationships, I communicate my boundaries and needs, even if it might cause temporary conflict.
- 4. I have taken the time to truly reflect on my values and beliefs, even if they differ from my family or community.

## Compassion and Intentional Curiosity

- 1. I ensure that I am fully present when someone is speaking to me and avoid distractions.
- 2. I practice positive self-talk and combat critical or negative inner dialogues.
- 3. I maintain eye contact and offer non-verbal cues (like nodding) to show I'm actively engaged in the conversation.
- 4. I believe in investing in personal development and growth opportunities.

## Authenticity and Resonance Ratings

Experience-Authoring Mind		Self-Authoring Mind		Compassion & Intentional Curiosity	
RESONANCE RATING	RESONANCE LEVEL	RESONANCE RATING	RESONANCE LEVEL	RESONANCE RATING	RESONANCE LEVEL
20-17 ★	Low	20-17 ★★★★★	Optimal	20-17 ★★★★★	Optimal
16-13 ★★	Average	16-13 ★★★	High	16-13 ★★★	High
12-05 ★★★	High	12-05 ★★	Average	12-05 ★★	Average
04-01 ★★★★★	Optimal	04-01 ★	Low	04-01 ★	Low

# TOP 5 ACTIONS TO TRANSFORM YOUR AUTHENTICITY

– HOW TO IMPROVE MENTAL AND PHYSICAL HEALTH AND WELL-BEING.

1

## EXPRESSING COMPASSIONATE & INTENTIONAL CURIOSITY

- **Listening to an Inner Voice:** Authentic individuals often prioritize their inner feelings and intuition over external pressures or societal expectations.
- **Self-Reflection:** Engaging in regular self-reflection to understand and stay aligned with one's true self can be seen as an aspect of authentic expression.

2

## EXTENDING RADICAL GENEROSITY WITH SELF AND OTHERS

- **True to Self:** Authentic expression often means being true to one's own values, beliefs, and feelings, even when they're unpopular or different from the norm.
- **Accepting Imperfections:** Being authentic can mean embracing and expressing one's flaws and imperfections, not just the idealized or positive aspects of oneself.

3

## NAVIGATING THE JOURNEY OF THE SELVES

- **Self-Guidance:** Feelings of resonance can serve as inner guidance. When faced with decisions, individuals might lean into what resonates with their true-self as a compass pointing towards choices that align with their authentic being.

4

## AUTHORING / MONITORING RESONANCE TO THE TRUE-SELF

- **Identity and Values:** When something resonates with us at the level of identity, it means that it aligns closely with our truly held beliefs, values, or sense of self. For example, reading a quote or hearing a story that perfectly captures our worldview might give us a feeling of resonance.

5

## FOCUSING ON PURPOSE, VALUES, AND LIFE-LEARNING

- **Enhanced Leadership:** Authentic leaders, those who lead with honesty, integrity, and transparency, often garner more respect and trust from their teams, leading to better collaboration and organizational outcomes.
- **Prioritize Personal Development:** Investing in personal development and growth opportunities.

GROWTH & STRATEGY INSIGHTS

# WHAT IS IN YOUR TOOLKIT? ELEVATE YOUR SUCCESS!

Authenticity, Resonance, Generosity, and Curiosity

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**CONTACT APRIL TO LEARN MORE**

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