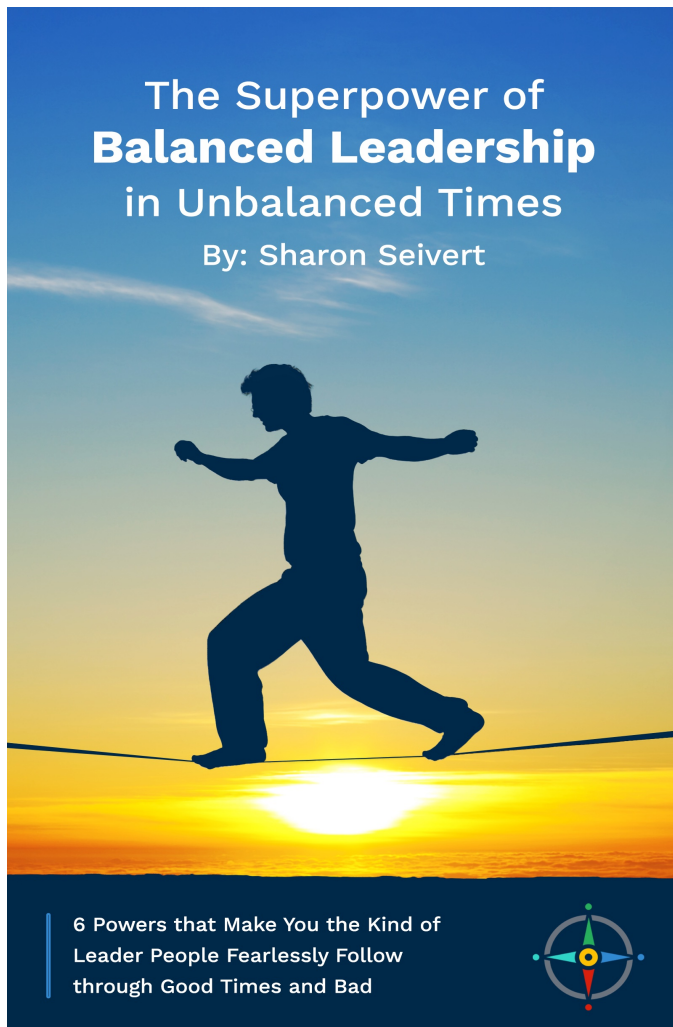


# WHAT'S IN IT FOR ME?

**The 6 Powers of Balanced Leadership:  
Problems They'll Fix & Results You'll Get**

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**Specific Tools to Fix Things Fast**  
(from this new book...)





# WHAT'S IN IT FOR ME?

*Fix Old Problems with New Powers  
for Extraordinary Results*

*Become the kind of leader everyone wants to follow with a new toolkit of leadership powers that will quickly fix your most pressing problems.*

**A**s a leader, you're used to handling problems. If you are looking to address and eliminate these challenging conditions, this is the perfect read for you. Our goal in this book is to make daily tasks easier by providing you with an exciting new Superpower. Welcome, then, to this toolkit of six problem-solving strategies you can employ immediately.

We designed this book to be useful for all kinds of leaders: business owners who want to grow their companies without burning out, start-up founders who must develop A-level management teams to attract investors, or C-suite executives who need to deliver results despite disruption in the marketplace.

*Balanced Leadership* will transform you into a new kind of whole, powerful leader who people are happy to follow because they trust you to achieve great results without cutting corners.

When we call *Balanced Leadership* a “superpower”, we're not exaggerating!

Here's why:

1. **It completely redefines power.** Wherever you stand is your axis of responsibility and power, your center of influence. No one can



give you authority or tell you what to do here; you are the one in charge.

2. *Balanced Leadership* provides **a new mindset that reveals your true power and nature**. It helps you discover who you are now, provides clarity about who you want to become, and lifts the veil on all the hidden, untapped powers you have to achieve your goals.
3. It outlines an **elegantly simple meta-strategy, a powerful new framework** for solving problems and achieving extraordinary results. This easy-to-understand strategic framework guarantees alignment of activities and increases buy-in. It provides new perspectives, allowing you to walk around old issues so you can see them from different angles and find the best entry point to fix them for good.
4. *Balanced Leadership* helps you **evolve into a truly power-full leader by mastering your emotions and thoughts**. Increasing your mental and emotional self-control is an exhilarating experience because it empowers you to remove hidden barriers that have kept you from achieving the success you deserve.
5. **It adds pragmatism to supercharge your leadership**. With pragmatism you will quickly discover the truth about what's working well for you, what's not, and why. As you implement *Balanced Leadership*, you will unearth specific skills and habits you need to develop, resources you need to secure, and strong structures you need to build in order to transform your hopes into reality.
6. *Balanced Leadership* forms a **comprehensive "system of systems"**, so you don't have to put in countless hours and exhaust yourself achieving the results you want. This systemic, holistic approach aligns all your efforts so you get the most bang for your buck and can grow your business without losing your health or relationships in the process.

The focus of this book is YOU. We want you to feel confidently in-balance so you can do your best work and keep your teams from being thrown off-balance by obstacles. With *Balanced Leadership*, you have all the power you need at your disposal. When you are full of your own power, you will be neither *power-hungry* nor *power-less*, which are the two extremes of unbalanced, toxic power in today's challenging times.




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## Quick Guide: Fix Problems with These 6 Different Powers

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We are providing this *Problems, Powers, and Results* list right up front because we know you may not have time to read this book if you don't fix a pressing issue first. The 1<sup>st</sup> column lists the symptoms of problems, and the 2<sup>nd</sup> column shows the results you'll get when you develop that specific power.



Symptoms of Problems	6 Different Powers & Results
 <p><b>Symptoms of Problems in 1st Element: Core</b></p> <p>You have self-doubt; feel insecure, an imposter,</p> <p>Knee-jerk impulse to protect self (default to Fight-Flight-Freeze-Fawn, the FFFF automatic response)</p> <p>Operate at high, ongoing levels of stress that cause sub-optimal functioning and exhaustion</p> <p>You feel safer when have a good title, money, control of territory or people, external definitions of worth</p> <p>Vacillate between feeling that I'm the BEST versus I'm not good at this, I'm an imposter</p> <p>Don't trust own intuition or hunches.</p> <p>Unclear purpose: don't have strong sense of who I am or why I'm doing this work.</p>	<p><b>Power of the Core</b></p> <p><b>Key Results:</b> Purpose, internal stability, calm confidence, intuition, happiness</p> <p><b>Indicators that Core is strong:</b></p> <p>You "shine", have a powerful presence, can be your best self</p> <p>Calmness, good self-esteem &amp; sense of Self</p> <p>Transform the FFFF response into powerful Core response (i.e., use FFFF as alert that out-of- balance, then go to intuition to solve problem)</p> <p>Comfortable in own skin; low level of stress &amp; fear</p> <p>Able to calm others and lower your own &amp; their stress</p> <p>Clear values and guiding powers; behave authentically according to core values &amp; powers</p> <p>Focus on internal vs. external power</p> <p>Easy access to intuitive intelligence; trust hunches</p> <p>Deep (purpose-driven) happiness</p>



### **Symptoms of Problems in 2nd Element: Vision**

Pessimistic; see worst that could happen

Looping thoughts; worries

Difficult to think clearly with white noise, distractions, constant emergencies

Beliefs unclear; lack unifying or coherent philosophy

Do same things repeatedly, yet hope for different results

Mental resistance to change; won't work, why bother?

Lack hope; can't think of creative solutions

Constant stress shuts down optimal mental capacity and slows learning

Being hyper-alert slows ability to see REAL problems

### **Power of Vision**

**Key Results:** Clarified Vision, mastery of Mind, ability to control thoughts; creative thinking

#### **Indicators of strong Vision:**

Have a clear mind, open to new ideas

Able to see what's true right now

Can see around corners to possible futures

Clarity for cutting through confusion

Inventive, innovative, creative

Open to new learning and change

Envision & create best possible future vs. imagining the worst

Willing to learn, adapt, explore alternate beliefs, then adjust

Deliberately learn, grow/expand mind, so open to new ways

Lower stress so can access to creativity, innovation

Are inspiring to others



### **Symptoms of Problems in 3rd Element: Mission**

Procrastinate on tasks don't want to do

Miss deadlines, hold up others, feel guilty

Indecisive; don't act when don't know right answers

Afraid to be punished for making the wrong moves

Feel invisible, sidelined, or put down by others

Don't know how to navigate politics of organization

Have difficulty setting boundaries &/or saying no, then feel resentful, taken advantage of

Am stuck too much of the time

Feel angry, resentment, frustrated, put upon

Priorities unclear; too many things to do all at once

In conflict, aggressive; fighting with others too often

Experience burnout, apathy, hopelessness, despair from stress of constant demands

### **Power of Mission**

**Key Results:** Clear direction, priorities, actions; agile strategy

### **Indicators of strong Mission:**

"Fire in the belly"

Able & willing to act

Clear priorities, i.e., what needs to happen now vs. what can wait until later

Decisive, assertive (vs. too passive or aggressive)

Able to change when needed

Consistent effort

Have strong motivation to do the work that's necessary

Are relentless in going for goals

Have the courage to experiment, ask for feedback and put it to use for improvements

High energy & ability to motivate others to act

Willing to say no to what doesn't work; can also say no to what's only "okay" or good, so you can say yes to what's great



**Symptoms of problems in 4th Element: Interactions**

You don't like or trust people, and they don't like/trust you

Lack of good friends, colleagues

Feel vulnerable, so keep self-closed off

Isolated because you're ignoring parts of self or diverse others

Absorbed by own emotional pain, so it's difficult to care about others

Not feeling much; almost as if slight shock from dealing with too much stress for too long

Don't notice signals people send (like teams about to fight or talent about to leave)

**Power of Interactions**

**Key Results:** Improved relationships, communication, mastery of emotions/feelings

**Indicators of strong Interactions:**

Communicate & connect easily to create healthy relationships

Act in socially responsible ways

Seek diversity at all levels

Kind, compassionate in interactions

Emotionally mature & appropriate

Feel safe with others and make them feel safe

Own your own "stuff"; create comfort so people feel okay, competent, respected

Willing to be vulnerable, admit mistakes to others; provide space and acceptance so others can too

Treat colleagues, staff, customers with great respect

Listen deeply so others know they're seen and heard





### **Symptoms of Problems in 5th Element: Structure**

Not as productive as want to be

Waste time & resources

Bad habits or processes result in inefficiencies that waste of resources or finances you need

Short term vs. long term focus; don't delay gratification/create new habits for sake of big goals

Don't reliably follow-through to complete tasks

Set big goals but can't seem to achieve them/ don't happen

Constant stress hurts body and erodes energy you have for tasks you need to do.

You've slowed down, over-extended your time &/or resources, can't manage what you need to do

Constant worry about survival immobilizes you, so stay stuck, don't know where to begin change

### **Power of Structure**

**Key Results:** More effective habits, upgraded skills, better outcomes

#### **Indicators of strong Structure:**

Have solid, functional habits, processes, and infrastructure to achieve goals

Able to improve habits when needed

Highly productive; efficient; good time management and follow-through

Focus on long-term goals; work steadily and accumulates efforts over time for big goals.

Don't have a lot of trouble with procrastination; good habits allow you to tick off tasks

Feel your feet are planted firmly in the ground; your management is rooted in solid processes

You model good habits & project security/safety to others

Able to establish functional procedures & change them agilely as needed

You notice inefficiencies so you can improve stewardship of wealth & all physical resources



**Symptoms of problems in 6th Quality: Synergy**

Have too much bad luck  
Feel off-balance, agitated, existential anxiety,  
A sense of isolation; disconnected from Nature, world, or others  
Have to work way too hard for results  
Obstacles can significantly sabotage efforts, so you have trouble getting back on track  
Are overwhelmed by effort needed to get anything done; it all feels like pushing a boulder uphill

**Power of Synergy**

**Results:** Increased ease, luck; optimized environment

**Indicators of strong Synergy:**

Constantly connect dots to align & integrate all parts in whole system  
Optimize results by seeing how to leverage success in one area to success in others  
Feel complete and at home in world – “all is well”  
Experience having all the time & space you need to get things done  
Problems seem to “dissolve” on own  
Disentangle complexity via systems perspective  
Things are easier overall, so can take obstacles in stride  
Experience reality that the Whole is greater than the sum of parts  
Are resilient, Agile, dynamic  
Tap into intelligence of all kinds

The above *Problems, Powers, and Results* grid, with its list of specific symptoms for each element, is a great place to start tackling your old problems in new ways. Because all these different parts are connected within *Balanced Leadership’s* whole-systems approach, you will soon notice two remarkable outcomes:



1. By solving a problem in one area, you will see positive ripple effects in other areas, and
2. You will notice symptoms in one area but can now trace them to root causes in another area.







# PRACTICAL TOOLS TO UPGRADE SKILLS AND CHANGE BEHAVIOR FOR GOOD

The practical tools provided in this toolkit will “ground” you so you can steadily overcome day-to-day challenges.

These tools correspond to the Problems-Powers-Results grid above, so you can easily locate a tool that will help you fix a specific problem in record time.

Common Obstacles	List of Tips and Links to Specific Tools that Remove These Obstacles
<p>1. CORE</p> <p>Fear, anxiety Lacking confidence Self-doubt Second-guessing Excess stress Overwhelm Unclear core values Impatience</p>	 <p>Pause to breathe and reset; take 3 slow breaths as a neuro-interruption; only restart when calm</p> <p>Go to your quiet Core; reflect</p> <p>Take a time out: relax, be quiet, meditate, pray, walk.</p> <p>Use EFT/tapping to reduce anxiety and fear; see <a href="#">video instructions</a>.</p> <p>Core exercises in the <a href="#">SOS Book</a>, <a href="#">Program</a>, or <a href="#">App</a></p> <p><a href="#">Experience the Calming Core element</a></p>
<p>2. Vision</p> <p>Hopeless Depressed Pride, stubbornness Lack of clarity, confused Unchallenged perceptions Dysfunctional beliefs Unhealthy mental diet</p>	 <p>Ask what's working, what's not, why? (Pragmatism)</p> <p>Be curious: ask general questions, observe, reflect</p> <p>Challenge beliefs/perceptions by seeking other views</p> <p>Change your beliefs and your future with the <a href="#">Dickens exercise</a> audio.</p> <p>Mindfulness exercises</p> <p><a href="#">Vision exercises</a> in the <a href="#">SOS Book</a>, <a href="#">Program</a>, or <a href="#">App</a></p> <p><a href="#">Experience the Inspiring Vision element</a></p>

<p>3. Mission</p> <p>Unclear priorities Too much to do Lack of direction, will Procrastination Indecisive, overwhelmed Extremes in conflict: from avoiding to aggression Lack of focus or discipline Anger, resentment</p>	 <p><u><a href="#">Productivity in the Zone</a></u> and <u><a href="#">Blasting Through Procrastination</a></u>: get online courses or sign up for next <u><a href="#">live event</a></u></p> <p>Power Poses (<u><a href="#">video link</a></u>)</p> <p>EFT to <u><a href="#">release past trauma that keeps you from acting</a></u></p> <p>Mission exercises in <u><a href="#">SOS Book</a></u>, <u><a href="#">Program</a></u>, or <u><a href="#">App</a></u></p> <p><u><a href="#">Experience the Fire of the Mission element</a></u></p>
<p>4. Interactions</p> <p>Selfishness, greed Lack of care/empathy Inadequate communication skills Lack of self-understanding Unhealthy relationships</p>	 <p>Improve communication skills: listening, speaking (see YouTube videos)</p> <p>Observe others' needs and serve them</p> <p>EFT to <u><a href="#">release stuck emotions</a></u></p> <p>Try this simple technique to feel better fast: <u><a href="#">Smile</a></u></p> <p>Interaction exercises in <u><a href="#">SOS Book</a></u>, <u><a href="#">Program</a></u>, or <u><a href="#">App</a></u></p> <p><u><a href="#">Experience the soothing Interactions element</a></u></p>

<p>5. Structure</p> <p>Apathy, Laziness Unwillingness to work Poor stewardship of resources, lack of care Unhealthy habits</p>	 <p>Conscious walking—focus on sensation as each part of foot meets the ground</p> <p>Ear Massage <a href="#">video link</a></p> <p>Body awareness exercises</p> <p>General Health care: sleep, exercise, eating</p> <p>Take a minimum 10-minute break per hour</p> <p>Structure exercises in <a href="#">SOS Book</a>, <a href="#">Program</a>, or <a href="#">App</a></p> <p><a href="#">Experience the grounding of the Structure element</a></p>
<p>6.Synergy</p> <p>Inability to see the whole Not connecting the dots Feeling disconnected Isolation Lack of alignment, integrity Working too hard for the results you get Bad luck</p>	 <p>Gratitude or blessing practices (how gratitude rewires your brain)</p> <p>Connect with a greater context via prayer, silence, reflection, mindfulness practices, etc.</p> <p>Contribute to causes that improve your neighborhood or world</p> <p>Ho’oponopono <a href="#">link to video instructions</a></p> <p>Synergy exercises in <a href="#">SOS Book</a>, <a href="#">Program</a>, or <a href="#">App</a></p> <p><a href="#">The Experience of Synergy</a></p>