

QUICK LOOK On the scale of 1 to 5, with 1 being the lowest frequency (not very often) and 5 being the highest (very often), rate your frequency for each item below, for "teams/others" and "self."

	TEAMS/OTHERS	SELF
2 MOVES:		
STEPPING FORWARD		
STEPPING BACK		
6 ROLES:		
INITIATOR		
INVITER		
SPACE CREATOR		
GATEKEEPER		
CONNECTOR		
CO-PARTICIPATOR		
4 POSITIONS:		
ON THE STAGE		
ON THE BALCONY		
AMONG THE PEOPLE		
IN THE KITCHEN		

#### "Moves"

Considering team leadership and/or self-leadership, what do you notice about yourself when it comes to stepping forward and stepping back (the 2 moves)?

SELF-LEADERSHIP REMINDER: We are "leading" ourselves; We show up with our hostly self, as well as the chattering guests, such as the 2 Gremlins (the Impish Gremlin and the Admirable Gremlin).

What I gravitate towards:	What I shy away from:

**Reflection:** What would you like to stop doing, start doing, or keep doing? How can you challenge yourself to grow as a leader when it comes to "moves"?

### BETTER & BETTERER

## "Roles"

Considering team leadership and/or self-leadership, what do you notice about yourself when it comes to the roles you take on? The 6 roles are: INITIATOR (sparks an initiative), INVITER (invites others to join), SPACE CREATOR (creates the physical and emotional environment conducive to making sh\*t happen), GATEKEEPER (protects the space), CONNECTOR (connects others), and CO-PARTICIPATOR (participates with guests).

What I gravitate towards:	What I shy away from:

**Reflection:** What would you like to stop doing, start doing, or keep doing? How can you challenge yourself to grow as a leader when it comes to "roles"?

#### BETTER & BETTERER

# "Positions"

Considering team leadership and/or self-leadership, what do you notice about yourself when it comes to positions? The 4 positions are: ON THE STAGE (center of attention), ON THE BALCONY (observing and learning, all the while ready to jump in), AMONG THE PEOPLE (side by side with others), and IN THE KITCHEN (planning and prepping, getting mentored, reflecting).

What I gravitate towards:	What I shy away from:

**Reflection:** What would you like to stop doing, start doing, or keep doing? How can you challenge yourself to grow as a leader when it comes to "positions"?

#### BETTER & BETTERER