



**CHALLENGE
TO CHANGE**

MINDFUL LEADERSHIP CERTIFICATE PROGRAM

A 12-Week Program to Empower Leadership Through
Mindfulness and Emotional Intelligence



Welcome **Changemaker!**

True leadership starts with self-awareness—understanding who you are and what core values drive your actions. As a leader, understanding your core beliefs also helps you navigate challenges and conflicts more effectively. Often, tensions arise when your values are tested. By being clear on what matters most to you, you can maintain focus on your vision and lead with confidence, even in difficult situations.

When you lead with clarity, it becomes easier to engage in tough conversations. You're more likely to approach them with vulnerability and empathy, recognizing how your actions and reactions affect your team. Instead of suppressing emotions, effective leaders learn to navigate them, which builds stronger, more trusting relationships.

HOW TO USE THIS JOURNAL

During our 12-week program, you'll practice the "Know Yourself, Choose Yourself, Give Yourself" (KCG) model developed by Six Seconds: The Emotional Intelligence Network. This model empowers you to manage your emotions intelligently, serving as a guide for leadership excellence.

Each week, you will be asked to complete a:

- Check-in Question
- Weekly Themed Activity
- Homework Assignment

Our goal is to help you build a healthy relationship with your thoughts, feelings, and emotions, so you can lead with clarity, inspire others, and cultivate a supportive and productive work environment.

If you have any questions or comments for me along your journey, feel free to email me at molly@challengetochangeinc.com.

I see you and I honor you,

- Molly

Molly Schreiber, Founder + CEO of Challenge to Change, Inc.

www.challengetochangeinc.com

PROGRAM AGENDA

WEEK 1 . Introduction to Mindfulness and Self-Awareness

WEEK 2 . Core Values

WEEK 3 . The Pause

WEEK 4 . Emotional Intelligence

WEEK 5 . Gratitude

WEEK 6 . Breathwork

WEEK 7 . The Power of Positive Thinking

WEEK 8 . Empathy

WEEK 9 . Noble Goal

WEEK 10 . Emotion, Expression, and Mindfulness

WEEK 11 . Giving and Receiving Feedback

WEEK 12 . Stress Tolerance



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INTRODUCTION to Mindfulness and Self-Awareness

week
1

Check-In

Answer the following - *What does mindfulness mean to you?
What experience do you have with mindfulness?*

Large empty rounded rectangular box for writing answers.



notes

Self-Exploration Study

Find a personality quiz or modality you can use to learn more about yourself. You can use any quiz or modality of your choice. You will be expected to share your findings during Week 2.

homework

- **Love Language Quiz**
- **Enneagram**
- **16 Personalities** (similar to Myers-Briggs)
- **Astrology** (will need exact date, place, and time of your birth)
- **Human Design** (will need exact date, place, and time of your birth)

*What assessment or modality did you choose? What was your outcome?
Did the information on your outcome appear to be aligned with how you would typically describe yourself or was it a surprise to you?*

How can you begin implementing the information you learned from this assignment to be more mindful or self-aware?



CORE VALUES

week 2

Check-In

Self-Awareness Homework Share - *Revisit your homework from last session (page 3). What assessment did you choose? What did you learn about yourself? How will this new self-awareness allow you to be more accepting of yourself?*



CORE VALUES ACTIVITY

Many people struggle with gaining clarity about what they truly want, how to make decisions, understanding their direction in life, and how to effectively interact with others.

When you get clear on your Core Values, these things become significantly easier and more clear.

Think of your Core Values as your guiding lights along the path that will lead you to the life you truly desire to live and becoming true to the most authentic version of yourself.

When you identify your Core Values, everything that you say, think, and do begins to revolve around bringing them forward, providing you with a sense of purpose and clarity.

Before working on identifying your Core Values, consider the following questions:

Who are people that you admire (people you know, celebrities, influencers, leaders, etc.)?

- Why do you admire them?*
- What gifts and qualities do they express that draw you to them?*
- Do they stand for or do something that feels especially inspiring to you?*
- In what ways do they act, talk, or carry themselves that you would like to embody?*

When do you feel like your most authentic self?

- Where are you?*
- Who are you with?*
- What conversations are you having?*
- What gifts/talents are you using?*

What tasks or projects feel motivating or inspiring to you?

- What have you spent time doing that it felt like no time had passed?*
- What tasks/projects generate a feeling of excitement or purpose in you?*

*Use your responses to the questions above to guide you as you begin exploring your Core Values. Use the included **CORE VALUES CARDS** to begin making a list of the Core Values that are important to you. Make 3 lists in levels of importance: high, medium, and low. Write each Core Value in the column it fits under for you. For your homework you will be choosing your Top 10.*

NOTE: *The cards are not an exhaustive list of all the potential Core Values that exist - feel free to add values based on what is most important to you.*

HIGH	MEDIUM	LOW
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•



Abundance
Having all that you need and more; opposite of scarcity



Advancement
A constant path of development, improvement, promotion, and opportunities



Adventure
Exploration, experience, engaging in exciting opportunities




Authenticity
Being genuine and true to yourself without changing to fit an external expectation



Balance
Equal distribution; having the perfect amount; harmony



Beauty
Obtaining qualities that delight/please the senses



Career
The occupational or professional journey taken over the course of your life



Caring
Genuine expression of external kindness



Change
Alter, modify, or make something to become different than what it currently is



Clarity
Clear understanding, deep inner knowing



Communication
Exchange of information through language, signs, symbols, behaviors, etc.



Compassion
Motivation and desire to take action to relieve the suffering of others



Connection
Feeling linked, associated, or having commonalities with others



Contentment
Feeling satisfied with your current circumstances



Cooperation
Working with others toward a common goal or mission



Courage
Strength and perseverance through difficult, frightening, or dangerous experiences



Creativity
Making something from nothing



Education
Acquiring knowledge; intellectual preparation for the future





Equality
Ensuring experiences, opportunities, rights, and status are available/provided to all.



Excellence
Outstanding; greatness; the very best



Excitement
Enthusiasm and eagerness



Faith
Complete confidence or trust in someone or something without proof.



Fame
Being known and recognized



Family
A group of descendants of ancestors



Forgiveness
Releasing resentment, anger, and hostility; moving on from an unpleasant experience caused by another person or people with a clean slate



Freedom
The power to act, believe, speak, and think without restraint or confines



Generosity
The willingness and desire to give of yourself, whether through time, kindness, or resources



Gratitude
Appreciation for what you have



Growth
The process of developing and improving yourself



Happiness
The feeling of contentment, fulfillment, joy, and/or satisfaction



Harmony
State of inner peace, calm, and balance



Honesty
Demonstrating truthfulness and integrity



Humanity
Benevolence; kindness towards others



Humor
Expressing amusement or comedy



Inclusion
Universal human right; embracing all people regardless of race, gender, or ability



Innovation
Introducing new and valuable ideas and techniques to promote advancement of what something is currently





Integrity
Living by strong moral principles that you refuse to sway from

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Intelligence
The ability to acquire knowledge and skills and apply them to solve problems and make decisions

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Intuition
Inner knowing; trusting oneself completely

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Involvement
Taking part in something

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Joy
Feeling of great pleasure and delight

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Justice
Righteousness; moral rightness

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Kindness
Selfless, considerate, unconditionally kind

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Knowledge
Information, facts, and skills

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Leadership
Supporting, directing, and influencing others to reach their full potential

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Learning
Acquiring information, knowledge, and skills through experience

 CHALLENGE TO CHANGE



Love
Feelings of deep affection and attachment

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Loyalty
Allegiance, fidelity, devotion to someone or something

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Openness
Lack of restriction; acceptance or receptiveness to new ideas, opinions, experiences, etc.

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Patience
The ability or capacity to accept or tolerate delay and difficulties without demonstrating anger, annoyance, or complaints

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Peace
Freedom from disturbance; state of tranquility or harmony within yourself and with others regardless of outside influences

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Personal Development
Self-improvement; developing and improving your skills, capabilities, and potential

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Play
Engaging in activity for enjoyment and recreation versus practicality

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Power
Directing, influencing, or controlling the beliefs, behaviors, and actions of others

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Pride
Deep satisfaction in your personal achievements; self-respect



Professionalism
Conducting yourself with competence, responsibility, accountability, and excellence



Resilience
The process of successfully adapting to challenging experiences



Respect
Admiration and regard for another due to their abilities, qualities, or achievements



Security
A sense of safety; freedom from fear, danger, or threat



Spirituality
Belief or recognition that there exists something greater than yourself and whole trust within that thing



Strength
The ability to withstand force or pressure; physically, mentally, or emotionally



Success
Reaching a certain level of achievement or accomplishment



Teamwork
Combined effective action of a group of people working toward a common goal



Truth
Aligned with fact or reality



Wealth
Prosperity; abundance of resources, possessions, money



Wellness
Commitment to daily practice to improve your physical, mental, emotional, and spiritual health; thriving versus surviving



notes

Core Values: Discovering the Principles that Drive You

homework

Choose your top 10 Core Values from your list on page 5.

- 1 •
- 2 •
- 3 •
- 4 •
- 5 •
- 6 •
- 7 •
- 8 •
- 9 •
- 10 •

Take some time to write about why you chose each value and what it means to you and discuss your top core values with someone you trust.





THE PAUSE

week
3

Check-In

Revisit your Top 10 Core Values - Return to your week 2 homework and read your list of your Top 10 Core Values. Do these still feel like the best fit for you? Make any changes if needed, and be prepared to share your list with the group.

THE PAUSE ACTIVITIES

5 things you can SEE
4 things you can TOUCH
3 things you can HEAR
2 things you can SMELL
1 thing you can TASTE

5

4

3

2

1



Choose a Sense to Engage

Create a list of prompts to use when you need to practice THE PAUSE that allow you to engage with one or more of your senses. Example: What are three things I can see that are purple?

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[Large empty rounded rectangular box for writing notes]

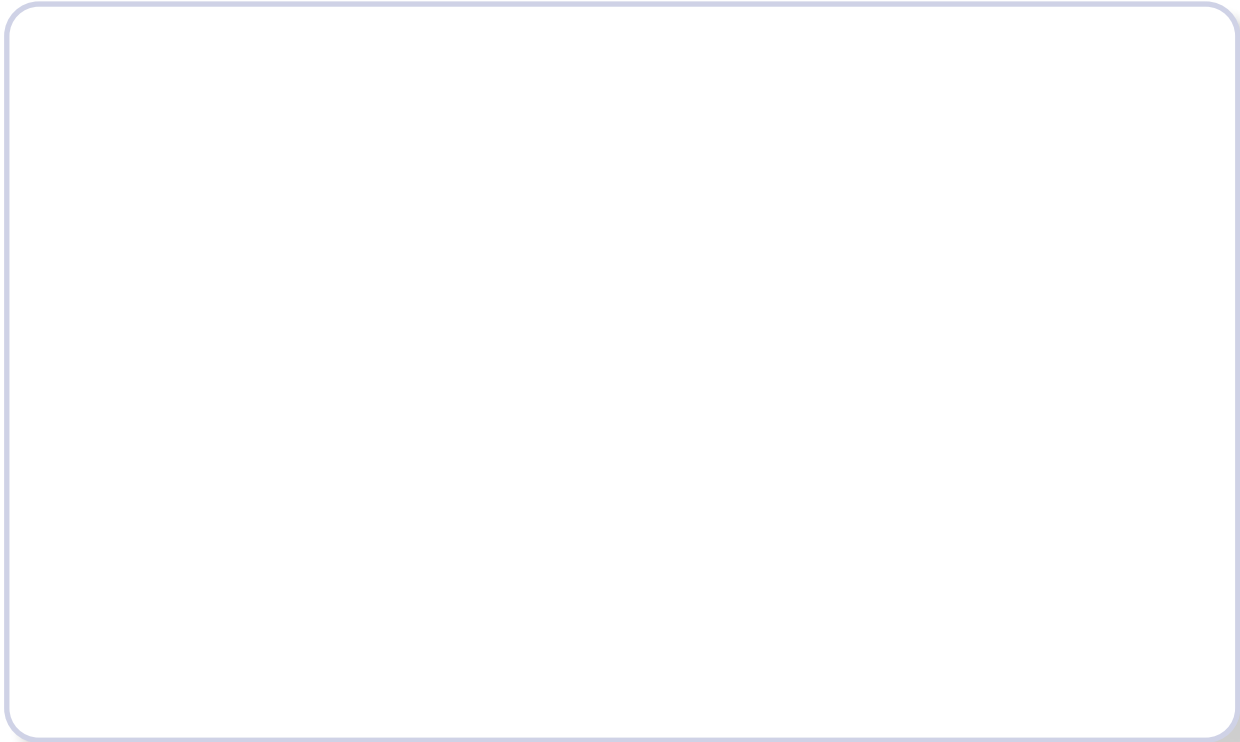
notes

The Pause

*Your homework is to practice The Pause over the next week!
The more you practice, the easier it becomes to implement.*

homework

Come back to this page and reflect on your experiences practicing The Pause. What can you do to be more successful with The Pause in the future?



Revisit your Top 10 Core Values and narrow your list down to 5.

- 1 •
- 2 •
- 3 •
- 4 •
- 5 •

Take time each day to practice a Breath Practice.



EMOTIONAL INTELLIGENCE

week 4

Check-In

Emotions Chart - Take a moment to scan each emotion listed on this **chart**. As you scan the chart, tune into how you are feeling in **THIS** moment. You may notice one emotion that stands out, or you may notice several emotions from different categories of the chart. There is no right or wrong to how you feel!



		EMOTIONS				
		SADNESS	ENGAGED	HAPPINESS	ANGER	FEAR
INTENSITY	Disappointed		Calm	Content	Irritated	Shy
	Bummed		Relaxed	Peaceful	Annoyed	Anxious
	Bored		Serene	Pleased	Aggravated	Nervous
	Gloomy		Open-Minded	Cheerful	Envious	Panicked
	Weary		Relieved	Curious	Jealous	
	Withdrawn		Satisfied	Confident	Disappointed	OTHER
	Lonely		Focused	Respected	Critical	Relief
	Unhappy		Present	Loving	Offended	Goofy
	Excluded		Mindful	Joyful	Upset	Playful
	Discouraged		Accepted	Giddy	Frustrated	Amazed
	Depressed		Connected	Excited	Mad	Accepted
	Miserable		Proud	Hyper	Furious	Bittersweet
	Distraught		Grateful	Thrilled	Fuming	Uncertain
	Hopeless		Enthusiastic	Ecstatic	Humiliated	Confused
	Numb		Inspired	Courageous	Outraged	Distracted
			Safe			Overwhelmed

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123 KCG

homework

Complete this 123 KCG worksheet for a situation you experience over the next week. Be prepared to share this experience as your week 5 check-in!

123 KCG

Situation:	
 <p>Know Yourself</p>	<p>Tips: Notice physical signals (e.g., tension). "What else am I feeling?"</p> <p>What am I feeling?</p>
 <p>Choose Yourself</p>	<p>Tips: Pause. Look short and long term.</p> <p>What options do I have?</p>
 <p>Give Yourself</p>	<p>Tips: Be curious about the people involved. What's the long-term perspective?</p> <p>What do I truly want?</p>

notes



GRATITUDE

week
5

Check-In

Revisit your 123 KCG homework from week 4 - add any notes if needed. You will share this experience as your check-in.

GRATITUDE ACTIVITIES

My Gratitude List

Set a timer for two minutes. Write down everything you can think of that you are grateful for.

Grumbles to Gratitudes

Write down 3 things that are “grumbles” in your life. Then list why you are grateful for them. For example, a grumble might be having to wake up early. A gratitude might be getting to see a sunrise.



Gratitude Letter

Think of a person (or people) you would like to write a letter of gratitude to. Then do so! Mail or deliver the letter in person!

notes

homework

Reflection - How do I already show gratitude in my life? When do I find it easiest to show or express gratitude? When do I find it most difficult to show or express gratitude? What is one simple way I can begin to show or express more gratitude in my life?

Gratitude Journal - Keep a daily gratitude journal each day for the next 7 days. Write down 3-5 things that you are grateful for each day. Try not to repeat anything.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Core Values - Return to your Core Values list and narrow it down to your Top 3.

- 1 •
- 2 •
- 3 •



week 6

BREATHWORK

Check-In

Core Values - Revisit your Top 3 Core Values. Do they feel right to you or do you want to make changes? List your top 3 Core Values here...

What was your experience keeping a gratitude journal for a full week? Did you notice any changes in your life or attitude?

What are 3 things you are grateful for in the past 24 hours?

BREATHWORK ACTIVITY

Calming Breath Practices - Reflect on how you felt after each of the following breath practices:

- Diaphragmatic Breathing (Balloon Breath) •
- Rectangle Breath •
- Counting Breath •
- Anchor Breath •
- Finger Tracing Breath •
- Alternate Nostril Breath •
- 4-7-8 Breath •



notes

homework

Breath Practices - Try to complete one calming breath practice each day for the next seven days. Record your experiences here using the **Emotions Chart** to help identify how you felt before and after each breath practice.

»»1 Breath practice...

BEFORE the breath practice, I felt...

AFTER the breath practice, I felt...

»»2 Breath practice...

BEFORE the breath practice, I felt...

AFTER the breath practice, I felt...

EMOTIONS CHART

INTENSITY	EMOTIONS				
	SADNESS	ENGAGED	HAPPINESS	ANGER	FEAR
Disappointed	Calm	Content	Irritated	Shy	
Bummed	Relaxed	Peaceful	Annoyed	Anxious	
Bored	Serene	Pleased	Aggravated	Nervous	
Gloomy	Open-Minded	Cheerful	Envious	Panicked	
Weary	Relieved	Curious	Jealous	OTHER	
Withdrawn	Satisfied	Confident	Disappointed	Relief	
Lonely	Focused	Respected	Critical	Goofy	
Unhappy	Present	Loving	Offended	Playful	
Excluded	Mindful	Joyful	Upset	Amazed	
Discouraged	Accepted	Giddy	Frustrated	Accepted	
Depressed	Connected	Excited	Mad	Bittersweet	
Miserable	Proud	Hyper	Furious	Uncertain	
Distraught	Grateful	Thrilled	Fuming	Confused	
Hopeless	Enthusiastic	Ecstatic	Humiliated	Distracted	
Numb	Inspired	Courageous	Outraged	Overwhelmed	
	Safe				

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»»3 *Breath practice...*

BEFORE the breath practice, I felt...

AFTER the breath practice, I felt...

»»4 *Breath practice...*

BEFORE the breath practice, I felt...

AFTER the breath practice, I felt...

»»5 *Breath practice...*

BEFORE the breath practice, I felt...

AFTER the breath practice, I felt...

»»6 *Breath practice...*

BEFORE the breath practice, I felt...

AFTER the breath practice, I felt...

»»7 *Breath practice...*

BEFORE the breath practice, I felt...

AFTER the breath practice, I felt...

Way to go!



THE POWER OF POSITIVE THINKING

week 7

Check-In

Emotions Chart + Calming Breath Practices - Choose 3 emotions from the red (anger) column and identify a situation in your life that you felt each emotion. Based on your calming breath practices from the last week, list which breath technique you could have practiced while feeling those emotions to feel more calm and regulated.

		EMOTIONS				
		SADNESS	ENGAGED	HAPPINESS	ANGER	FEAR
INTENSITY	Disappointed	Calm	Content	Irritated	Shy	
	Bummed	Relaxed	Peaceful	Annoyed	Anxious	
	Bored	Serene	Pleased	Aggravated	Nervous	
	Gloomy	Open-Minded	Cheerful	Envious	Panicked	
	Wearry	Relieved	Curious	Jealous	OTHER	
	Withdrawn	Satisfied	Confident	Disappointed	Relief	
	Lonely	Focused	Respected	Critical	Goofy	
	Unhappy	Present	Loving	Offended	Playful	
	Excluded	Mindful	Joyful	Upset	Amazed	
	Discouraged	Accepted	Giddy	Frustrated	Accepted	
	Depressed	Connected	Excited	Mad	Bittersweet	
	Miserable	Proud	Hyper	Furious	Uncertain	
	Distraught	Grateful	Thrilled	Fuming	Confused	
	Hopeless	Enthusiastic	Ecstatic	Humiliated	Distracted	
	Numb	Inspired	Courageous	Outraged	Overwhelmed	

emotion 1

The situation in which I felt this emotion...

The breath practice that would have supported me during this situation and why...



emotion 2

The situation in which I felt this emotion...

The breath practice that would have supported me during this situation and why...

emotion 3

The situation in which I felt this emotion...

The breath practice that would have supported me during this situation and why...

THE POWER OF POSITIVE THINKING ACTIVITY

How to create and use a mantra. *Using the 3 situations from today's check-in, write a mantra you could have used during the situation to keep your thoughts positive and supportive.*

Ask yourself - *During this situation, was the emotion from the red/anger column how I wanted to feel? Use the Emotions Chart to determine the emotion you would like to feel. Then create a mantra that helps you focus on feeling or becoming your desired feeling.*

MANTRA EXAMPLES

"I am calm."

"I am energized."

SPECIFIC MANTRA EXAMPLES

*"I remain calm in the chaos of my busy schedule."
"I am energized and ready to take on my day."*

situation 1

The emotion I felt during this situation...

*The emotion I **preferred** to feel during this situation...*

A mantra that would have helped me stay positive during this situation...

situation 2

The emotion I felt during this situation...

*The emotion I **preferred** to feel during this situation...*

A mantra that would have helped me stay positive during this situation...

situation 3

The emotion I felt during this situation...

*The emotion I **preferred** to feel during this situation...*

A mantra that would have helped me stay positive during this situation...

notes

homework

Thought Awareness Reflection

Over the next week, pay attention to times in which you notice yourself thinking negative thoughts about yourself, especially when you notice the same thought occurring repeatedly.

Question the thought:

- *Who told me this is true?*
- *What proof exists that this is true?*
- *What are examples of times that this has NOT been the truth?*

Create a mantra (or several mantras) to help you reframe this thought:

- *Use the Create a Mantra and Emotions Chart if needed*
- *Write and repeat this mantra in your head*

Come prepared with at least 3 examples to share for check-in next week.

EXAMPLE

I NOTICE MYSELF THINKING: "I'm not going to pass this exam."

I question the thought:

- *Who told me this is true? Literally no one except myself.*
- *What proof exists that this is true? There is no proof; this exam has not yet happened.*
- *What are examples of times that this has NOT been true? I have passed every exam this year!*

Mantras I can use:

- **"I am doing my best."**
- **"I will succeed."**
- **"I am intelligent and hard-working."**

The point of this activity is to create awareness around the times you speak negatively to yourself and start to take small steps to reframing your negative thoughts. Once you practice this consistently with thoughts about yourself, you will begin to notice that your negative thoughts about things outside of yourself begin to decrease/change.

MY EXAMPLES

I NOTICE MYSELF THINKING:

I question the thought:

Who told me this is true?

What proof exists that this is true?

What are examples of times that this has NOT been the truth?

Mantras I can use:

I NOTICE MYSELF THINKING:

I question the thought:

Who told me this is true?

What proof exists that this is true?

What are examples of times that this has NOT been the truth?

Mantras I can use:

I NOTICE MYSELF THINKING:

I question the thought:

Who told me this is true?

What proof exists that this is true?

What are examples of times that this has NOT been the truth?

Mantras I can use:

I NOTICE MYSELF THINKING:

I question the thought:

Who told me this is true?

What proof exists that this is true?

What are examples of times that this has NOT been the truth?

Mantras I can use:



EMPATHY

week 8

Check-In

Revisit your homework from week 7 - Thought Awareness Reflection. Choose one example to share for check-in.

EMPATHY ACTIVITY

How did your reflective listening activity go? How did you respond with empathy? What positive body language did you use?



notes

Empathy Intake

homework

Over the next week, document 3 different conflicts that you experience with another person.

There is no “right” or “wrong” conflict. It can be as simple as arguing over what to eat for dinner or something bigger, like a financial disagreement.

- Write down the conflict.
- List everything you experienced when the conflict occurred - what were you thinking, how were you feeling, what thoughts and judgements were you having about the other person involved, etc.
- Then list the same for the other person in the conflict.
- When you’re finished, ask yourself what you observed and learned when you put yourself in the other person’s shoes and took their perspective of the same situation. How could you have demonstrated more empathy towards them?

EXAMPLE

Conflict • My husband and I argued over who was going to do the dishes after dinner.

My Experience:

I was exhausted after a long day of work, I made dinner so I feel I shouldn’t have to wash dishes too, and I did them last night! I’m really frustrated that he just expects me to do all the daily chores.

His Experience:

He was also exhausted after a long day of work and then came home and mowed the lawn while I made dinner. He really wanted to go take a shower and go to bed. He felt like he had no free time today and didn’t want to take on another chore.

What I observed and learned:

I forgot that he came home and jumped right into doing a task he dislikes. Of course he was drained! He was probably really uncomfortable in his dirty clothing too. I guess I just assumed that he expected me to do the dishes when really he just needed a break.

CONFLICT #1•

my EXPERIENCE

their EXPERIENCE

WHAT I

Observed & learned



2

CONFLICT #2 •

my EXPERIENCE

their EXPERIENCE

WHAT I *Observed & Learned*

3

CONFLICT #3 •

my EXPERIENCE

their EXPERIENCE

WHAT I *Observed & Learned*



NOBLE GOAL

week 9

Check-In

Empathy Intake Homework Share - Revisit your *Week 8* homework. Choose one of your experiences with empathy to share. Consider...

What you observed about the experience when you took a step back to reflect on it...

How you saw things from a different perspective when you truly considered the other person's feelings and thoughts...

How you will modify your thoughts, feelings, and actions in the future based on what you learned...



YOUR FUTURE RETIREMENT PARTY ACTIVITY

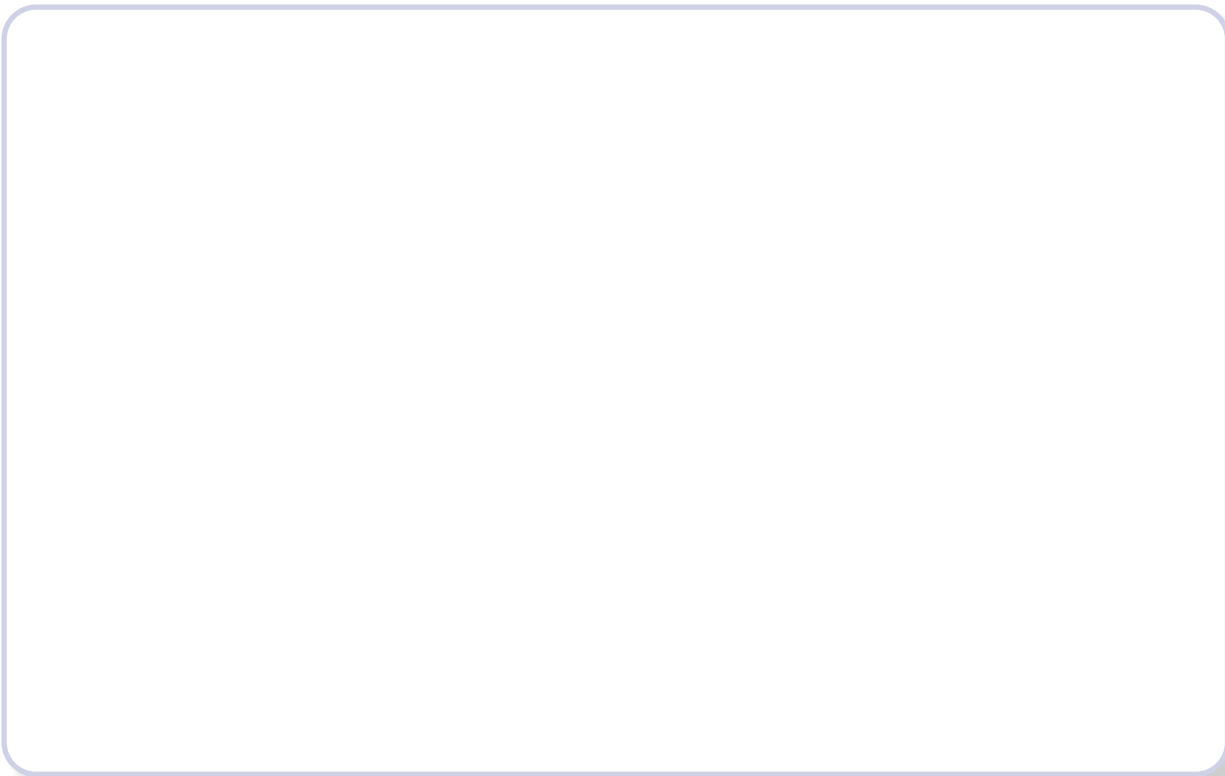
Envision a version of you 30+ years in the future on the night of your retirement party.
Consider the following questions:

- *Where are you retiring from?*
- *How long did you work there?*
- *What was your title?*
- *Were you in a position of leadership?*
- *What were you known for/did you specialize in?*

Next, consider all the people you worked with, whether directly or indirectly, throughout the course of your career. Which of these people would show up at your retirement party? Consider:

- *Your ideal clients and their families*
- *Your employer*
- *Your coworkers (or employees if you own the business)*
- *Your family and friends*
- *Your community connections*

If they were to speak to you or give a speech, what would you say? What would they be commending you for? What words of gratitude would they be speaking?



notes

Your Noble Goal

Begin crafting your Noble Goal! Remember, it does not need to be perfect. You will continue to edit your Noble Goal throughout your life; consider this your first rough draft.

homework

First, reflect on your Top 3 CORE VALUES

- 1 •
- 2 •
- 3 •

Other questions to consider as you begin crafting your Noble Goal:

- *What are words you associate with yourself? (Example: kind, observant, headstrong, etc)*
- *What are things you are passionate about?*
- *What things do you do/participate in to fuel your passions?*
- *What are your strengths?*
- *Can you narrow your strengths down to your Top 3?*
- *What is your vision for your future?*
- *What do you want to add to this world?*

Then, begin using your Top 3 Core Values as well as the answers to the above questions to create sentences for your personal mission statement. Feel free to return to the Week 9 recording to revisit any of the discussion or lecture to support you.

EXAMPLES:

- Empowering individuals to embrace their authentic selves.
- Supporting others in finding well-being and harmony.
- Cultivating inner peace.



my noble goal



week 10

EMOTION EXPRESSION

Check-In

Noble Goal Share - Revisit your Noble Goal draft from your Week 9 homework. Share with the group! Be open to feedback and suggestions from your instructor/group to make your Noble Goal stronger.

Suggestions for my Noble Goal:

EMOTION ACTIVITY

Find a five to ten minute clip of your favorite show to watch. Take note of what you notice about their emotion expression throughout the clip.

Facial Expressions	Body Language	Eye Contact	Tone of Voice	Physical Touch & Space



notes

Mirror Homework

Take (or make) a phone call while standing in front of a mirror. During your conversation, listen to your tone of voice, and observe your emotional expression in the mirror:

- *Facial expression*
- *Body language*
- *Hand gestures*

Record what you noticed, and then become aware of how often you notice yourself using the same emotional expression throughout the week during interactions with others.

homework

My Observations

Return to your Noble Goal draft and continue refining.



FEEDBACK

week
11

Check-In

Mirror Activity Share - Revisit your Week 10 homework and share what you learned about observing your own emotional expression.

CREATING "I" STATEMENTS ACTIVITY

Situation **1**

You host weekly dinners with your immediate family every Sunday night. You love the intentional time to catch up and connect with them. The past several weeks, your brother has showed up late without notice, left early, and has not been contributing to the meal or clean-up process.

How would you typically react (criticize) in a situation like this?

Create an 'I' statement (response) for this situation:



Situation 2

A close group of childhood friends has been taking an annual summer vacation together. Over the years, it's become a coveted tradition for all who can make it. Unfortunately, the past 3 years you have been unable to make it work. This year, you did not receive an invitation to join the group.

How would you typically react (criticize) in a situation like this?

Create an 'I' statement (response) for this situation:

Situation 3

You're working on a team project at work and it's close to the final deadline. One of your colleagues rarely attends meetings, has missed several small deadlines, and does not offer suggestions or support. Because of this, you and other team members have put in extra hours to compensate for the delays.

How would you typically react (criticize) in a situation like this?

Create an 'I' statement (response) for this situation:

notes

React vs Response

Complete a React vs Response for situations that actually occur in your life over the next week. Note whether you reacted or responded in the moment, reflect on how you would typically react, and write an 'I' Statement response you could have used (or maybe that you did use!).

homework

Personal Situation
Situation I experienced...

Did I react (criticize) or respond ('I' Statement)?

What would I typically do in a similar situation (react or respond)?

What is an 'I' Statement response that could have been used?

Personal Situation
Situation I experienced...

Did I react (criticize) or respond ('I' Statement)?

What would I typically do in a similar situation (react or respond)?

What is an 'I' Statement response that could have been used?



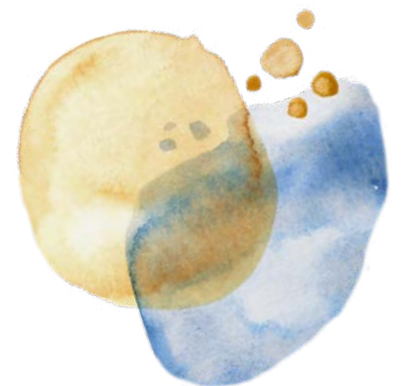
STRESS TOLERANCE

week 12

Check-In

“I” Statement Homework Share - *Revisit your week 11 homework.*

- *What did you notice about your tendency to react versus respond during experiences you encountered over the last week?*
- *How often did you remember to Pause so you could respond with an ‘I’ Statement?*
- *Did you notice any patterns in situations in which you responded versus reacted?*
- *Be prepared to share one of your experiences and discuss the above questions.*



YOUR MINDFUL TOOLKIT FOR STRESS TOLERANCE ACTIVITY

Complete the chart based on your own experiences with stress; refer to the Emotions Chart on page 46 if needed.

Challenge yourself to use the mindful tools you list to support yourself when you experience the stressful emotions and physical sensations!

Emotion I Experience During a Stressful Situation	Physical Sensation or Experience	Typical Outcome	Mindful Tools I Can Practice to Support Myself
Anxious	Increased heart rate, constantly thinking negative thoughts, butterflies in my belly	Avoidant behaviors - I distract myself from doing that task that causes the anxious feeling	4-7-8 BREATH Create a mantra to release the negative thoughts

notes



EMOTIONS CHART

EMOTIONS

	SADNESS	ENGAGED	HAPPINESS	ANGER	FEAR
	Disappointed	Calm	Content	Irritated	Shy
	Bummed	Relaxed	Peaceful	Annoyed	Anxious
	Bored	Serene	Pleased	Aggravated	Nervous
	Gloomy	Open-Minded	Cheerful	Envious	Panicked
	Weary	Relieved	Curious	Jealous	OTHER
	Withdrawn	Satisfied	Confident	Disappointed	Relief
	Lonely	Focused	Respected	Critical	Goofy
	Unhappy	Present	Loving	Offended	Playful
	Excluded	Mindful	Joyful	Upset	Amazed
	Discouraged	Accepted	Giddy	Frustrated	Accepted
	Depressed	Connected	Excited	Mad	Bittersweet
	Miserable	Proud	Hyper	Furious	Uncertain
	Distraught	Grateful	Thrilled	Fuming	Confused
	Hopeless	Enthusiastic	Ecstatic	Humiliated	Distracted
	Numb	Inspired	Courageous	Outraged	Overwhelmed
		Safe			

INTENSITY

Congratulations

on completing the 12-Week Mindful
Leadership Certificate Program!

Scan the QR code to submit your final feedback
to receive your Certificate of Completion.

