

LESSON SIX

ENVIRONMENT IS BUT OUR LOOKING GLASS

Creating the
Environment and the
Team that You Want



ENVIRONMENT IS BUT A LOOKING GLASS INDIVIDUAL WORKSHEET

1. If your external world is a mirror of your internal self-image, what is your external world telling you about your self image?

2. How would you describe the self image you project on the outside world? Is it a true image of how you feel about yourself? Or, are there differences between what you project and how you really feel about yourself?

3. How do you really feel about yourself? Do you have a positive self image, or is there room for improvement?

4. Is your self image a limiting paradigm, or is it empowering? What are the messages you hold about yourself in your self image paradigm; in other words, what is your inner dialogue?

5. What do you like about yourself? What are the qualities that you really love about yourself? How can you bring these qualities out at work? How can you live these qualities more of the time?

6. Would you like to improve your self image?

- i. If so, call to mind a person you admire and respect, someone who has a positive self image.

- ii. Think about their qualities. Write out a description, in the present tense, of the qualities they have that you admire.

- iii. Now, take that description and totally relax. Begin to see yourself as that person, act as if you literally become that person. Embrace this self image. Begin to imprint this image on your subconscious mind.

- iv. Identify one action step you can take this week to integrate the qualities of this person into your life. What one action step can you take to embrace these qualities, to embrace this positive self image?

- v. Have you ever visited an image consultant? ☐ Yes ☐ No
If you haven't but you would like to, when will you?

Date

YOUR LIFE AS A MOVIE EXERCISE

Imagine your life is a movie that is being played out, because in many ways your life is like a movie. You are the director, the producer, the casting agent, and the executive producer—you must finance it, etc. Now consider each of these questions as you reflect on the movie of your life as it is today, and the movie that you desire to create.

1. What is your movie like? What kind of movie is it?

2. Who are the characters in your movie? Are you the star of the show, or a supporting actor?

3. What is the plot line of your movie?

4. As you write about your current story line, begin to imagine your movie 1 month from now, 3 months from now, 6 months. How is your plot line changing? What would you like to have happen in the movie of your future?

5. How are the characters in your movie all coming together to support you with the story line that you desire?

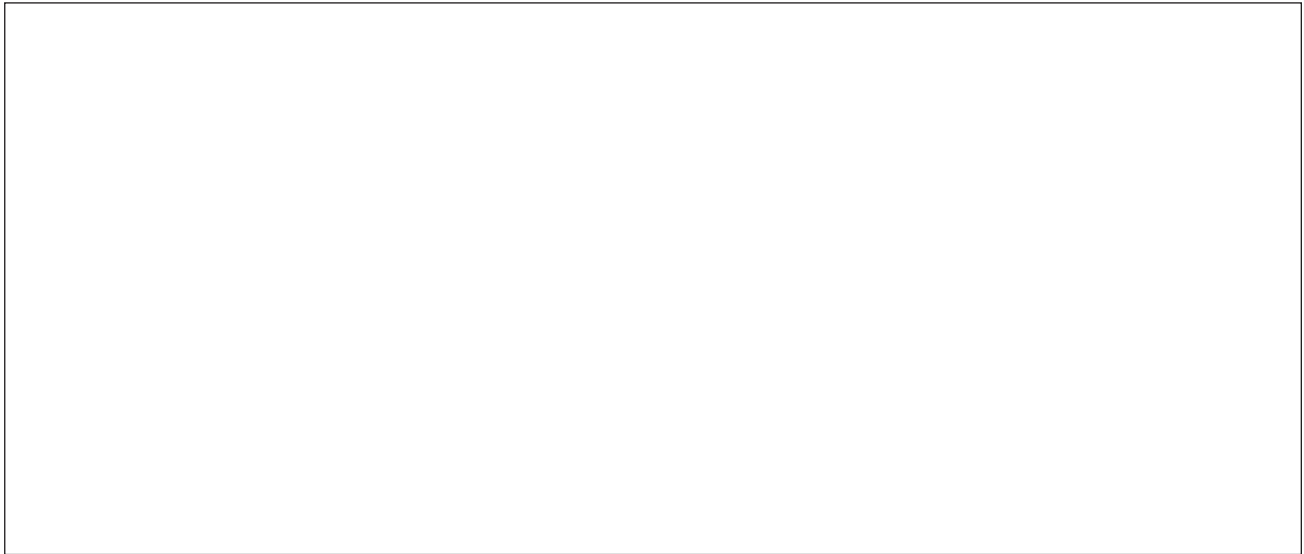
6. How do you feel about the movie that you are creating and how would you like to improve it?

ENVIRONMENT IS BUT OUR LOOKING GLASS TEAM WORKSHEET

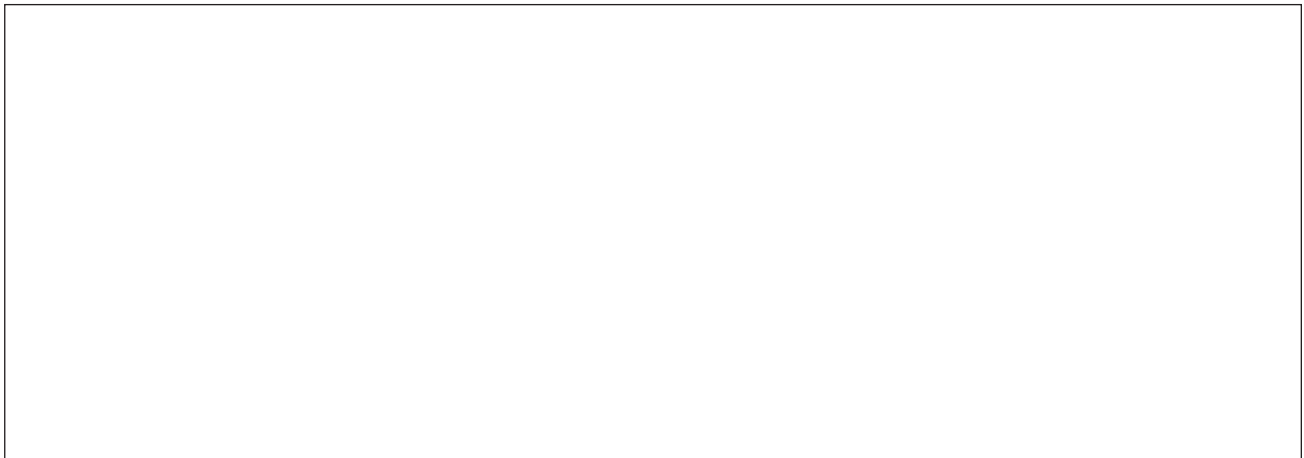
1. How would you describe the image of your team? Is it a powerful team that is working together towards a common objective? If not, how will you correct it?

2. Individually, ask yourself, how would you describe yourself on this team? Are you a member who is part of creating the powerful team? Or, are you someone who is holding back, not contributing to the powerful force of the team? On a scale of 1 to 10, 10 being the highest, how would you describe your level of commitment to the success of your team?

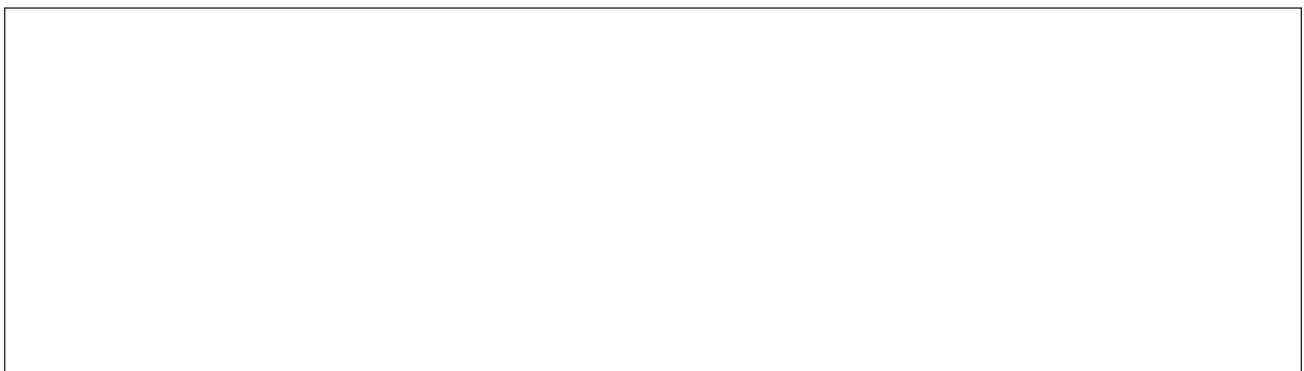
3. How can you create a more powerful self-image of the team? Brainstorm a list of qualities that you would like to describe the team. How will you incorporate those qualities into your personality?



4. How can the team take action to embrace this self-image? What are one or two action steps the team can take to improve their self-image? What are the expected results of this improved self-image?



5. How can each team member change their actions to be even more committed to creating a powerful team? What's one action step you can take this week to begin to transform your team to an even more powerful force?



6. Discuss all of the previous points with your team.
7. How can you reach out to a member of your team to support them in becoming a more empowered team member? What would that look like?

3 THE THREE R'S EXERCISE — REVIEW, RE-THINK, REWRITE

1. **Review** the ideas, exercises and tools you have received in this Lesson Six of *Thinking Into Results* and outline what you have learned.

2. **Re-think** what action steps you will take based on this Lesson that will move you and your team closer to the goals you identified in Lesson One.

3. **Rewrite** your goal. Does your goal need clarification? Is the image clear? If you gave the written description of the goal to an absolute stranger, would that description create a picture in their mind that is the duplicate of the one you are holding in your mind? If not, bring more clarity to the written goal.