

THINKING JOURNAL

...for Outstanding Leaders

SLOW DOWN, STOP AND THINK

All over the world today we are busy being busy. Never taking time to stop, ponder, and think. Wisdom, creativity, and new ideas emerge from thinking time.

This Thinking Journal is one of the most powerful tools you will ever use to transform your life and business. When you use the Thinking Journal daily with consistency, you will be amazed as to the new ideas and ways which emerge.

This Thinking Journal will encourage you to focus on what matters most within the work place.

TIPS ON HOW TO USE THE THINKING JOURNAL PROCESS

1. Build thinking time into your diary each week... Start small e.g. Half an hour each day.
2. Use the Thinking Journal with the 'Seconds Away from Outstanding Leadership' programme.
3. Bring your Thinking Journal with you when you travel, sometimes the best ideas come on trains and planes.
4. Always have your Thinking Journal with you when you attend meetings or conferences. That one great idea written down can lead you to a whole different breakthrough in your life.
5. If you are an early morning riser, always have your Thinking Journal near, so as to capture your early morning thoughts.

The more you use your Thinking Journal, the more clarity and focus you will bring into your life.

**Live in the moment
Think Deep**

Molly Harvey

Thinking Journal

*How would you like
to be perceived as a
Leader?*

Thinking Journal

“Leadership is all about the ability to show up, and allow everyone around you to step forth!”

Thinking Journal

*What is it you really
want as a Leader?*

Thinking Journal

*“Outstanding Leaders know
and understand that
making a difference takes
seconds not hours.”*

Thinking Journal

If you had 48 hours left in your current organisation, what would you do differently and why?

Thinking Journal

“An ounce of action is worth a ton of theory.”

Thinking Journal

What one thing could you do today that would take your leadership to a whole new level?

Thinking Journal

“The Visionaries of the future are the ones who see the future now and live it today.”

Thinking Journal

*How do you know
you are an effective
Leader?*

Thinking Journal

*“The only way to handle
fear is to own it and
watch it disappear.”*

Thinking Journal

*What excuses have you
let get in the way of
your best work
recently?*

Thinking Journal

“Talk less, ask more questions, and you will have more energy in your life.”

Thinking Journal

*What do you need to
stop doing as a Leader?*

Thinking Journal

*“Be what you want to be
in the world, right now.”*

Thinking Journal

If as a Leader you had unlimited resource, what would you do differently, and why?

Thinking Journal

*“You are 100% responsible
for the conditions
in your life.”*

Thinking Journal

*What one thing as a Leader,
could you do today that
would take you closer to
your vision?*

Thinking Journal

“Set your clock 30 minutes earlier. Get up during the early morning; it has secrets to tell you.”

Thinking Journal

*What are your top
3 core values?*

Thinking Journal

“When you feel comfortable in your own skin. You show up as who you are.”

Thinking Journal

*What are your top
3 strengths as a Leader?*

Thinking Journal

*Press the pause button
and ask yourself,
what does your
heart long for?*

Thinking Journal

*Do you know the top
3 strengths of each of
your top team?*

Thinking Journal

*“Hang around with
possibility thinkers and
your life will become
full of possibility.”*

Thinking Journal

*What is really important
to you as a Leader?*

Thinking Journal

*On a scale of 1-10
(1 being very low),
how approachable are
you as a Leader?*

Thinking Journal

“When we stop and pay attention to what is going on around us, life becomes one large mirror.”

Thinking Journal

*Are you currently
engaged or exhausted
as a Leader?*

Thinking Journal

“There comes a time in your life when you stop playing.”

Thinking Journal

*Who are the 3 to 5 people
that you hang around with
the most in a 24/48 hour
period?*

Thinking Journal

“If you want your life to be different, start today and make different choices.”

Thinking Journal

As a Leader do you pursue projects that scare you?

Thinking Journal

“All too often in life we continue to make the same choices of habit, fear and laziness. We then wonder why we are not getting different results.”

Thinking Journal

As a Leader what old patterns do you need to let go of?

Thinking Journal

*Who do you currently
have in your life that is
polluting your water?*

Thinking Journal

*“Everything you do as a
Leader promotes or
pollutes.”*

Thinking Journal

*Where are you stuck
right now?*

Thinking Journal

“Cut out the outside noise. Listen to the voice inside.”

Thinking Journal

*What have you
been dismissing
as a Leader?*

Thinking Journal

*“Discipline is the refining
fire by which talent
becomes ability.”*

Thinking Journal

What are you paying attention to right now as a Leader?

Thinking Journal

*“When we clean up
our messes we allow
clarity, and flow back
into our lives.”*

Thinking Journal

*At present where are you
not taking enough action in
your life?*

Thinking Journal

“Pause throughout your day, and ask yourself, what am I giving attention to right now?”

Thinking Journal

What have you been putting off which needs to be dealt with today?

Thinking Journal

*“Outstanding Leaders
develop a zen-like focus
on one or two things.
Over time this creates
remarkable results.”*

Thinking Journal

*What are your
terror barriers?*

Thinking Journal

*“Pull your future
into the present
and be it today.”*

Thinking Journal

*How do you maximize
your potential as an
Outstanding Leader?*

Thinking Journal

*“Trust your gut.
It has a built in
SAT NAV system.”*

Thinking Journal

*How do you maintain
your motivation as an
Outstanding Leader?*

Thinking Journal

*“Stop being distracted by
your busyness, and learn to
be in your beingness.”*

Thinking Journal

What is your passion?

Thinking Journal

*“When we simplify,
we focus on what
truly matters.”*

Thinking Journal

*Why do you do
what you do?*

Thinking Journal

*“To understand your
current reality, pause...
Look back at the choices
you made in the past.”*

Thinking Journal

How does your leadership style impact everyone you meet?

Thinking Journal

“Leadership is giving your team the gift of your presence.”

Thinking Journal

*How do you currently
maximise your day
as a leader?*

Thinking Journal

*“If you want to know your
future, pause...
Examine the choices you
are making today.”*

Thinking Journal

*How do Leaders
in really great
companies behave?*

Thinking Journal

“If you are not awake to the choices you are making today. Beware! You could be repeating the patterns of the past.”

Thinking Journal

What words would you use to describe an Outstanding Leader?

Thinking Journal

Does your leadership style ever offend people?

Thinking Journal

*“Trust your instincts,
and your power will flow
from the inside out.”*

Thinking Journal

*What type of behaviour
do you want to set,
to be a better
Leader?*

Thinking Journal

“The wise Leader is the one who develops the skill of the listening ear.”

Thinking Journal

What are your 3 daily rituals that are taking you to where you want to be as an Outstanding Leader?

Thinking Journal

*“Presence is not
something you do,
presence is who
you are.”*

Thinking Journal

*On a scale of 1-10
how passionate are
you as an
Outstanding Leader?*

Thinking Journal

“The head brain informs us. The heart brain inspires us. The gut brain warns us.”

Thinking Journal

*What have you spent
your energy on in
the last 24 hours?*

Thinking Journal

“If you want to be a great company... care about people.”

Thinking Journal

*Who in your life has taught
you something you never
expected to know?*

Thinking Journal

*What areas of the
company need
attention now?*

Thinking Journal

“Failure gives us a moment to think.”

Thinking Journal

What employees in your organisation are highly effective, and should be modelled?

Thinking Journal

*“Regret is toxic.
Let it go, learn
from it, and look
forward.”*

Thinking Journal

*How do you feel
after being in an
intense state of
focus?*

Thinking Journal

“Every day take time to pause, think and review. To make space for the new.”

Thinking Journal

*What causes you
to move from a
state of inactivity
or procrastination?*

Thinking Journal

“If you let your Ego control you, that is what the world will reflect back at you.”

Thinking Journal

*In your day to day routines,
what are the biggest
distractions that keep you
from staying focused?*

Thinking Journal

*“Pause, prepare,
and plan for the
day ahead.”*
