

**Outcomes Conference Handout**  
**Mastering You**  
**Leadership Principles to Guide Your Personal & Professional Life**  
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**Mastering You** is one of the most essential leadership skills one can possess. The essence of leadership is inspiration through example, which requires a high degree of personal mastery. Before you can inspire the most desirable possible qualities in your team, you must first display them yourself.

- This is a major key to truly being “whole” as a leader. We will explore how to master your goals, your habits, your emotions, and your mind.
- We will discuss proven strategies for the importance of having alignment with your Body, Soul (Emotion), and Spirit, with your Goals, Habits, Emotions and your Mind.
- We will also share Principles to having complete wellness and congruency with all these key areas.
- Mastering your Goals, Habits, Emotions and Mind is to understand how important it is to be whole. We are multidimensional beings, and our mind, body and soul are NOT separate, but exist as one continuum.
- We can lose our sense of wholeness when we disregard this interconnectedness, especially when we become trapped in our mind, reacting to negative endless thoughts and disconnecting from our true self.
- When we are disconnected from our three-fold nature, or these areas are not fully integrated, we will struggle to master our key life challenges and will often end up feeling unfulfilled, frustrated, or depressed.
- This is why it is so important to master these areas. So that you can be the leader and person God created you to be.

We will discuss:

1. **Developing Healthy, Reasonable Habits** will help you to focus on what you determine as important. Understanding your capacity to achieve the desired results will help you create the right habits for your life.
  - a. Eliminating bad habits that hinder your progress.
  - b. Developing positive habits that will add value to your life.
  - c. Seeking daily affirmations and inspiration will keep you motivated.
  - d. Practicing mindfulness.
2. **First Things First: The Habit of Personal Leadership**
  - a. Three lessons to help you put first things first
  - b. Setting Priorities
3. **Developing SMARTER Goals** that align with your purpose.
  - a. Achieving a good time management system that has been proven.

- b. Understanding yourself and what is important to you.
- c. Understanding your beliefs and the belief cycle.
- d. Managing your energy and understanding what motivates you and what stresses you.
- e. Understand how to manage focus, while avoiding and limiting what is not important.

#### **4. Master Your Body**

- a. Learning how to listen to your body. Your body is an amazing thing. It will let you know what you need to know that your mind is missing.
- b. If you start to live healthily, your body will start to show it with increased radiance, energy and feeling good hormones.
- c. Understand reasons for why the body breaks down.
- d. Self-care is a principle. If you take time for reflection and rest, you will see the benefits of this in your health and wellness.

#### **5. Master Your Emotions**

- a. We will discuss the importance of taking time to still your thoughts, pray and meditate and connect with your inner being in the present moment.
- b. Understand how you are more than your feelings. They can fool ya!
- c. Are you functioning in your true purpose?
- d. Is it fulfilling?
- e. Are you serving the greater whole? (i.e., church, community)
- f. Can you cultivate compassion for others in your life? How about strangers?
- g. Can you consider how we all suffer when we lose touch with our emotions or spirituality?

#### **6. Master Your Mind**

We will discuss:

- a. The Transformation Journey.
- b. Self-awareness – who are you?
- c. What kind of person/leader am I?
- d. Understand your Leadership Style.
- e. Accountability – Holding yourself and others accountable.
- f. Accountability Partners
- g. Alignment of our Body, Soul (Emotions) and Spirit.
- h. Moving forward with Greater Wholeness by becoming more present to the true essence of your being that God created and releasing the limiting and often harmful patterns of being reactive vs. proactive, unconscious thinking about ourselves.

This is a brief overview of what this workshop is all about. It's to help you discover who you truly are in this moment in time, and who and what you hope to gain in the future. It is to improve your focus, inspire your creative ideas and get you to trust the one person who will never steer you wrong – you! And, of course, our Lord and Savior, Jesus Christ!