

“The future is not some place we're going to, but a place we are creating. The paths to it are not found, they are made.”

– Jane Garvey



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Our present & future is in our hands, we script it, direct it and act it out each day every day. There are times that our best laid plans are derailed, sometimes it's easy to dust ourselves off and other times it's a harder climb. One thing for certain is that in order to live a joyful life, to be healthy, both emotionally and physically it's important to be conscious of the scripts we are following and how we are making those scripts our reality.

Is it time for a rewrite or a sequel? Finish these sentences:

I believe my life is.....The barriers that stop me from _____ are _____.

Now take those barriers and sort into 3 columns. Out of my control, In my Sphere of Influence and Out of my Control. (Stephen Covey brought us the circles of control, a great resource to use).

Taking time to understand our own scripts is a crucial role for us as Leaders so that we can not only understand the drivers (scripts) of the people that we lead. It is so we also bring compassion and understanding to our leadership.

Pollyanna