

# Mindful-Pro

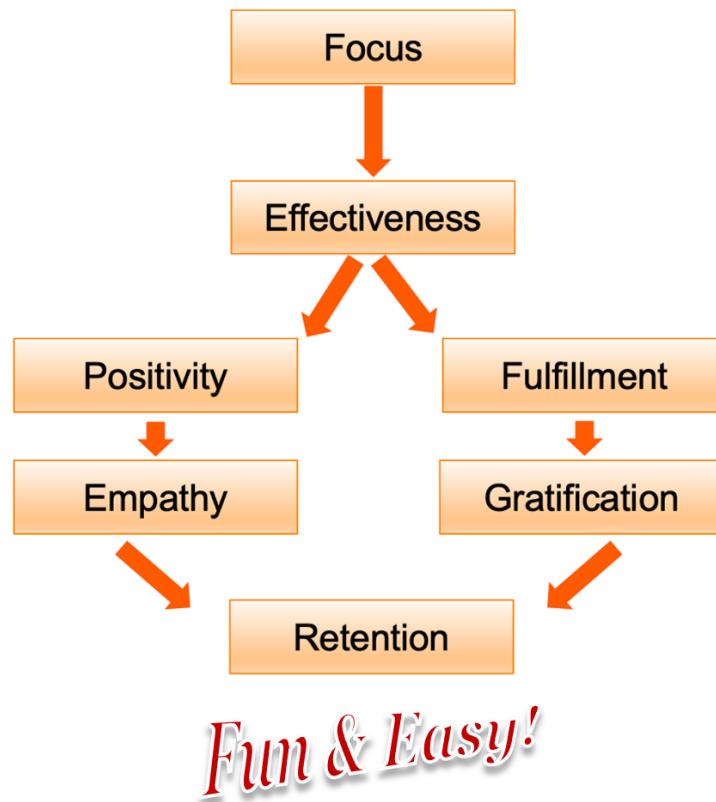
## Part 1

### Instructions

Review the Mindful Leadership Algorithm below individually.

- > Which aspects of the algorithm do you feel you already connect with?
- > Which aspects do you want to work to connect with?

For example, you may connect with feeling fulfilled and gratified but are having difficulty with focus and being effective at training a junior level employee and other similar aspects. List these in the table below.



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<u>Already connect with</u>	<u>Need to connect with</u>

## Part 2

### A Brief Introduction to Mind Mapping

Many times, using plain paper and a marker or pencil to just doodle thoughts in bubbles, squares, rectangles and then connecting them to one another can be a very effective method to organizing thoughts, developing strategies and most importantly bringing clarity to our minds.

Mind Mapping is just that. Start with your central challenge or area of focus and just start doodling and going in different directions with shapes, arrows, etc. Feel free, feel dynamic, feel open and doodle away.

### Instructions

Using the Mindful Leadership Algorithm from Part 1 of this exercise and results of your team discussions, draw a 'Mind Map' to analyze 1-2 specific challenges you are facing as a leader. The goal here is to use steps and concepts of the algorithm to create potential solutions and a road-map to 'tackle' your challenges.

*Start with your central challenge or area of focus and just start doodling and going in different directions with shapes, arrows, etc. Feel free, feel dynamic, feel open and doodle away!*

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Note:

- > Feel free to use a sketching app on your devices if it's easier to do so. Using paper has a mindful touch that may lead to being more effective.
- > There are many Mind Mapping Apps, Tools and Websites available too!

## Illustrative Example of a Personal Simple Mind-Map

