



THINKING
LEADERS

SELF-LEADERSHIP MASTERY 12 WEEK CHALLENGE

WEEK 1

Thinking - Your Awareness

Leading Yourself Before Leading Others
Your Ideal Average Day
Your Wheel of Life

WEEK 3

Thinking - Your Awareness

Thinking & Behaviour Styles
The 4 Dimensions Of Mastery

WEEK 5

Headspace - Your Mindset

Your Purpose
Your Values & Beliefs

WEEK 7

Instructions - Your Performance

Goal Setting Basics
Goal Setting In Practice

WEEK 9

Now, Not Later - Your Action

Fear & Ego
Your Flexibility

WEEK 11

Key People - Your Communication

Your Language
Building Rapport

WEEK 2

Thinking - Your Awareness

Is Your Thinking Above and Below the Line

WEEK 4

Headspace - Your Mindset

Your Reality
Your Identity

WEEK 6

Headspace - Your Mindset

Your Vision & Mission
Your Standards & Attitudes

WEEK 8

Instructions - Your Performance

Your Benchmarks
Modelling Excellence
Strategies For Success

MODULE 10

Now, Not Later - Your Action

Your Motivation
Your Strengths
Your Habits

WEEK 12

Key People - Your Communication

Your Inner Circle
Your Conversations
Your Guidance