

Inner Switch Leadership Checklist



1. Do I start my day with a centered presence, avoiding the parasympathetic “blast” when I first wake up?
2. Is my heart open, and if not, how will I take care of it?
3. When others behave reactively, am I able to take the lead and respond consciously instead of reacting?
4. Do I take radical responsibility for my energy?
5. How often do I choose open-hearted connection and joy, instead of fear and/or domination of others in order to be right?
6. Do I have a practice of regular centering throughout the day, and especially before challenging situations?
7. Am I looking for ways to explore my edge, using all aspects of my work and life as a yoga mat?