

Playing FULL OUT

THE PODCAST COMPANION GUIDE

The Six Habits of the Fulfilled Bold Leader

with *Rita* HYLAND

Why This Is Important

We know our lives are a reflection of how we spend our days. And we all want to be great at what we do. Our habits are the single most powerful vehicle to accomplish that. They are the greatest predictor of our future success and satisfaction.

Here are the six science-backed habits that fulfilled and bold leaders use that will increase your clarity, energy, productivity and confidence at work and ensure you put into motion the decisions and actions every day that are aligned with what matters most to you.



Habit 1: Rise Early & Exercise — (30-60 minutes)

(Science shows that exercising early increases your energy, reduces stress, ignites your metabolism and communicates to the brain, “let’s begin.”)

Habit 2: Scheduled Self-Reflection Time (15-30 minutes)

This is time for your personal gut check. Am I climbing the right mountain and true to what matters most to me and what I value? (Use a journal or planner to capture your thoughts.)

- Silence & Stillness (5 minutes minimum)
- Assess: “Did my day yesterday reflect what I value most?”
- Ascertain: “What will I do today to ensure I am in line with what I most value?”
- Ask: “Wise Self, What do you want me to know?” Listen and write down responses. (May be replaced with a request to ask for a specific solution to a problem.)

Habit 3: Block Schedule Your Week (60 minutes)

- Identify and know your "Vital Few," the 20% of your activities that are responsible for your biggest career and personal successes. (ex. conversations with key clients, building strategy, content creation)
- On Sunday or Monday (8:00 am) use a blank sheet to list all the things that would go into a "Wonderful Week." In other words, when you look back at the week on Friday at 5:00 PM, what are you smiling about?
- Block schedule the "Wonderful Week" on a calendar
 - ◇ Begin by scheduling 2 hours daily for Vital Few
 - ◇ Block time for exercise, Habit 2, dinner with family, etc.
 - ◇ Finish by scheduling in the rest of the "wonderful week" list in 30 minute blocks.

Habit 4: Program Your Brain For the Successful Achievement of Your Vision

Your vision is the order you place for your future. The uncertain future is something the brain inherently resists. This habit talks to the subconscious mind so that it becomes comfortable with your vision, allows and works on accomplishing your vision even when you are not consciously working on it.

- Read your written vision with emotional imagery as if it's already achieved. (2-3 minutes daily)

Habit 5: Educate Yourself (30-45 minutes)

In order to experience, do or have more, you must first become more. Education is your vehicle to your personal expansion and progress.

- Select books, classes, podcasts, articles, and journals to expand your knowledge and schedule your university time into your blocked time daily.

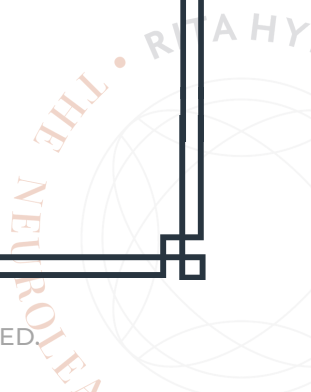
Habit 6: Overgive To Clients/Team/Audience

- Ask: "What does my audience, team, or client base need from me today?" Give generously. Become a trusted advisor, an indispensable resource and "lovecat" for those you serve.

The Fulfilled Bold Leader Habit Tracker





Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
HABIT 1: ✓ Rise Early (exercise)																						
HABIT 2: ✓ Scheduled Self-Reflection & Silence Time																						
HABIT 3: ✓ Block Schedule Calendar																						
HABIT 4: ✓ Program Mind: Read Aspirational Vision																						
HABIT 5: ✓ Reading/Education Time																						
HABIT 6: ✓ Overgive to clients/team/ audience																						



*Thank you for tuning into Episode #69:
The Six Habits Of The Fulfilled Bold Leader!
If you loved what you heard today, and found
value from this worksheet, please feel free to
share it with your friends, family, and
colleagues, and subscribe to
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Let's Connect!

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