



## A COMPASS FOR LEADERS

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### Objectives

To ensure that the will of the person is aligned with their deep desires.

### When to use

- ✓ When making difficult decisions
- ✓ To realign when faced with strong emotions

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### How to use

Our **head** tells us what is logical and makes sense. Our will is what we believe we have to do, we must do, based on our experiences, internal and external expectations, logical deductions. It is the voice of reason and is based on our observation of the current situation. It is rooted in our head.

Our **guts** tell us what feels right or wrong based on our deep values, convictions, beliefs, and dreams and is often subconscious until it's awakened. Our deepest desire is what drives us, what fuels our life energy in our projects. It is what we want to do. If we cannot live our deepest desire, we suffer. It takes its breath in our guts.

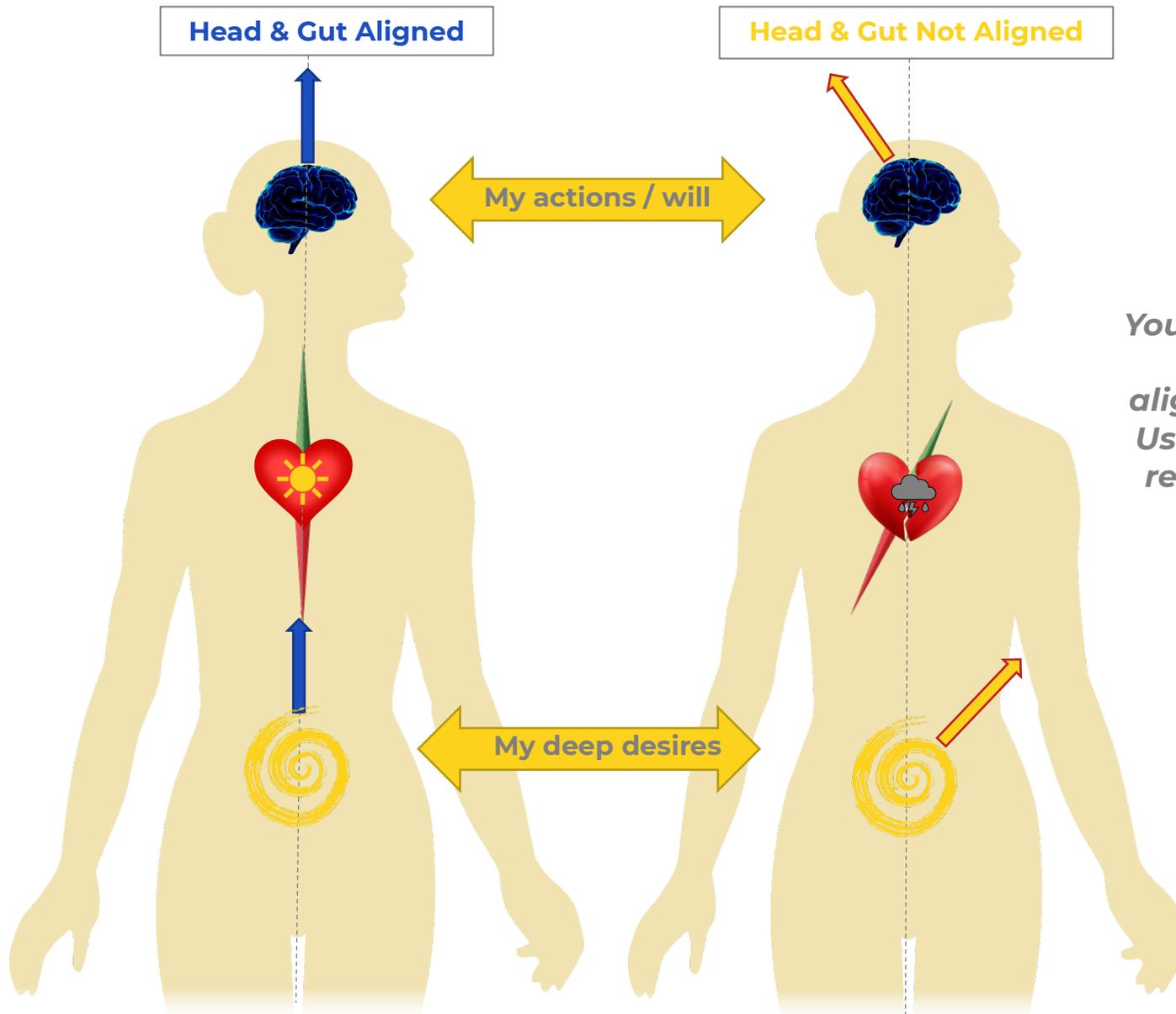
Our **heart** tells us what feels right or wrong based on our emotional and somatic response in real time to a situation. Is it heavy and blocking or light and energizing? It changes quickly and often over the day. It is fuelled by the degree of alignment / misalignment between our **guts** and our **head**.

As humans, we are moved by emotions. The root of the word emotion is “motion” and as leaders, we need to be acutely aware that emotion is what drives our individual teams to move. When the values of the individual are not aligned with the meaning they are experiencing with the organization, what we see is either people ignoring emotions and accepting the illusion, becoming moved by their ego and/or complacent, or waking up to the misalignment and leaving, dismissing, criticizing, and becoming ironic and/or resistant to the situation, to the change. In any case, they are not motivated.

***Carefully listen to your heart first. Are there strong emotions? Then look at your head and gut and see what is not aligned. When your desire, when your energy, is aligned with your will, you will feel joy.***



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*Your heart knows when your head is not aligned with your guts. Use it as a compass to re-align and take the best decisions.*