

Finding the Leader Within Worksheet: Looking at Your Patterns

When...	I tend to...	One way this helps me/ enhances my effectiveness is....	One way this hinders/ undermines my effectiveness is....	Another way I might respond is...
1. I make a mistake...				
2. Someone questions my work or judgment...				
3. Someone humiliates me in some way...				
4. I am fearful/afraid...				