

## Power of One, Two, Three

*Experiment on your own, with a partner and with two other learning partners. You may like to try all three approaches to deepen your learning.*

### Wisdom Tasting

## Qualities of Self Leadership

**Instructions:** Rate yourself on the following scale 1= empty, 2=low, 3=half-full, 4 =full, 5= overflowing.

Ask for others perspective to help clarify your self-leadership wisdom and reflect on the Coaching Questions.

- \_\_\_\_\_ I know myself, my values, and skills, my strengths and weaknesses.
- \_\_\_\_\_ I see wisdom in building the capabilities of others, empowering them, coaching them to be their best.
- \_\_\_\_\_ I possess stamina, energy, tenacity, and enthusiasm.
- \_\_\_\_\_ I have high moral character, I know what is right and wrong, and have courage to act accordingly.
- \_\_\_\_\_ I am an active, effective listener and powerful questioner. People seek me out to help them think.
- \_\_\_\_\_ I take responsibility for my own self-leadership.
- \_\_\_\_\_ I have a healthy sense of humour, and can laugh at myself.
- \_\_\_\_\_ I keep perspective, I know where I am in a process, how far I've come, how far I've got to go, and what is important in the short and long run.
- \_\_\_\_\_ I am known for my flexibility, responding to a variety of situations, with appropriate skills, styles and perceptions.
- \_\_\_\_\_ I am a conscious citizen.
- \_\_\_\_\_ I use my intuition and mind in balance that works for me.
- \_\_\_\_\_ I am willing to take risks for something I believe in whether for people, ideals or innovative ideas.

### Coaching Questions

What did I learn about myself from this exercise?

What would I like to focus on to enhance my leadership wisdom?

What am I willing to do to deepen my leadership wisdom?



What other wisdom tasting will help me learn more about myself and others?

Deberna  
International

[www.deberna.com](http://www.deberna.com)

Debbie Payne

604.209..5069

[debbie@dpleadership.com](mailto:debbie@dpleadership.com)

Erna Hagge

604.999.7099

[coach.erna@shaw.ca](mailto:coach.erna@shaw.ca)