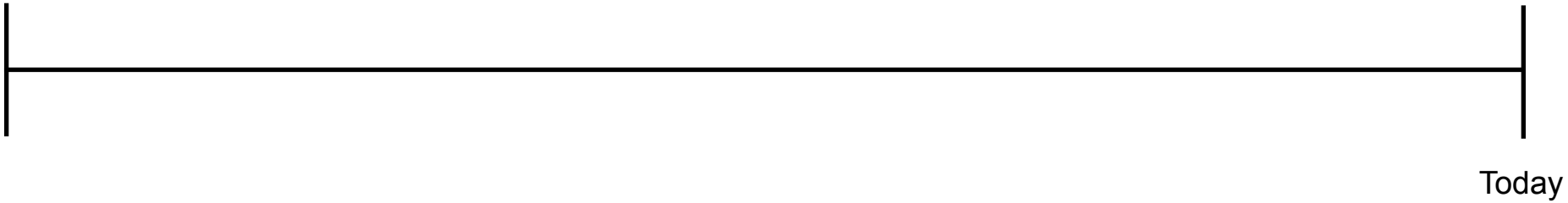

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Reflect on your journey line

The journey line you created is a reflection of your life. As always, if you find yourself evaluating the picture, let those thoughts go. No matter what your journey line looks like, it is why you are the leader you are today.

Take time to reflect and journal on your journey line. Think about the relationship between your journey line track and your values, saboteurs, and fears. As you reflect on your journey line, you will begin to notice patterns emerging.

Consider these questions to get you started in understanding how your values and saboteurs impact your motivations:

What do you notice about your journey line at peak times of your life?

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What do you notice about your journey line at low points of your life?

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What conclusions can you make from your observations?

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