

# Healthy Leader

Be a Great Leader in Your  
Own Life First



Hello, my name is

Catalie Griffin

chief inspiration officer

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Legged  
Leader

# Healthy Leaders Are..

Attuned to what is going on in the moment both externally and internally.

# Healthy Leaders Have...

- Enough energy to handle stress
- Clear mind to focus and to make good decisions
- A strong center so that the chaos from the external world doesn't affect them much



# Five Questions

1. How am I

2. How is everyone else

3. What is the nature of this  
Trap and its affect

4. What do I **need** to be  
successful

5. What do I do next

EQ

W

H

Y

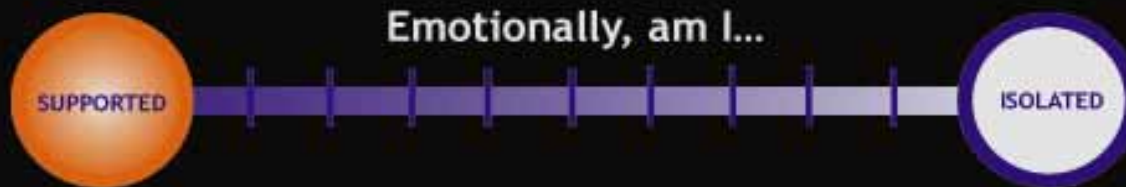
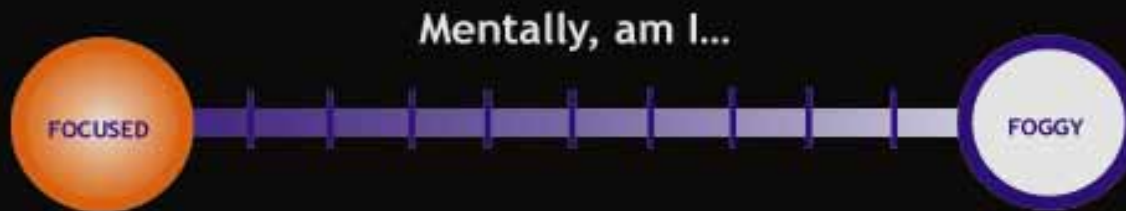
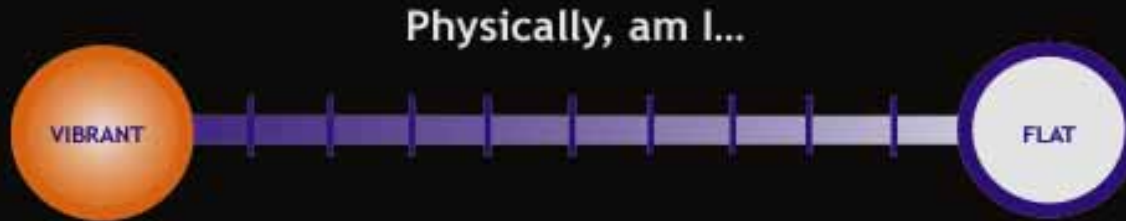
How Am  
I?

So your 17 year old son doesn't  
become addicted to cocaine

So you don't spend 2 weeks in ICU  
after a nearly fatal heart attack

So you don't single handedly keep  
the antacid companies in business

# VITALITY SCALES



Reflection

Ending

Beginning

Action



What is the Nature  
of this Trap?

How Does it Affect  
Us?

# Leadership Traps

Arrogant

Workaholic

Reluctant

Unknown

Have I  
Been  
Trapped?



# MindSpark

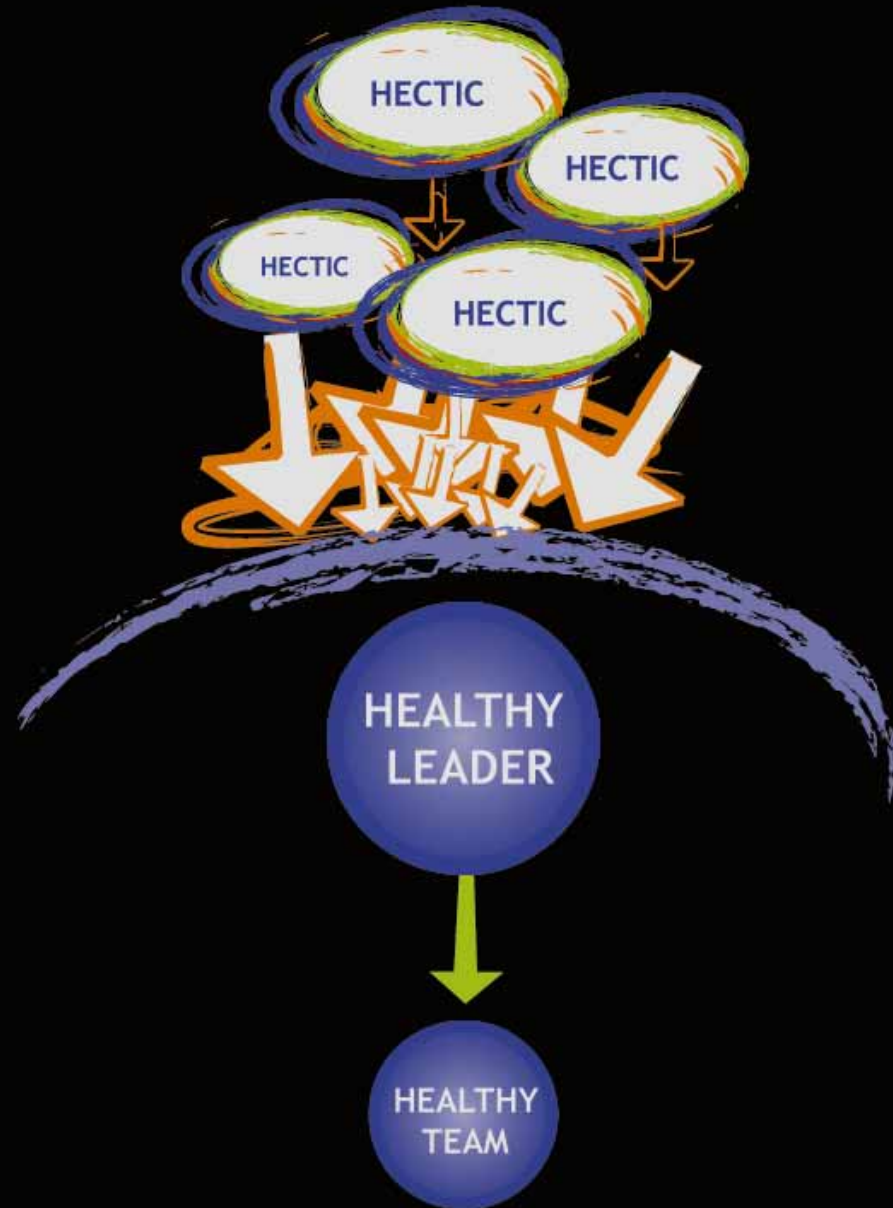


What Do I **Need** to  
Be Successful?

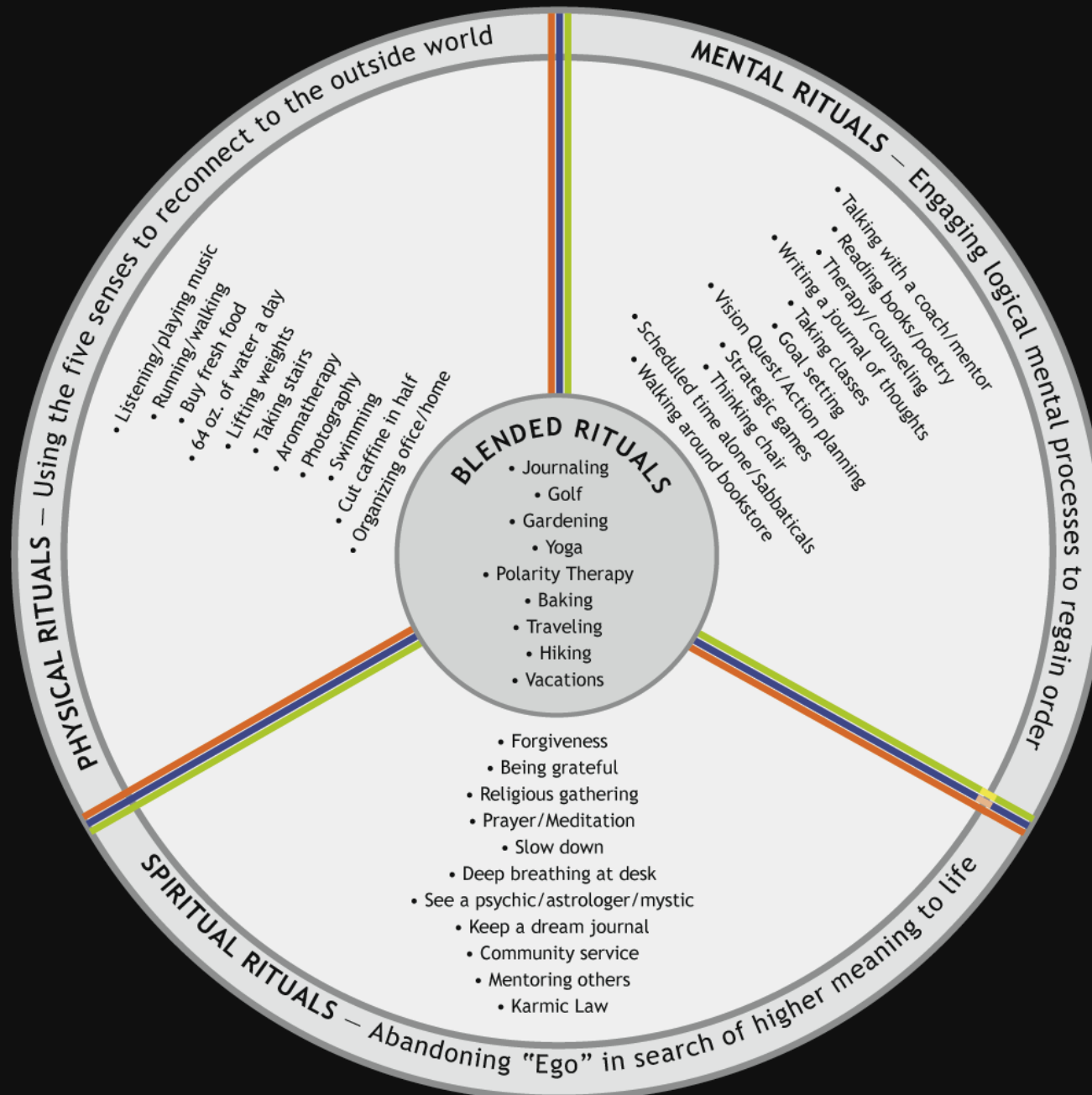
# Life



# The Stolen Moment



# Leadership Rituals



**What Do I Do Next?**

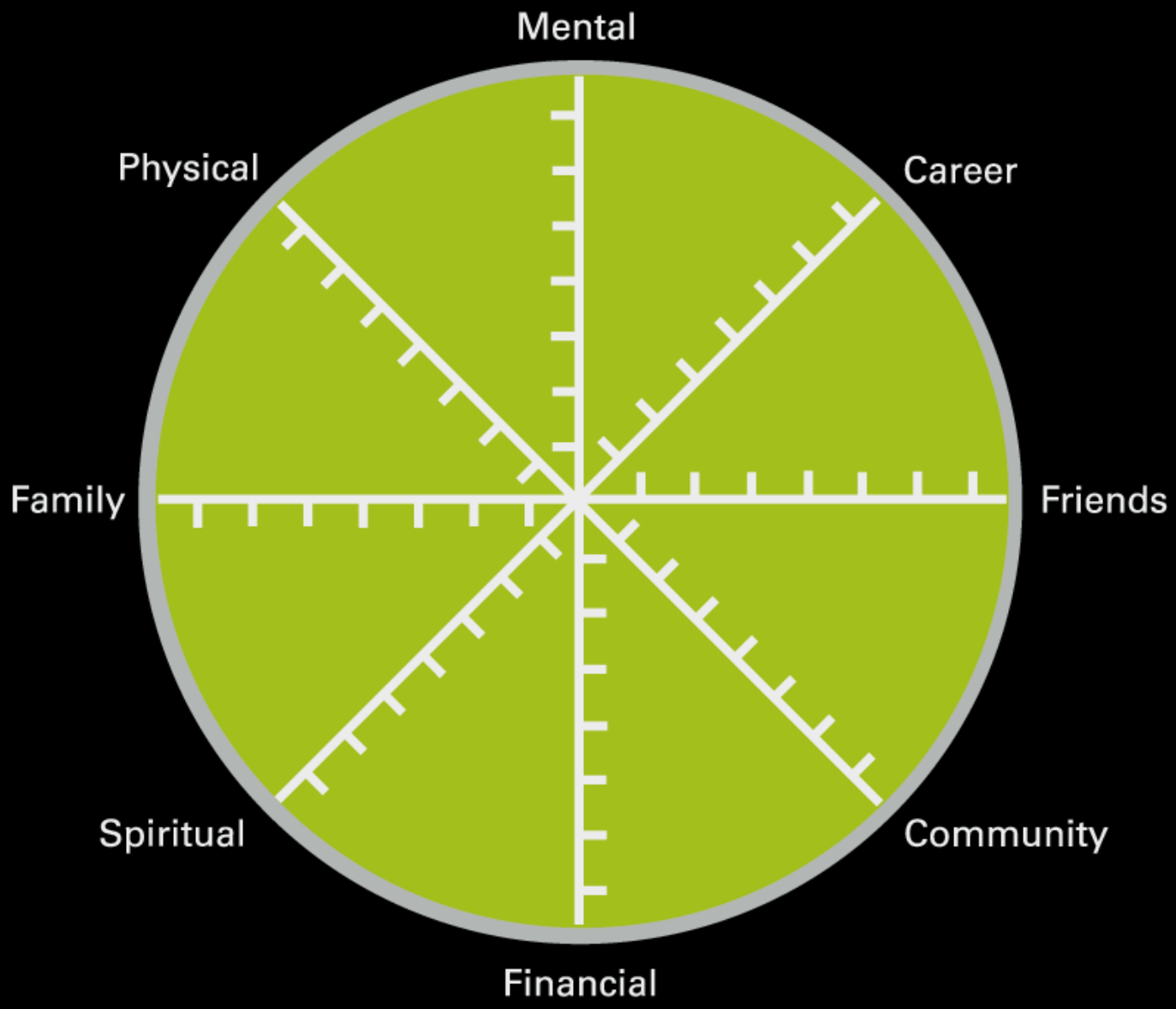
**Reflection**

**Ending**



**Beginning**

**Action**



Mental

- Are you comfortable talking about your industry with others?
- Are you satisfied with the quality and quantity that you read?
- Do you have a positive self-image?
- Do you learn from successes and failures?

Physical

- Do you get enough sleep?
- Do you drink enough water?
- Do you eat a balanced diet?
- Do you have a way to manage stress in your life?
- Do you see medical professionals for regular check ups?

Spiritual

- Do your friends and family see spiritual strength in you?
- Are you aware of or satisfied with your sense of purpose?
- Do you spend enough time alone in reflection?
- Do you live according to your beliefs and values?

Family

- Do you know what is important to members of your family?
- Do your family and friends know what is important to you?
- Are you satisfied with the time that you spend with your family?
- Are you a good listener?
- Do you take vacations?
- When you are at home, are you able to "be there" mentally?

Friends

- Are you satisfied with your support systems outside of your work and family?
- Do friends seek your assistance?
- Do you have someone that you can trust to tell you difficult truths?
- Do you have someone to confide in that understands and accepts you?
- Do you have someone that makes you laugh?

Financial

- Are you satisfied with the amount of money that you save?
- Do you invest in your future?
- Do you live within your means?
- How do you feel about your debt?
- Do you worry about money?

Career

- Are you satisfied with what you have chosen as a career?
- Is your work meaningful?
- Do you see opportunities to grow and learn?
- Are you challenged at work?
- Do you enjoy your work environment and the people?
- Do you have someone at work who cares about your development?

Community

- How satisfied are you with your relationship with your neighbors?
- How involved are you with community efforts?
- Are you satisfied with what you give back to the community in terms of money and time?
- Do you feel safe in your community?



THE  
ONE  
THING



What do you need to be **wildly** successful?