

## Chapter One Gifts

The gifts you'll find below will help you to get even more out of this chapter. Reviewing the Spiritual Leadership Axioms from this chapter will help you better understand, remember and apply them in your life and leadership. Whether you are more in a Lazy River Rider mood, or tending toward Snorkeler or even Deep Diver, it's great to read through each. Then you can choose which is the best fit for you and get right into the exercises and opportunities to grow.

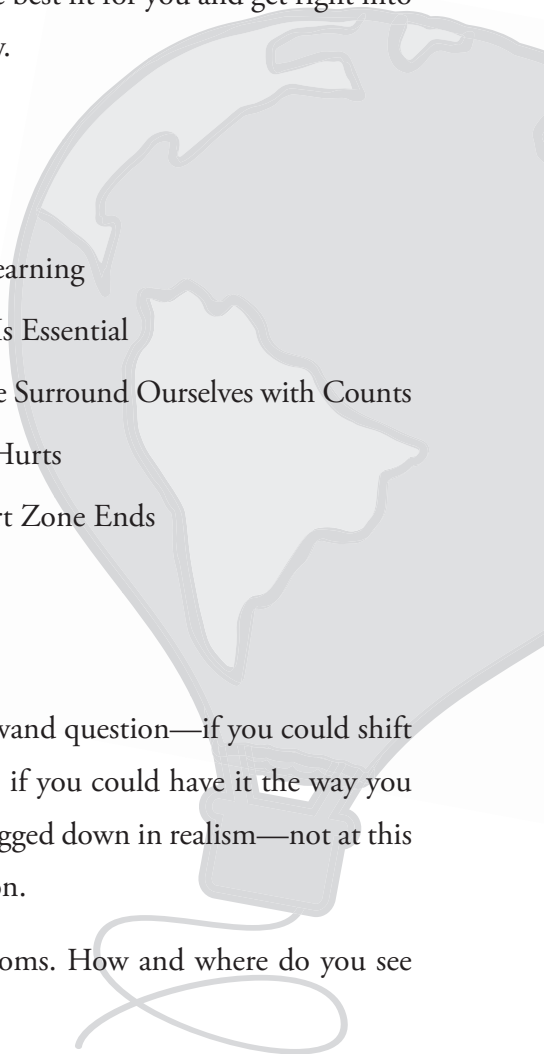
### SPIRITUAL LEADERSHIP AXIOMS

- You Are Amazing
- Experiential Learning Is True Learning
- Wise Is as Wise Does—Action Is Essential
- Environment Counts—Who We Surround Ourselves with Counts
- Fear Affixes Us to That Which Hurts
- Life Begins Where Our Comfort Zone Ends
- Both And...

### LAZY RIVER RIDERS

Sit with or meditate upon that magic wand question—if you could shift something or some things in your life, if you could have it the way you want it, what would it be? Don't get bogged down in realism—not at this point. We'll get to practical aspects soon.

Consider the Spiritual Leadership Axioms. How and where do you see them in the world? In your life?



Read the assignments for the Snorkelers and the Deep Divers, whether or not you choose to do those assignments. You'll get a lot of the benefit just from imagining the scenario—but don't tell those eager-beaver Snorkelers and Divers!

## **SNORKELERS**

In your journal, respond to the Lazy River questions above.

Make a list of 108 examples of how you are amazing. Make some of them small examples (i.e., I took the trash out last night; I'm alive; I survived school; I know how to speak at least one language, etc.). If you lose steam before you get to 108, that's okay. Consider this a marathon and know that you can come back to the list later.

Write two more lists: one of the wise things you have done and one of the foolish things you have done. Later, we'll learn about the "both/and" distinction, but for now, simply practice observer-style nonjudgment toward both lists.

Make a list of what you have been tolerating. You don't need to do anything about any of the items. An essential component of rising above mediocrity and into the realm of transformation is the courage to be honest with ourselves. In Yoga language, honesty is called Satya.

Respond in your journal to the following:

The reason I picked this book up is...

What I really want is...

The results I would like to achieve through the experience of this book are...

## **DEEP DIVERS**

Of course, you'll do all of what those Lazy River Riders and Snorkelers are doing. And...

Do something today that stems from knowing you are amazing. Start something, finish something, communicate something.

Share the bounty and glory of who you are with someone else in such a way that you light them up, bring some joy to them.

Take action on changing something you've been putting up with. Either change how you feel about it (perception) or change the situation. At least take a step in that direction.

Do something that intentionally takes you out of your comfort zone today. A cold shower, a challenging conversation, asking someone to spend time with you...small or large, you'll know you're on track if you feel more alive right after you do it.

In your journal, respond to the following:

I need to be, say, and do [blank] to get the results I listed.

What I'm committed to doing or not doing is...

Write me a letter, one where you start from the time travel perspective that you've completed the book, and you've reaped all the benefits you wanted and more.\* Picture yourself closing the book, feeling a great sense of pride and satisfaction for what you've achieved, delighted, and awed that it indeed worked as promised. Write to me from that future-you perspective and tell me how you did it. What did you do or not do? How have you *acted* and *thought* differently than in the past? Who did you involve or not involve? Tell me how pleased you are and how you created such a brilliant success. You don't need to send it, though you can, and I'd be honored to read it (Daniel@TheArtOfSpiritualLeadership.com).

\* Tip of the forelock here to Benjamin Zander from whom I borrowed this letter exercise.

THE ART OF SPIRITUAL LEADERSHIP | DANIEL AARON

Inspired now? No need to wait. If you're feeling it, now's the time to act. Go to [TheArtOfSpiritualLeadership.com/Presents](https://TheArtOfSpiritualLeadership.com/Presents) for reader's only inspired bonus material, to discover your unique Spiritual Entrepreneur Style or to schedule a complimentary strategy session with Daniel now.