



Leadership from the Inside Out: Becoming a Leader for Life

Kevin Cashman

1. In Chapter 1 of his book, Kevin explains that **personal mastery** is all about asking important questions about ourselves, our strengths, and where we're headed in order to increase our effectiveness. How would **you** answer these questions: *Who are you? Where are you going? Why are you going there?*
2. Kevin explained that **conscious beliefs** are explicit, known beliefs of which we are aware. **Shadow beliefs** are more subtle and more challenging to uncover as they are hidden. Do you harbor beliefs that may be casting shadows on things you do (a clue: **not** being open to new information, new learning, others' views)? How will you shed light on your shadow beliefs?
3. In explaining the **character** (like courage)/**coping** (like fear of failure) **dynamic**, Kevin states that it is an awareness-building technique to know "where *our leadership* is coming from." Where is **your leadership** coming from...a place that gets *short-term results but lacks sustainability*? Or is it coming from a place that *gets results in a sustainable way*? Discuss.
4. We need to explore and clarify our **core values**. Leaders can easily explain their socially acceptable values (being committed to family, spiritual life, team, etc), but where do you put your **time** relative to your core values? What have been some of your key *peak* and *valley* personal/professional experiences? Use some of these experiences to clarify your true values.
5. Are we acting from a place of **purpose** or a place of **obsession**? When our "purpose in serving" focuses on self and our success, our recognition, our adulation, purpose can easily move into obsession. Are you *self-focused* or *others-focused* in your leadership journey from "I" to "WE?" Provide an example or two.
6. Relating to the 3rd edition of his book, Kevin features a complimentary thought-provoking activity called the *StoryLine Exercise* to help explore and consider significant highs and lows of your life. You're invited to download and complete the exercise at www.cashmanleadership.com/storyline-exercise/
7. What is the most significant idea you gained from this book or the interview with Kevin?

To listen to the Bookends interview, go to: <http://www.bookendsbookclub.net>

