What is Contemplative Leadership?
1. As you look back on your past few days or weeks, are there any times when you sensed that you paused to listen, speak, or lead from your heart (your mind in your heart)? What if any difference might you notice in leading from your head and leading from your heart?

2. How does the description of contemplative leadership connect, or not connect, with your experience of leadership?

The Examen
The Examen is a method of reviewing your day that can help you practice deeply listening to your life and discerning steps forward (key elements of Contemplative Leadership)

• allow yourself to take a few moments to breathe and center
• look back over your day – try not to be ‘over-scrupulous’
• try to look back from ‘your mind in your heart’
• you can ask for help/light if that feels right
• continue this practice for a few weeks, beginning to notice themes that emerge

For what moment today am I most grateful?
For what moment today and I least grateful?

When did I give and receive the most love today?
When did I give and receive the least love today?

When did I feel most alive today?
When did I most feel like draining out of me?

When today did I have the greatest sense of belonging?
When did I have the least sense of belonging?

When was I happiest today?
When was I saddest?

What was today’s high point?
What was today’s low point?