

## Your Inner Dialogue and Presence

**OBJECTIVE:** 9 sentence-stems to help you overcome possible barriers to your leadership presence

**MINDSET:** Of all the judgments we pass in life, the most critical is the judgment we pass on ourselves. The conversations you have with yourself determine how much you believe in yourself and how that belief translates into leading self and leading others.

**ACTION:** Without stopping to think, quickly generate at least 3 endings to the given sentence stems. There is no right or wrong answer. The idea is to turn off the little voice inside of you that censors your thoughts. Put aside your critical mind, think after, not during.

**DURATION:** 9 minutes. If it takes longer, you are "thinking" (rehearsing or calculating) too much.

**Relationship Building:** If I intentionally surround myself with positive people, I would \_\_\_

**Social Awareness:** If I don't let someone else's energy affect me, I would \_\_\_

**Personal Magnetism:** If I boost my energy level in a conversation by 5 per cent, I would \_\_\_

**Inner Dialogue:** If I have uplifting conversations with myself, I would \_\_\_

**Composure:** If I get comfortable with not being the smartest person in the room, I would \_\_\_

**Personal Brand:** If I had the next big role in my career, I would \_\_\_

**Gratitude:** If I recognize others for my success and small wins, I would \_\_\_

**Self-Care:** If I daily schedule time to recharge myself, I would \_\_\_

**Compassion:** If I make people feel safe and comfortable around me, I would \_\_\_

- Go over your responses and see if you have learned anything important. It may take a few trials before you gain some insight. If you learn something new, act on it. If some sentence stem resonates with you, repeat it if you find them helpful.
- Do the exercise, go about your day's activities, and notice any differences in how you feel or how you mindfully lead with presence

### What is Executive Presence?

Executive presence is made of 3 behaviors: focus, power, and warmth. Each behavior is further understood with 3 respective characteristics. On this page, we have curated the top 1 leadership question based on each of the [9 characteristics of executive presence](#).

Characteristics of Focus	Characteristics of Power	Characteristics of Warmth
<ul style="list-style-type: none"><li>• Relationship Building</li><li>• Social Awareness</li><li>• Personal Magnetism</li></ul>	<ul style="list-style-type: none"><li>• Inner Dialogue</li><li>• Composure</li><li>• Personal Brand</li></ul>	<ul style="list-style-type: none"><li>• Gratitude</li><li>• Self-Care</li><li>• Compassion</li></ul>