Absorb
Reflect
Commit

Episode 14 Action Items

Episode Summary

Discover the profound impact neglecting your health can have on leadership effectiveness and learn practical steps to enhance your well-being. Guest Julian shares invaluable insights on creating personal values and principles, understanding the stakes of self-care, and conducting comprehensive health assessments.

Action Items

1. Create a set of values, a mission, and principle.

What's your personal well-being philosophy? What's your mission for good health and fitness? What does optimal health look like to you? What does it feel like?

2. Create stakes and reasons why.

Why must you take care of your health? Why must I eat well? Why must I mitigate my stress? Why must I sleep and do all these other different health behaviors?

3. Create a health audit and an assessment of yourself.

Develop your baseline, identify markers and determine where you are today.

Resources

- Clifton Strengths Assessment
- VIA Character Strengths Survey
- Executive Health Blogs — Executive Health