

CHAPTER 4: Who's Sitting at the Head of the Table?

THE CHOICE IS YOURS: REFLECTION EXERCISE

This question, "***Who's sitting at the head of the table?***" is designed to help you become aware of your experience from the inside out so that you can interrupt thought patterns, Level One stories, and behaviors that no longer serve you and instead make choices that align with your vision and goals.

Think of it like a weight at a gym. The only way to strengthen your body and build muscle is to pick up that weight and do multiple reps multiple times, routinely. If utilized often, this tool has the potential to be a game changer in your life and leadership. And remember, it's about progress, not perfection. Be gentle with yourself as you get curious.

As you practice using this tool, observe without judgment:

Who most often sits at the head of your table and when?

Who sits at the head of your table when things are *not* going well?

Who sits at the head of your table when things are going smoothly?

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What else is this awareness providing for you or alerting you to? Any "ah-has"?

What would change in your daily life and leadership if you asked the question, "Who's sitting at the head of the table?"

Here are some practical ways to help you implement this tool:

1. Choose to set an alarm on your phone labeled, "*Who's sitting at the head of the table?*" to go off every 2-4 hours and when it does, observe without judgment who's in charge.
 - ✓ Take note.
 - ✓ Be aware of who's here now and any thoughts, feelings, and behaviors that are present.
 - ✓ Choose to call in a different "person" if need be and if possible.
2. Carve out a few minutes before meetings, before writing/sending emails, and before having conversations with family, co-workers, customer service representatives, etc. to CHOOSE who's sitting at the head of your table. Lead from that place of BEING to consciously contribute to creating the result you desire.
3. Set an intention for your day about who will sit at the head of your table.