



RADICAL

Conscious Living & Leading

**A Workbook To Help
Elevate Your Mindset,
Shift Your Perspective and
Open Your Heart**

www.artemisevangelidi.com

WELCOME



RADICAL Conscious Living & Leading is based on the foundation that all the work we want to implement 'out there' must firstly be implemented 'in here'. What does this mean? It means that we give ourselves permission, time and space to go within, to explore our inner world and get a better understanding of who we are, why we do what we do and why it matters.

This Mini Workbook will allow you to take a deeper look at what RADICAL Conscious Living & Leading means, to explore some key elements of great relevance right now - Fear, Courage and Gratitude - and enable you to pivot into the new with confidence and a greater sense of self-awareness.

I hope that you will learn more about yourself, all those around you, and your power to inspire and empower others in the process.

Good Luck!

Yours In Presence

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Leadership Attributes Mind Map,
Self-Review, Next Steps & Closing

WORKBOOK PURPOSE & STRUCTURE

How the modules work

01

Theory

An analysis of each element. What it means and what it is all about.

02

Self-Reflection

Questions to help you start thinking about each element and how it applies to you. This enables you to work on your self-awareness in the process.

03

Exercise

An exercise to engage and go deeper into each element allowing you the time and space to put into practice the theory and apply it to real life situations.

04

The Conscious Leadership Challenge

Specific tips to take away and use with your teams, your organisation or even with your family, as you integrate the work as a Conscious Leader.

05

Resources

Articles, TED Talks, books and movies on each topic that give you a different context and allow you to see the bigger picture.

06

Goal Setting

3 goals and 3 action steps for each - you can create your own future state using your own methods and at your own pace. What do you want to achieve and how can you achieve it?

4 STEPS TO SUCCESS

01

Read with an open mind. Our past conditioning, experiences and preconceptions often act as hurdles. Commit that you will look at each element anew - ready to learn and do things differently.

02

Answer the questions honestly - if you can't be honest with yourself then with who can you be? Do not judge yourself, but observe your past experiences and how they have enabled you to learn and grow.

03

Commit to doing the exercises. Discipline and self-control are two of the most important practices of any training - be it physical, mental or spiritual.

04

Have fun - congratulate yourself when you finish a section. Give thanks for the opportunity to learn and to share what you have learnt with others. Success is a process and is best shared - enjoy it.

Lead From Where You Stand



Impact

Authenticity

Empowerment

Presence

Many people feel that in order to be able to 'do' things differently, they need to complete all the relevant training, read all the right books and have a podcast episode playing at every chance! Only then do they have permission to 'get started'.

But this is not correct. What matters most when we awaken to a new reality and a new way of doing things, is to recognise that change is imminent and that to be a catalyst for change, we have to **START** somewhere.

And the best place to start, is from where we currently stand. So start! Every small step forward is a step in the right direction

"Change the Way You Look at Things, and the Things You Look at Change."

- Dr. Wayne Dyer

R.A.D.I.C.A.L

Conscious Living and Leading

What does it mean to live and lead in this manner?

The R.A.D.I.C.A.L approach embodies what it means to live in accordance with the Conscious Leadership attributes. These are life attributes that we apply each and every moment of the day, to ensure that we are mindful, aware, awake and present in all that we do.



R

RESPONSIBILITY

Owning all that we think, say and do. This requires that we move away from a victim consciousness mindset; one where we look to blame others or focus on how we are hard-done by and turn our attention to how we can step up and tackle the issues at hand. Responsibility is woven into all of our actions, reframing our experiences into lessons and allowing us to lead with loving kindness.



A

AWARENESS

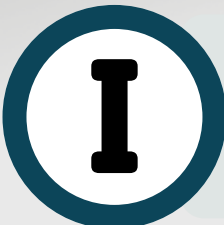
Awareness of ourselves, of others and of the world around us, is a super power. How can we become more aware? By becoming more present, being in our own presence and in the here and now. We can action this through mindfulness, through meditation and through practicing conscious listening and silencing the voice in our head that often results in an endless stream of useless thinking. Instead we use the mind to think in a targeted and conscious way.



D

DHARMA

What is our Dharma or our Purpose? How do our values link to our purpose and ultimately drive our behaviour, opinions and core beliefs? Getting clear on what we stand for and why we do what we do, is paramount. Our purpose is our reason for being - our reason for showing up in this world. Its impact is felt daily in our homes, our communities and our workplaces. When we are clear on what it actually is, we can put it into action consciously and with intent.



I

INTUITION

A lot can be said about that voice within that nudges at us, speaks to us and keeps us from taking steps in the wrong direction. Whether we focus on intuition or the gut-brain relationship, research shows that our bodies will 'feel' a situation before our brains can 'cognitively' explain it. When we learn to lean into those feelings, we can read a person, a room or a situation a lot quicker, more accurately and with conscious intent.



C

COMMUNICATION


Learning to communicate actively, consciously and with purpose, helps us to stay clear of generalisations and reacting instead of responding. Active listening means listening to understand rather than to answer or to judge, and requires us to be present with what is being said. Conscious speaking requires us to pause, align and speak with intent and with clarity, and not from our transient emotional states. Communication also encompasses learning which allows us to challenge our assumptions and embrace a growth mindset.



A

AUTHENTICITY

What do we need to live our truth? To be comfortable in our own skins, with our own company and with our expressions of self? Being authentic takes courage and bravery to push through our comfort zones into new ways of being. Authenticity is a core tenement of living and leading consciously and it requires that we set boundaries, learn to say no, keep our focus on our goals and not be distracted by the shiny objects that come our way. Authentic living means being true to our values every single day and holding the space so that others can do the same.



L

LOVE (IN ACTION)

Love is an emotion, a feeling, a cognition, a state of being. But when we put Love into action, it becomes a verb. A doing word. It means that we infuse all that we do with loving kindness - a form of non-judgement and acceptance. Embracing connection and recognising that at the end of the day, each person strives to live a life of happiness, joy and tranquility. When we make love a verb, we get clear on how our energy impacts the field around us and what impact that has on our passions, our people and our planet.



"Wherever you go, there you are."

- Jon Kabat-Zinn

RADICAL CONSCIOUS LIVING & LEADING

01

FEAR



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Fear.

(pg. 44 of Life)

Just reading the word we can feel it.

Creeping up on us when we least expect it; keeping us prisoners of our own minds; holding us back from reaching our dreams. Or not?

"Do one thing every day that scares you."

- Eleanor Roosevelt

What is fear? A defense mechanism? A protective measure? A survival tool?

Yes indeed, fear can play a positive role. It is a biologically programmed behavior that allows us, most of the time, to survive our natural environments.

But there is another side to fear. When we flip the coin we find that instead of it allowing us to thrive in our environment, it can also hold us back.

How do fears begin? In the mind of course, with our thoughts. We think of something we want to do, or see, or experience. And we analyse and break it down, going deeper and deeper into the logistics of it all.

And then it starts - the voice telling us it cannot be done. We are mad to even try it. What are we thinking?

Bringing up past examples of attempts gone wrong; what will go wrong; judgments; criticisms; difficult situations; perceived failures. Embarrassing moments and tough conversations leaving our ego in tatters.

That is until we decide to do something about it; to change the narrative and move into a more conscious way of being - to release the fears or act in spite of them.



WORKSHEET 1

SELF-REFLECTION

Are you ready to get started? Take your time to answer each question and feel free to use more paper if you need to. Write it all down - let it flow in pure authenticity.

Only you will see your answers and only you can start the inner work to help you master this module.

What does the word 'fear' mean to you?

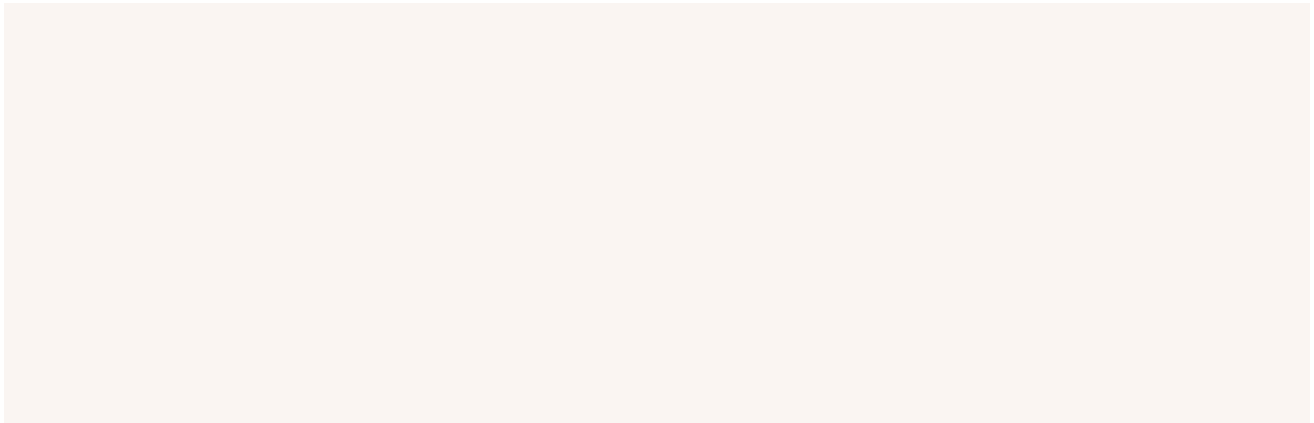
What are you afraid of? In your personal life; your family; your work and career; as a leader; in the world at large? Why?

What does fear make you feel in your body? What emotions come to the surface?

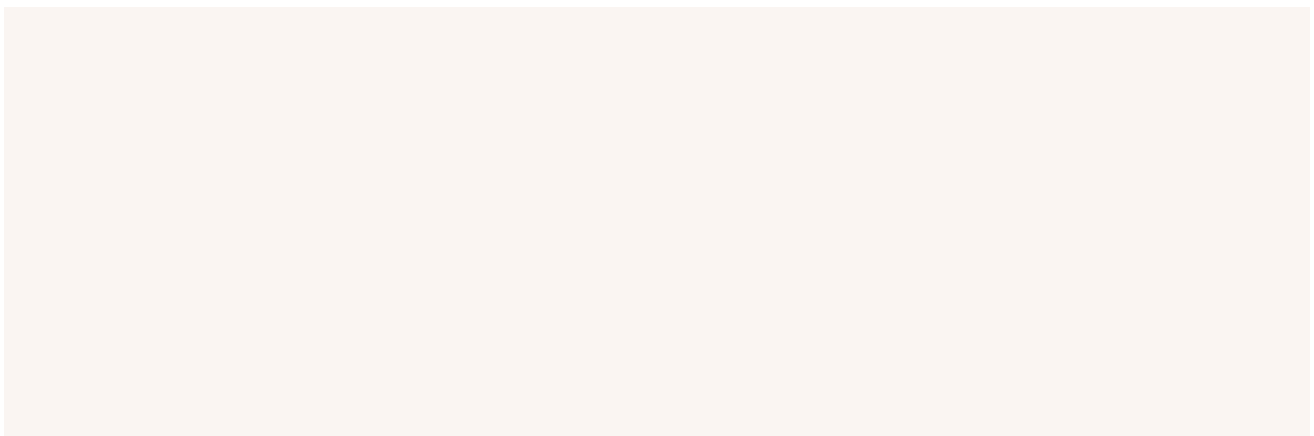
WORKSHEET 1

SELF-REFLECTION (*continued*)

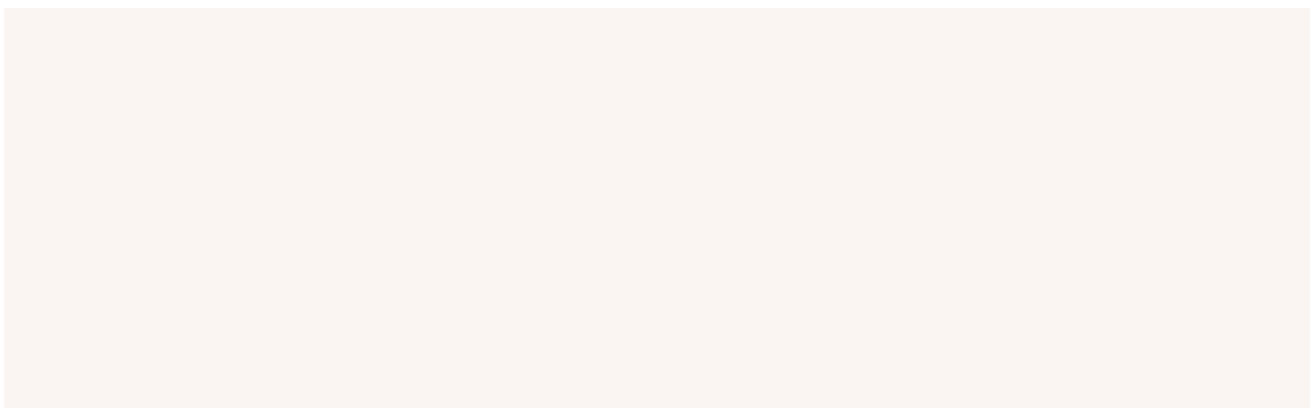
How do you normally deal with your fears? What do you do to conquer them?



Write down a recent time you really felt fear - what did you do about it? How did you handle it?



What would you do differently with the benefit of hindsight? Would the result have been any different? Why?



WORKSHEET 2

EXERCISE

A practical exercise that works as the first step to understanding and moving past our fears. We cannot work on our fears unless we know what they are. This exercise enables us to work on our self-awareness, a key element of all the inner work that we do, so we can move forward.

Step 1: Pick one of your fears - label it and write it down;

Step 2: Break the fear down into all of its components - what will transpire; what will go wrong; what the damage will be; how you will feel etc;

Step 3: Counter each of the components with the exact opposite happening. Write each positive outcome or solution next to each of the fear based components;

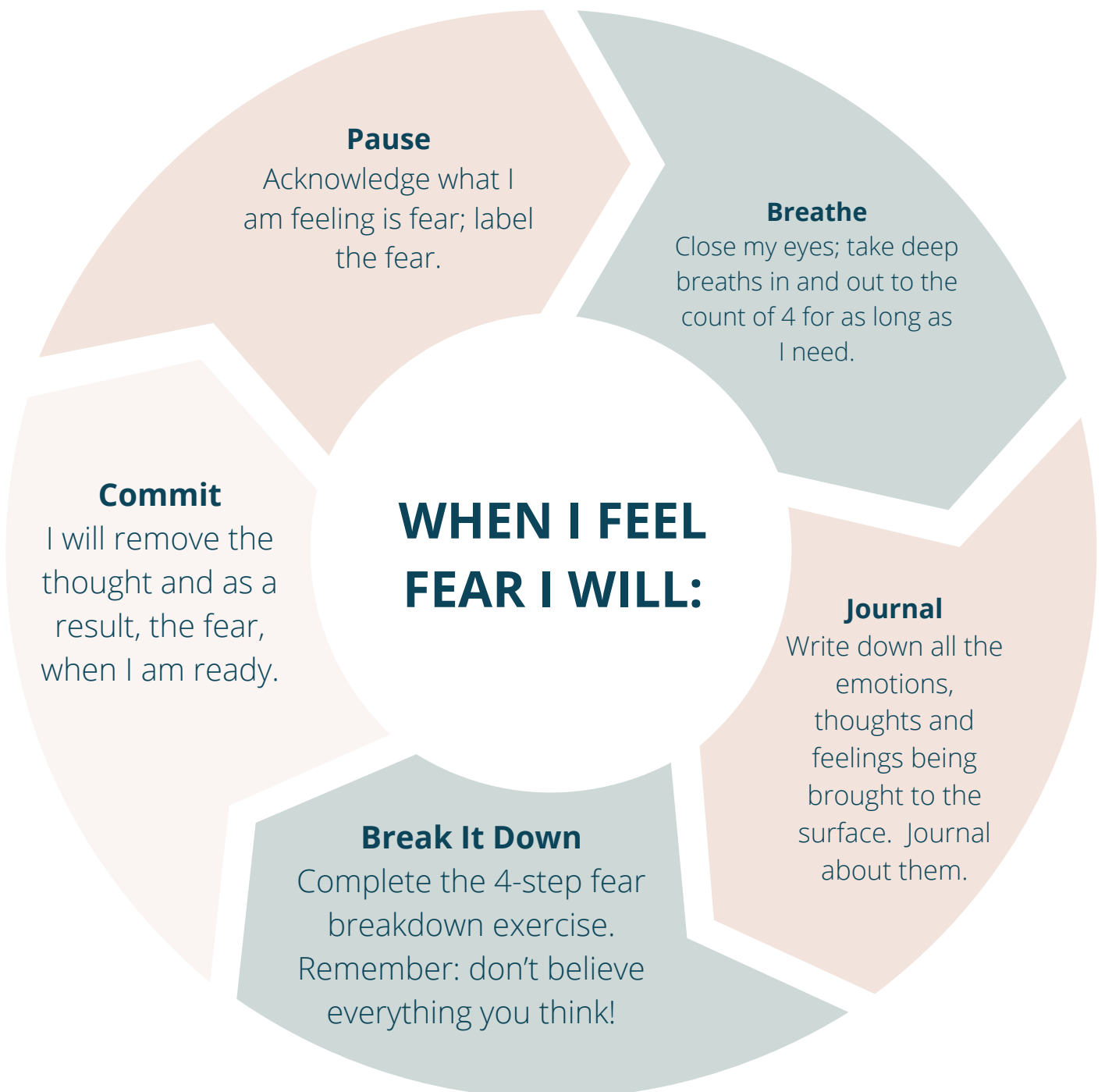
Step 4: Close your eyes and visualize the opposite of your fear occurring. Use the counter points listed in Step 3. Imagine it is happening exactly in that manner - see it, feel it, smell it, enjoy it. Meditate on it for as long as you can. This vision is what you will take with you to counter the fear.

Step 1:

Step 2:

Step 3:

THE CONSCIOUS LEADERSHIP CHALLENGE TAKE AWAY TIPS



ADDITIONAL RESOURCES

Take a break from the hard work and use some uplifting, high energy, high vibration resources to go a little deeper!

[Article: HBR 'How To Lead When You Are Feeling Afraid'](#)

Book: Fear - Thich Nhat Hanh

A journey within to locate the root of our fears and steps to overcome them.

Movie: Strictly Ballroom

Lighthearted and over the top but it is all about conquering fear and will bring a smile to your face.

[TED Talk - Tim Ferriss](#)

Book: Feel The Fear And Do It Anyway - Susan Jeffers

How to move forward despite feeling fear.

Movie: You've Got Mail

Conquering the fear of starting over - of letting go of the dreams once had and forging new ones!

[TED Talk - Karen Thompson Walker](#)

Book: The Big Leap - Gay Hendricks

Spotting those fake fears that are only there to limit our true potential.

Movie: Love Actually

Each character must face their fears to be able to move forward with their lives.



GOAL SETTING

Pick the three main fears that are holding you back from exploring RADICAL conscious living and leading, and the three action steps you will take to help you overcome them.

FEAR 1	ACTION STEPS
	1.
	2.
	3.
FEAR 2	ACTION STEPS
	1.
	2.
	3.
FEAR 3	ACTION STEPS
	1.
	2.
	3.

RADICAL CONSCIOUS LIVING & LEADING

02

COURAGE



***Courage is what it takes to stand up
and speak. Courage is also what it
takes to sit down and listen.***

-Richard Branson



COURAGE

(pg. 19 of Life)

WHAT DOES IT MEAN TO BE COURAGEOUS?

- To create hope
- To take risks
- To be vulnerable
- To have faith in ourselves
- To honour our values
- To do the right thing
- To admit we make mistakes
- To help others without expectations
- To take responsibility
- To be authentic
- To help others succeed
- To celebrate someone else's wins
- To have a dream
- To listen to another viewpoint
- To say sorry
- To step away from what doesn't make us feel good
- To accept ourselves and others for all that we are
- To have self-respect
- To love unconditionally
- To make the difficult decisions
- To seek the positive in all situations
- To challenge the status quo

There is no doubt about it, everyone wants to be courageous. To have that ability to push through and move forward regardless of what is going on around us - what a super power.

What the world needs now, more than ever, are those of us who are ready to take the baton of courage and run with it. As parents, as employees, as business owners, as educators, as medical staff, as essential workers - as human beings.

The world is crying out for the role models who will pave the way and make it safer for the rest of us to join them.

When we lead with courage we do so based on the integrity we hold dear, an ethical stand point and rooted firmly in our values.

***Do you know what your values are?
Write them down and look at them
each and every day.***

In order for us to work on our courage we need to work just as much on our own self-love and self-worth.

By accepting who we are in our entirety we are able to push to one side any doubts about what we want to do and how we will go about doing it. Look to the leaders who inspire us and we will see that they don't doubt their worth or their value for a second!

WORKSHEET 1

SELF-REFLECTION

Are you ready to get started? Take your time to answer each question and feel free to use more paper if you need to. Write it all down - let it flow in pure authenticity.

Only you will see your answers and only you can start the inner work to help you master this module.

What does courage mean to you?

Who do you admire for being courageous? What did they do? How did they show their courage? What impact did it have?

Do you think of yourself as courageous? Why yes? Why no? Give examples.

WORKSHEET 1

SELF-REFLECTION (*continued*)

How often do you praise yourself? What needs to happen to be worthy of your own praise?

When faced with a challenge what do you normally do? Can you find the strength within yourself to look for a solution? Do you let obstacles stop you?

Do you normally take responsibility when you can or do you go through a blaming process? Do you try to offload the issue to others? How does that make you feel?

WORKSHEET 2

EXERCISE

Write down one courageous act you have taken in each of your:

Personal Life

Act & Impact

How did it make you feel?

**Were you judged or supported?
Did it make you retreat or push forward?**

What fears did you have to face?

Work Life

Act & Impact

How did it make you feel?

**Were you judged or supported?
Did it make you retreat or push forward?**

What fears did you have to face?

Community Life

Act & Impact

How did it make you feel?

**Were you judged or supported?
Did it make you retreat or push forward?**

What fears did you have to face?

WORKSHEET 2

EXERCISE (*continued*)

With the benefit of hindsight, what did you learn from all three experiences? Were they as big a challenge as you initially thought?

Now that you have revisited these events, have remembered how they made you feel and with the benefit of hindsight, have understood their level of difficulty and impact, choose three commitments that you will adhere to, in order to live a more courageous life:

1

2

3

THE CONSCIOUS LEADERSHIP CHALLENGE TAKE AWAY TIPS

List 10 things you can do each day to show your courage, your self-love and your commitment to living RADICALLY:

1

2

3

4

5

6

7

8

9

10

ADDITIONAL RESOURCES

Take a break from the hard work and use some uplifting, high energy, high vibration resources to go a little deeper!

Article: HBR
'HowTo Find And Practice Courage'

Book: Daring Greatly - Brene Brown

Accepting that vulnerability is not a weakness, it is actually the quickest path to courage.

Movie: The King's Speech

How to find our voice when the weight of the world is on our shoulders. Channeling self-love, self-worth & courage in the face of scrutiny.

TED Talk - Matt Cuccaro

Book: The Alchemist - Paulo Coelho

The power of taking a journey within so as to reach our goals in life.

Movie: The Pursuit of Happyness

Focus, clarity, kindness and love can overcome adversity, paving the way for a courageous & brave life.

TED Talk - Cara E. Yar Khan

Book: To Kill A Mockingbird - Harper Lee

Courage can be found in doing the right thing, everytime.

Movie: Men of Honour

Courage will assist us to fulfill our dreams no matter the challenges.



GOAL SETTING

List three courageous acts that you would like to take right now and the steps that you know can help you follow through. They can be in your personal life, related to your career or as a leader with your team.

COURAGEOUS ACT 1

ACTION STEPS

1.

2.

3.

COURAGEOUS ACT 2

ACTION STEPS

1.

2.

3.


COURAGEOUS ACT 3

ACTION STEPS

1.

2.

3.



"I will never claim to be an expert in what it means to live a full life, but what I can say is this: there is magic in the spaces between opposing things. Warm embraces between flaming and frigid words, mystery inside the twilight sky between light and dark, tranquility between deep inhales and cleansing exhales, and countless experiences between birth and death, all seem worthwhile and complete when I find myself here, in between."

- Caroline Miskenack

RADICAL CONSCIOUS LIVING & LEADING

03

GRATITUDE



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GRATITUDE

(pg. 38 of Life.)



Gratitude is both a gift and a tool. On the one hand it is a blessing because it frees us from the binds of expectations and allows us to marvel at the wonder of every moment. On the other, it opens the doors of abundance, bringing us more of what we have and more of what we would like to have.

Gratitude has a healing effect as it allows us to live in the present moment. When we can do this, we can understand more about ourselves and our own presence, allowing us to move through any stress and angst knowing that there is a silver lining, no matter the circumstances.

But as it is a state of mind, it needs practice to master and dedication to maintain.

Gratitude is the key, unlocking the door to a life free from expectations and full of abundance, peace and love.

To be able to live a life steeped in gratitude for all that we have, for all the good and even during challenging times, is a process.

Committing to the process requires a level of self-awareness that can only come through being mindful. When we can clearly see that every moment brings with it the choice to accept that moment or to fight it, we can understand that the power to feel grateful and thankful is within us.

Gratitude helps to build our resilience - our ability to bounce back from adversity. It bolsters our power to adapt to varying circumstances and enables us to relinquish control over situations we cannot change. It heightens our senses so every little thing - every big thing - feels, tastes, smells differently, more powerful and more unique.

That is its super power.

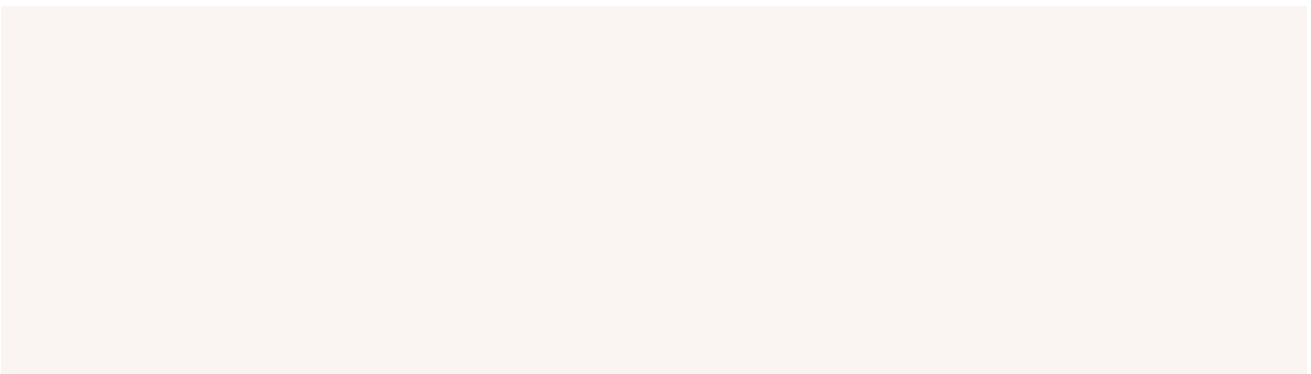
WORKSHEET 1

SELF-REFLECTION

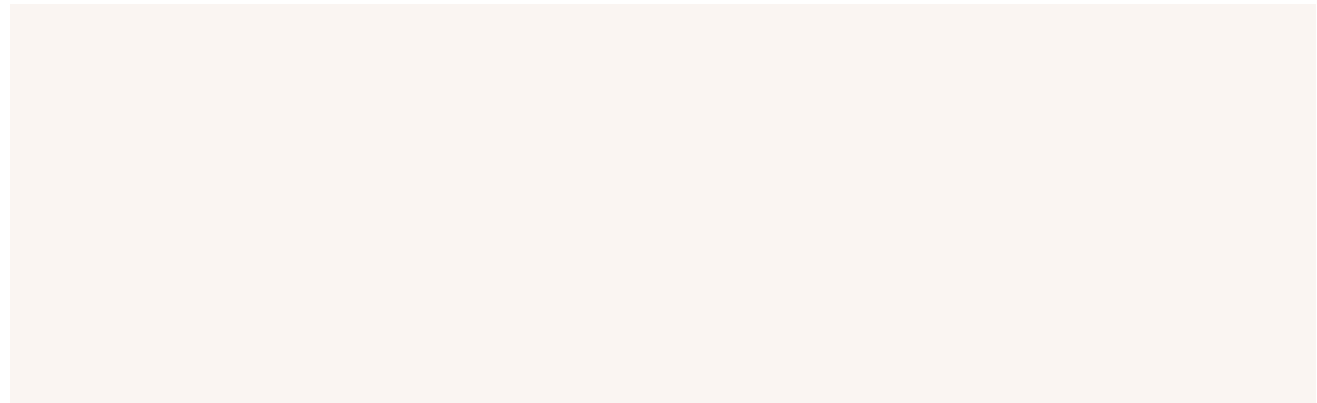
Are you ready to get started? Take your time to answer each question and feel free to use more paper if you need to. Write it all down - let it flow in pure authenticity.

Only you will see your answers and only you can start the inner work to help you master this module.

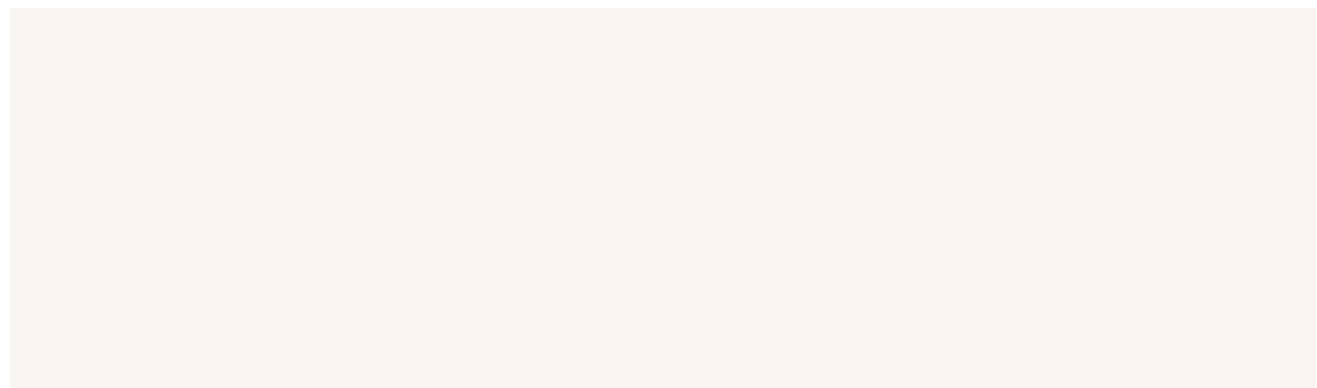
How do you define gratitude? Is it a feeling, a thought, an action or something else?



How do you or can you, live your life in gratitude? How can you show more of it?



What do you think would change in your life if you were more grateful?



WORKSHEET 1

SELF-REFLECTION (*continued*)

How do you normally handle adversity? Is there a pattern that plays out in a challenge or during a crisis? Describe it.

Think back to a difficult situation. Could you feel any gratitude during that time? If so, for what? If no, why not? With hindsight what do you feel grateful for now?

In what way could you increase your mindfulness and self-awareness practices in order to build on your gratitude muscle? How are these practices linked?

WORKSHEET 2

EXERCISE

An exercise in observation, for it is through observation that we can see, understand and look for opportunities to grow.

The next time you do something for someone, whether it is to give them your time, your wisdom, your energy, your services, your guidance etc, observe whether you attach an 'expectation' that they will give you something back. Do you feel you deserve something in return? There is no judgement here, only observation.

In this column, make a list of all the things you 'expect' or feel you 'deserve' and why, as a result of your giving of yourself as described above:

In this column, make a list of all the things you already have that counter the list to the left and why you don't need anything more:

e.g. I expect to receive praise

e.g. I do not need praise as I am already confident

THE CONSCIOUS LEADERSHIP CHALLENGE TAKE AWAY TIPS

Recent scientific research shows that on average it takes 66 days to form a new habit. Welcome to the 66 day 'Gratitude Challenge'.

Each day, in a notebook or journal, allow yourself to write 'I am grateful for...' and let the words flow. What will begin as a simplistic giving thanks for the basic necessities of life, will transpire into a deeper understanding of your own psyche. Choose a time of the day that works best for you to start and then stick with it for 66 days. The shifts are tremendous as you will see for yourself.

Let's get started:

1 I am grateful for:

2

3

4

5

What thoughts passed through your mind as you wrote this small list? How did it make you feel? What would you like to learn about yourself from this process?

ADDITIONAL RESOURCES

Take a break from the hard work and use some uplifting, high energy, high vibration resources to go a little deeper!

Article: HBR 'How To Trigger Gratitude'

TED Talk - David Steindl-Rast

TED Talk - Kerry Howells (Educator)

Book: 365 Thank Yous - John Kralik

Book: Gratitude - Oliver Sacks

Book: The Gratitude Diaries - Janice Kaplan

A memoir of how 365 days of writing thank you notes turned the author's life around.

Stories of a life well lived. Essays from the author towards the end of his life.

How we respond to adversity through a series of interviews and conversations.

Movie: It's A Wonderful Life

Movie: Pay It Forward

Movie: The Cider House Rules

Reminds us that our life is always wonderful regardless of any flaws.

How our gratitude and kindness can ripple out into the world.

Gratitude for all situations, experiences and adversities we may be faced with.



GOAL SETTING

List three 'Thank Yous' that you would like to give, why you want to give them and how you will do so. It can be to an individual person (including yourself), a group of people, your team or an organisation.

THANK YOU ACT 1

ACTION STEPS

1.

2.

3.

THANK YOU ACT 2

ACTION STEPS

1.

2.

3.

THANK YOU ACT 3

ACTION STEPS

1.

2.

3.

MIND MAP

Use this sample mind map to help you connect the work we have done to the Conscious Leadership attributes.

How will you work on these - inner and outer?

Include the resources you will need and how you will track your own progress.

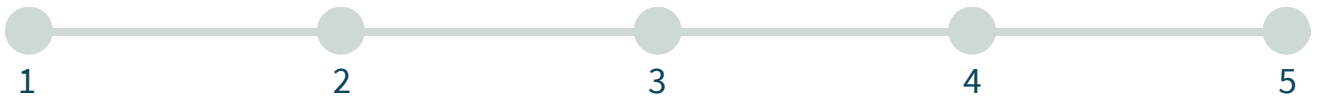


SELF-REVIEW

Upon completion of all three modules you can take some time to consider how you fared, what you have learnt and what you would like to do more of as part of your own leadership training and growth. Read each statement and circle which number best represents your answers to give you a further insight as to where you are today.

1 = Not At All; 2 = A Little; 3 = Borderline; 4 = Mostly; 5 = A Lot

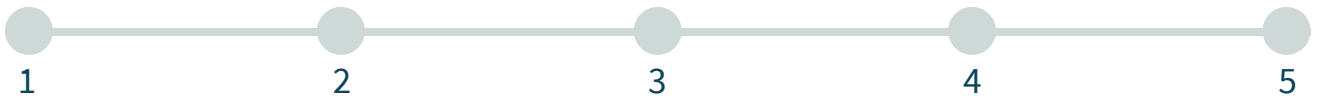
I was able to self-reflect and answer all questions honestly and authentically.



I was able to observe my past behaviours and thoughts without judgement.



I will commit to following through on my Goal Setting exercises.



I am willing to learn and see things from a different perspective so as to grow.



I accept that doing the inner work is a necessary prerequisite to enhancing my leadership skills.



I commit to taking responsibility for my own actions and those of my team at all times.



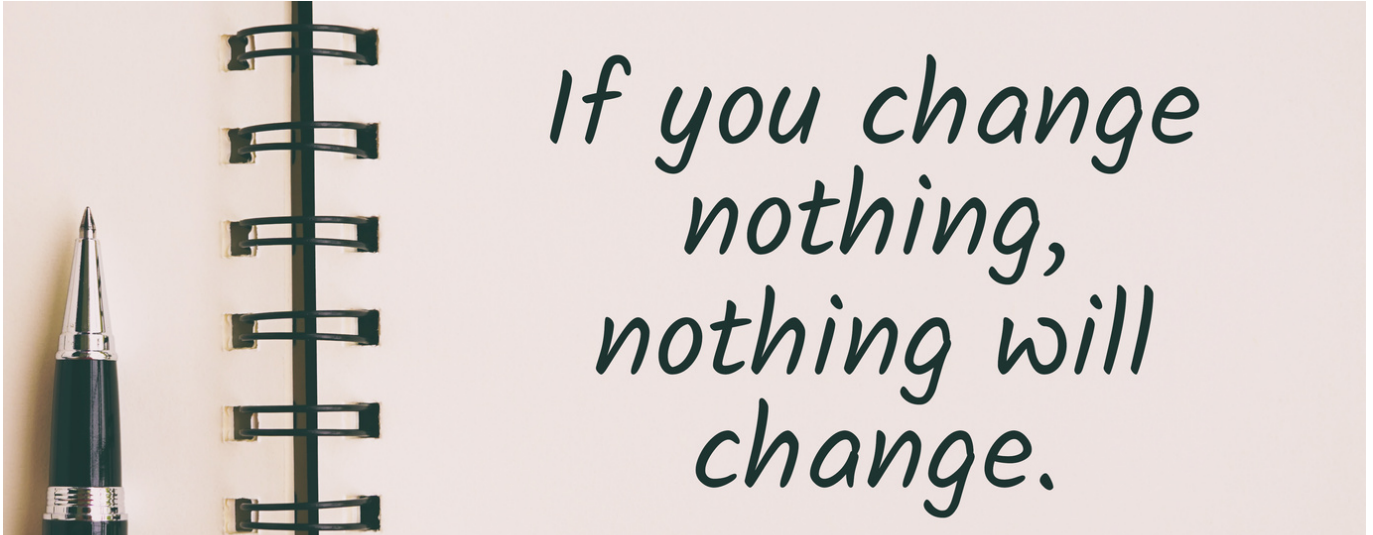
Becoming a leader is synonymous with becoming yourself. It is precisely that simple and it is also that difficult.

- Warren Bennis, Scholar,
Author, University Professor



CHANGE WHAT HAPPENS NEXT...

**It is *your* story and only *you* can write the next chapter.
Are you ready for a plot twist?**



Let me empower you.

If you are truly committed and ready to continue on your path of self-discovery, personal expansion and mindset growth, then I would love to work with you.

We can commence our work one-on-one; you can join one of my many workshops; bring me in for a Conscious Business overhaul of your organisation; or allow me to present to and train your teams. You decide.

All needs are different and my work is always tailor made.

All you have to do is ask.

[CLICK HERE TO GET STARTED](#)

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