

# Getting to know your Inner Good Boss

Imagine a figure who wants the best for YOU: your fulfillment as an individual, and your long-term impact on the world. This figure might be human, or better represented by an animal, an object, or simply a feeling. They might remind you of someone you've known or worked with before (or a combination of people!), or they may feel entirely unique.

Answer ANY of the following questions that speak to you. Try not to think too hard or get it "right"; instead, notice your instinct and record your basic reactions.

**> What are your good boss' primary characteristics? What do you appreciate most about them?**

**> What values does your Good Boss know are most important to honor in your day-to-day?**

**> When your Good Boss is in charge of your day, what's different? Consider both your actions and routines, AND also your mindsets, focus and "vibe."**

Actions & Routines

Mindsets, Focus & Vibe

**> What do you suppose your Good Boss wishes you would recognize about yourself? Is there a super-power or untapped potential your Good Boss is yearning to help you unleash?**

**> What habits or self-sabotaging behaviors does your Good Boss notice keep you from your fullest potential? What will they recommend you do instead?**

**> If your Good Boss had a mantra or pithy piece of advice they'd print on a mug, what might it be?**

**> What do you suppose your Good Boss's deepest wish is for you? Don't think too hard about this; just notice if a general feeling or phrase emerges naturally.**

**> In what ways do you sense your life will be different if you choose to follow your Good Boss regularly over the coming months?**

*(Some of the above questions have been adapted from the Co-Active Training Institute)*

## Wrap up & Next steps

**> Now that you've gotten to know them, is "Inner Good Boss" the right name for YOUR Inner Good Boss? If another name (a regular human name, or another description) feels more right, record it here:**

**> How will you build the habit of staying in touch with your Good Boss and practice listening to their voice? Here are some ideas to get you started:**

- Write their mantra/saying on a post-it note and stick it on your monitor
- Change your phone background to an image that reminds you of them.
- Whenever you notice your "Bad Boss" voice, visualize your Good Boss kicking them out of the room.
- Think of a song that represents your Good Boss, and dance to it at the start of each day.
- Add a few 5-minute "meetings" to your calendar dedicated to checking in with your Good Boss.
- Find an object that represents them, and put it on your desk. Whenever you notice it, imagine it's your Good Boss popping over to say hi. Check in!

**Choose 1-3 commitments and record them here:**

1.

2.

3.