



CONSCIOUS LEADERSHIP & CONSCIOUS LIVING SELF-ASSESSMENT

There are no right or wrong answers here. Just your own thoughts, feelings, and ideas about conscious awareness, conscious leadership & conscious living on a daily basis. This will help us assess your qualifications for the *Centered 24-7* training & determine whether *Centered 24-7* is the right fit to support and guide you through your next step toward the fulfillment of your desire.

CONSCIOUS LEADERSHIP

1. Do you identify yourself as an aspiring or established Conscious Leader in your field of expertise? Why or why not?
2. Have you already publicly claimed your place in your field as a new thought leader?
3. If not, what do you think you need to be ready to claim your place as a Conscious Leader in your field?
4. If you have owned your role as a Conscious Leader, are you clear exactly what that means to you and what differentiates you from a regular Leader?
5. From your point of view, how does Conscious Leadership differ from the current notion of Leadership?
6. What is it you want to share as a Conscious Leader? What is your contribution to your field of expertise?

CONSCIOUS LIVING

7. From your point of view, what is Conscious Living and how does it benefit your personal and/or professional life?
8. Do you meditate or have some kind of contemplative or reflective practice you do on a regular basis? (Don't judge yourself if you don't. Everyone starts somewhere.)

9. Do you currently have a way to consciously translate your insights, understandings, and learnings into your everyday life, both personal & professional, so they emerge as new behaviors?
10. Are you acutely aware of your desire and potential for more conscious awareness, but feel your emotions or your sense of self are keeping you confused, uncertain, or even paralyzed when trying to decide what to do next?
11. What is the greatest pain or frustration you're experiencing because you've not yet fulfilled the next step in your desire for more Conscious Living and Conscious Leadership?

HOW DO YOU RESPOND TO THIS NOTION?

The key to more Conscious Living & Conscious Leadership is the ability to demonstrate the paradoxical notion of 'stillness in motion'. Learn how to embrace this paradox and your success will soar so you can move beyond your stress and relax with greater equanimity, authenticity, and the freedom to share your wisdom from a place of greater inner peace, grace and ease.

Remember, you are not alone in your emotional ups and downs. And *Centered 24-7* is designed to teach you how to ride that emotional roller coaster while remaining happy, centered, and peaceful freeing you to get on with fulfilling your mission or purpose both personally and professionally. Amazing, eh?

I'm looking forward to our conversation. See you soon.

Ragini



A new dimension of conscious living awaits your arrival!