



MINDSET OF A LEADER

Leadership is a mindset. Your success depends on your thoughts and actions. Choosing your thoughts will protect that success.

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MENTOR



LEANN CASE

Inspiring Joy-Filled Lives

LeAnn is a small town, North Dakota farm girl turned successful executive and serving as your mentor.

Her mission is to inspire joy-filled lives. She will help you step into your worthiness, uncover your limiting beliefs, and become the most fulfilled version of yourself that you can imagine.



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HI FRIEND!

Congratulations on investing in your leadership and investing in yourself. Serving in your role is exciting and filled with challenges that you are ready to tackle. A key component to your success as a legendary leader is believing in the success in you.

And you've got this. Yet, life can get hard. Routine. Heavy. Monotonous.

This workbook was created with your greatness in mind. It was created to help you recognize ruts that may be keeping you from realizing the ultimate success you can have as a leader. Use this workbook to reframe your thoughts so that you are best equipped to make the leap you are going to make as a Legendary Leader.

YOU ARE A LEADER

You have influence. You have strengths, passions, ideas, and the ability to make an impact. As a leader, your mindset matters. Keeping your mindset open and positive matters.

During our Legendary Leaders session together we will dig into areas where you might need to challenge your thinking in order to grow, succeed, or see a perspective you might have missed. That work can be challenging and even emotional, as it can turn up vulnerabilities or memories that impact your thoughts and ultimately determine how you lead. An important note to remember is that life is not about what happens to you, it is about how you choose to respond.

The intention in this workbook and in the Legendary Leaders session is to generate awareness around mindset because your life and your career will move in the direction of your strongest thoughts. How you think will determine your actions. This is an opportunity to let go of beliefs about yourself that do not serve you. This is the chance to dismantle the hold your comfort zone has on you and help you live your purpose in a joy-filled way.

Craig Groeschel, author and leader, says in his leadership podcast, "Our minds are elastic. Over time, they grow, change, and evolve. Neuroscience shows us that the more we think a thought, the more we create neural pathways. The life you have is a reflection of the thoughts you think."

So, choose courage over your own comfort, be vulnerable. I promise, it will pay off. You will become unstuck and your career will evolve. You will lead forward with new-found passion, freedom, and joy.

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USING THIS WORKBOOK

Review the life areas listed on the following page as part of the Legendary Leaders session. Then, follow the instructions on the Reality Check page.

It takes just one hour of your time. Take the time, friend. It's so worth it. Giving yourself time to think and process is a vital aspect of leading in your career. When you lead yourself toward passion, mission, and purpose, others will follow and you will succeed.

Use this time and this workbook to audit your thoughts -- so they aren't tearing you down, only keeping you in high energy and flow. When you are in that flow, your career will thrive. When you are distracted, obsessing, distant, or operating in a silo, negative thoughts infiltrate your energy and that will infiltrate your path.

Grab a notebook, pen, or whatever you need to document your answers. Use the following pages as your guide.



LIFE AREAS

01 MENTAL HEALTH

Do you feel inner peace? Are you able to relax? Are your thoughts positive or negative? Do you have anxiety? Do you worry a lot?

02 FAMILY

Do you enjoy spending time with your family? Do you take time to be with them? Is there a relationship in your family that is holding you back?

03 PERSONAL GROWTH

Do you feel you are growing every day? Do you purposefully develop your talents? Do you have a clear vision about where you are going? How's the relationship with yourself?

04 LIVING SPACE

What is your state of mind when you are at home? Do you feel it's a peaceful place?

05 CAREER

Do you feel energized about what you do for a living? Are you developing your unique set of skills? Do you feel you are effective and making an impact?

06 MONEY

Are you happy about your financial status? Do you feel good when you buy things or invest in things? Are you motivated to make money? Do you believe you are financially smart?

07 SPIRITUALITY

Do you feel connected to a higher power? Are you able to connect with your truest self? Do you feel you are conforming or revolutionizing?

08 ROMANCE

Are you happy, fulfilled, and nourished? Whether single or with a partner, are you happy with how you spend your time? Do you love and accept yourself?

09 FUN

Are you having enough fun? Do you enjoy the people you are around? Do you take time to do things you think are fun?

REALITY CHECK

PART 1

RATE

On a scale of 1-10 (1 being the lowest score, 10 being the highest score), rate yourself on each section on the previous page.

PART 2

DEFINE

Write out why you gave yourself that rating.

PART 3

DETERMINE

What do you believe is the source of the rut you may be experiencing if you rated yourself low. What is the reason you are excelling if you rated yourself high?

PART 4

BELIEVE

What do you need to believe about yourself to get to your ultimate idea of success in each area?

PART 5

SUCCEED

Document how it would feel to be successful in each area.

EXERCISES FOR GROWTH



IDENTIFY

Identify one area that is holding you back. What we don't own, owns us -- so defining a rut is the only way to defeat it.



DESCRIBE

Describe the new truth you can place over that rut. Take the lie that was previously holding you back and replace it with a new thought pattern. Repeat that thought. Repeat. Repeat. Repeat. Look for proof of that new truth.



TAKE

Take the steps you need to lead yourself first. From this exercise, what disciplines did you find you are lacking? What do you need to do to grow? Take one step today, then plan out the next step.

THANK YOU!

I hope this workbook was helpful for you.
It is meant to be accompanied with the Legendary Leaders session.

If you are looking for more guidance in leading and living your joy-filled life,
please reach out.

Vive means LIFE in Spanish, and living our lives with Vive is joy. I'm excited to
meet you and work with you to help you find what that means for you.



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