



# THE FOUR QUESTIONS OF NATURAL LEADERSHIP AWARENESS

## The Four Questions of Natural Leadership Awareness

### 1. What is happening inside me?

Powerful leadership begins internally and is directly dependent on our awareness of our emotions, thoughts, physical sensations, and actions.

### 2. What is happening with you?

Trust and psychological safety require that we seek to understand others, look for similarities that connect us, and see the needs, pain points, and fears of those around us.

### 3. What is happening between us?

In order to create a relationship of trust and resilience, we must shape it through ongoing honest and open feedback.

### 4. What is happening in the environment?

Our relationships and groups are more secure, prepared, and adaptable if we notice and attend to the factors in our surroundings that affect us all. This is a shared responsibility.



**"THE ONLY REASON WE DON'T OPEN OUR HEARTS AND MINDS TO OTHER PEOPLE IS THAT THEY TRIGGER CONFUSION IN US THAT WE DON'T FEEL BRAVE ENOUGH OR SANE ENOUGH TO DEAL WITH. TO THE DEGREE THAT WE LOOK CLEARLY AND COMPASSIONATELY AT OURSELVES, WE FEEL CONFIDENT AND FEARLESS ABOUT LOOKING INTO SOMEONE ELSE'S EYES. "**

**--Pema Chodron**