



FREEDOM-CENTERED LEADERSHIP: LIVING YOUR UBUNTU

Ubuntu means, “I can only be at my best when you are at your best, and you can only be at your best when I am at my best because we are one.”

Living your Ubuntu means having the self-knowledge to know what being your best actually is!

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1. What do you need to do to live your Ubuntu (aka: live at your best) in the following areas?

Physically, I need to do the following to be at my best . . .

Mentally, I need to do the following to be at my best . . .



Athletically, I need to do the following to be at my best...

Spiritually, I need to do the following to be at my best . . .

Financially, I need to do the following to be at my best. . .

For my career, I need to do the following to be at my best . . .

For my family (spouse, children, step-children, partner, to be at my best...

For my friends, I need to do the following to be at my best . . .

For my overall well-being, I need to do the following to be at my best . . .

1. On a scale from 1-10 (with 10 being the highest), how much are you living your Ubuntu at work and why?
2. On a scale from 1-10 (with 10 being the highest), how much are you living your Ubuntu in your personal life and why?

3. What boundaries do you need to set so that you have the time and resources to live your Ubuntu each day at work and in your personal life?