

LEADERSHIP

1-Page Tool

Executive BrainSmarts™ – Regulate

Our Definition

REGULATE: to bring Integrity* and order to the thoughts and actions of self

A person who illustrates excellence in this **Executive BrainSmart**
HRH Queen Elizabeth II [Lorie's choice] **Mahatma Gandhi** [Rick's choice]

Name one person who possesses [or possessed] the ability to **REGULATE**

Describe that person's **REGULATING Strength**

***Definition of Integrity**

1. When you know your Personal Values and
2. When you can express your Personal Values in writing [showing how you *think the think*] and
3. When you can talk with others about your Personal Values [*talk the talk*] and
4. When your actions are consistent with your Personal Values [*walk the walk*] and
5. When you acknowledge your *think-talk-walk* errors and strive to not repeat them

...then you have Integrity.

Executive BrainSmarts is a trademark of Lorie Saxby Ph.D. & Phyllis Hiebert M.B.A.
 Source: '*Secrets from the Brain – Sharpen Your Thinking, Power Your Performance*'

For More Information

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