A Guide to
Thriving in Chaos
Thriving in Chaos is a booster-shot to help leaders build the resilience needed to lead and thrive during unprecedented times.

Welcome to A Guide to Thriving in Chaos from OneTeam Leadership. Our families, teams, organizations, and the world need great leadership more than ever and great leadership starts with self-leadership.

We trust you gained insight and energy from the session and this guide is intended to help you continue to press pause, lead yourself, and enhance your resilience.
A Guide to
Thriving in Chaos

Press Pause
Make an opportunity to simply pause the world for a moment

5 Core Practices
Make an opportunity to deepen your practice of resilient leadership

Win the Inner Game
Make an opportunity to shift your focus to the inner game of leadership
Battery Test:

If you were a smart phone, what would your current battery charge percentage be?

- What has it been, on average, over the last 30 days?
- What are your Energy Drainers (the people, things, and events that drain your battery the fastest)?
- What are your Charging Stations (the people, things, and events that charge your battery the best)?
1. **THRIVING** in the moments of my life, even those I experience as challenging or chaotic.

2. **LEADING MYSELF** to refresh, rejuvenate and recharge, so I have the energy to live and lead my life as my most effective self.

3. **BOUNGING BACK** from adversity and **SPRINGING FORWARD** to new levels of meaning, satisfaction and joy.
5 Core Practices

1. Be Here Now
2. Lead Your Be
3. Prioritize Self-Care
4. Anchor Your Core
5. Care & Connect

Insights & Actions:


Winning the Inner Game

Insights & Actions:

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30-Day Challenge

1. The inner state I will cultivate...
2. My inner health investments...
3. The inner circle I will connect with...

Insights & Actions:
Taking Action

My #1 Inner Game commitment to Thrive the next 30 days is...

The 2 Inner Circle connections I will make to connect and care are...

“My mission in life is not merely to survive but to

THRIVE

and to do so with some passion, some compassion, some humor, and some style.”

~Maya Angelou
Daily Focus Questions

What questions will I ask myself each day to help me stay focused and resilient?

Examples:

1. What am I grateful for today?
2. Who am I checking in on or connecting with today?
3. What fears, frustrations or expectations am I letting go of today?
4. How am I practicing self-care, moving my body, and getting outside today?
5. What am I contributing today?

Some of My Daily Questions:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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My Weekly Game Plan

What consistent daily/weekly activities and rituals lead to my highest well-being and effectiveness? Create a Weekly Game Plan that leads to you being your best.

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My Life Dashboard

Take a full look across all areas of your life as a source of energy and fulfillment.

- See and rate your current satisfaction in each dimension (1-10).
- Which is your highest?
- Which is your lowest?
- Which requires your immediate attention? Why?
ABCs of Leading in Crisis

Leading in crisis is not business as usual. Thriving leaders demonstrate these practices:

**A – Adjusting** – Deploying a network of interconnected teams to keep the organization nimble and able to sense and respond as the crisis evolves.

**B – Being** – Practicing strong leadership behaviors -- self-awareness, calm, and appropriate optimism -- to foster safety and confidence.

**C – Communicating** – Deploying frequent, regular, transparent messages to bring rhythm and information to the tribe. Prioritizing “care” messages in addition to information and direction.

**D – Decisioning** – Balancing data, gut, counsel, and speed to keep decisions flowing amid the urgency and lack of information that are hallmarks of leading in crisis.

**E – Empathizing** – Staying grounded in humanity – supporting people as they attend to their own basic needs and process the crisis in their lives. Sharing the crisis experience with them.
WHAT WE DO

We help clients harness the three forces of the OneTeam Performance Pyramid™ – leadership, teamwork, and culture – to deliver extraordinary results.

Today’s great organizations leverage these forces to drive performance and create great workplaces. Our focus and passion is transforming people, teams, and organizations into your most significant, sustainable competitive advantage.

OneTeam Leadership is a strategic consulting firm that believes leadership, teamwork and culture make the most significant impact on performance. We bring decades of executive and consulting experience to our work helping forward-thinking leaders engage their most powerful and durable competitive advantage – their people.

www.oneteamleadership.com