

# MY REALM

/ Resource 01

REMAPPING OUR REALM

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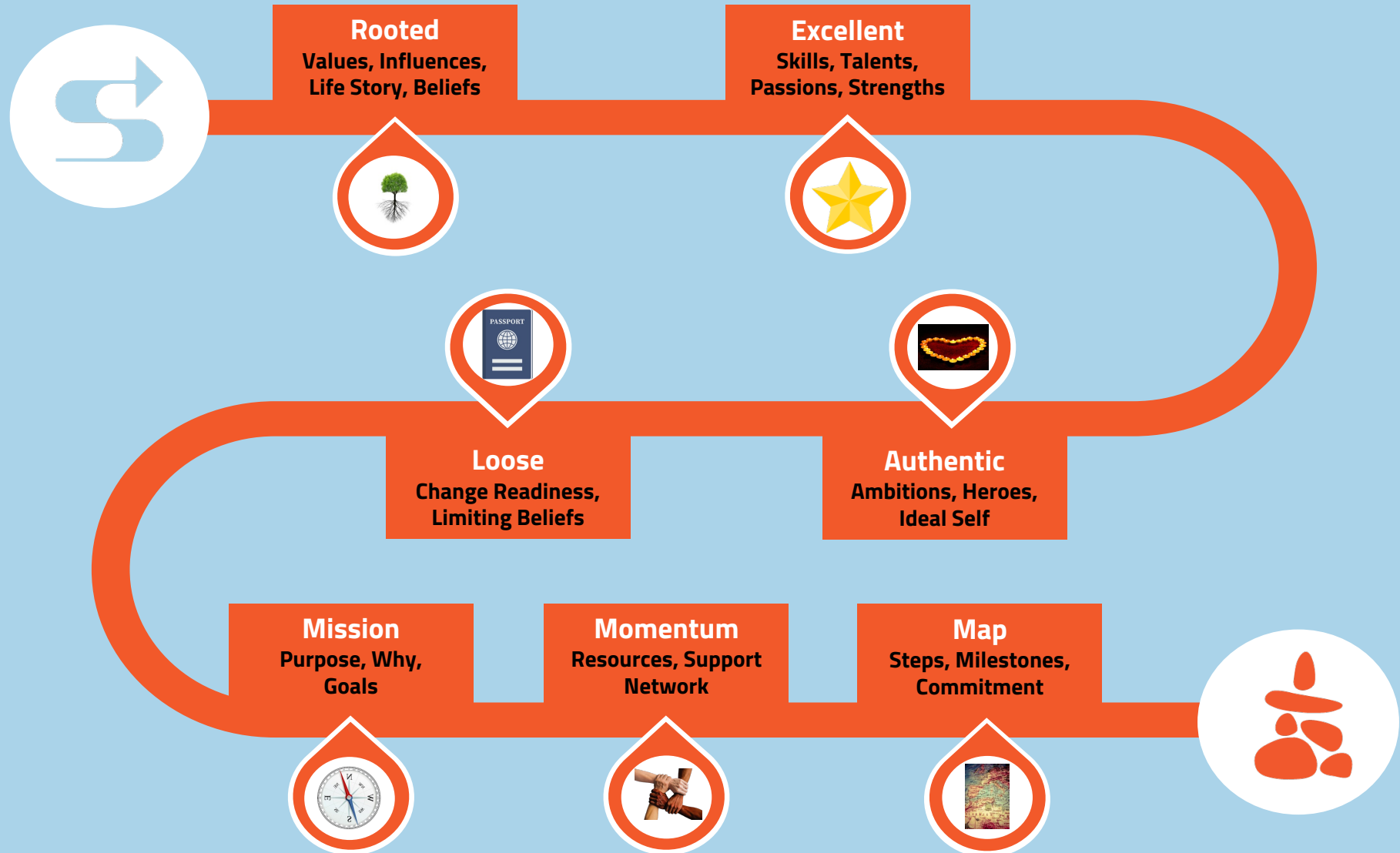


A few years ago, I realised there were some themes that were repeatedly showing up in my leadership coaching work: **self-awareness, self-leadership, and direction**. Covid and recent crises have only magnified this trend. Looking for a structure to underpin the work I do in these areas, I devised the **REALM** model.

The first part – **REAL** – talks to our understanding of ourselves, unblinkered and uncensored. I believe that if we don't have true clarity here, we will not have the foundation for success in our way forward.

The second part – the three statements of **M** – talks to this way forward. Call it what you will – your mission, your vision, your purpose, your ikigai, your worthy goal, your reason to get out of bed every morning or just off the sofa...

# REALM



# reflection questions

1. Which of the statements are you most curious about?
2. Which of the statements do you feel you have the most clarity about in your life?
3. And which do you have the least clarity about?
4. How true is it that we need to understand ourselves to be able to map a way forward?
5. How much do you think your past and present influence your future?
6. How aligned is your view of yourself with what other people say or think about you?
7. How full and purposeful a life do you think you are leading?

# MAPPING YOUR REALM \* REMAINING YOUR

# REALITY \* REMAPPING YOUR REALITY

REMAPPING YOUR REALM \* REMAPPING