

Hot Seat Member: Leslie

Session#: Session #2

**Request/Concern/Question:** Really lost where I'm at because there are so many questions and things going on. Want to get back on track. Experience guilt not using advanced degrees. Desire to narrow things down.

**Action Steps:** Make a list of things and map them out (what can be passed on)? Figure out who your people are and what your message is.

**"Self-quotes", key questions, misc. notes from KPF for continued reflection:**

- Questions you were asked that you may wish to continue to reflect upon:
  - Of the current hats you wear, which would you like to pass or take off?
  - What would it look like not to suck?
  - Who are your champions?
- Thoughts around ideal
  - Not too many priorities
  - Comfortable with others doing things
  - Delegate without worrying about past experiences
- I thought the analogy of the landing spot was an interesting one.
  - The idea of being clear about a goal and how "approximations" are still allowable for the ultimate declaration of success.
  - If you were to draw/list different tasks/responsibilities, how much of an approximation is allowable/tolerable to still achieve success?
- What is your goal as you look at some of your major tasks and concerns? Is it clear? Is it yours or someone else's? Is it something you feel you "ought" to have as a goal?
  - Even in those instances where it is a "forced choice" ...what is your goal within the goal? For example, having your mom move to NV. What if your ideal vision for that future?
- Aim to notice how quickly when a situation arises your "go to" response is to worry about the future and/or ruminate about the past.
  - What are the implications of these two inner dialogues you then have?