

Pivotal Reflections



open pivot

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Instead of a
millimeter of
progress in a million
directions, generate
tremendous
momentum toward
things that are
truly vital.

Greg McKeown



DAY ONE

Reflect on feedback you have heard in the past 30 days, if you have not received any please request from clients, team members and direct reports – what are the central themes related to your strengths? What are the themes regarding your areas for growth?

How would you evaluate your self-care? (1 – Low, 5 – High) What are some ways you could improve here or enhance what's currently working?

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When we are
no longer able
to change a
situation we
are challenged
to change
ourselves.

Victor Frankl



DAY TWO

Accountability, Conflict Resolution and Feedback are foundations of Leading Others – Which one are you strongest in and an area you want to improve upon? Why?

Consider your comfort zone – what are you most comfortable with at work?
Consider your growth zone – what stands out as areas you need to improve?

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Leaders need to
balance the scales
of ‘resume virtues’
(wealth, fame) and
‘eulogy virtues’
(kindness, bravery
& relationships).

Brooks



DAY THREE

How would you define leadership?

A leader sets the tone at work, what is the tone that you set? How is that working for you?

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Attention is
the rarest and
purest form of
generosity.

Simone Weil



DAY FOUR

What do you value? Where do your values come from in your story?

The pain from our stories generates our purpose. How has the pain of your story generated your purpose?

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Give your brain
space to think by
stepping away from
the daily grind and
doing nothing. Your
mind will have time
to stumble upon new
ideas and further
process old ones.

David Brooks



DAY FIVE

A leader must demonstrate both warmth and competence – where does this tension show up for you and how do you address it?

Create your own self-development plan – assess your strengths and growth areas and outline goals to improve.

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Most of our stress
comes from the
things we try to
take control over
with outcomes we
cannot directly
influence.

Failure of Nerve



DAY SIX

How well do you know your peers, your direct reports, and co-workers? List the people in those categories and outline the next right step you would like to take with each of them.

What is one thing you WOULD NOT change about yourself?

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When you don't
get enough
sleep your
brain thinks
you are being
threatened.

Shawn Achor



DAY SEVEN

How are you changing as a leader?

As you reflect on your learnings of the past 30 days, what stands out?

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Leadership is
an inside job.
When we forget
this we are
uninspiring.

Lance Secretan



DAY EIGHT

Who are you appreciative of in your professional and personal life?

If you could wave a magic wand and recreate your career what does it look like? Be specific on emotions, activities and outcomes.

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If you want to
be really good,
master and
thoroughly enjoy
one thing, you've
got to say no to
many others.

Daniel Pink



DAY NINE

Who are five people that you would like to meet in the next year? What would you ask them and why?

How would you describe your cause? Why is that important to you? How did this appear in your life?

“

The mature
leader possesses
a settled unity
of purpose. The
mature leader
has moved from
fragmentation to
centeredness.

David Brooks



DAY TEN

What is it that you want in the next 12 months?

What are the barriers to achieving what you want? Who are the key people you need to support you as you work to achieve your goals?

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The way managers
treat subordinates,
not the way they
organize them,
is the key to high
productivity and
high expectations.

Livingston



DAY ELEVEN

What is missing from your life? What is present?

Reflect on your resume virtues (accomplishments) and your eulogy virtues (character, integrity and what would be said during your funeral). How do they look? Anything out of balance?

“

When you are a leader, most things that go wrong are not directly your fault but they are always your responsibility. Own it. Make no excuses. Be genuine and personal.

The CEO Next Door



DAY TWELVE

What are you most grateful for in the last 30 days? Who would you like to show appreciation for and why?

What ideas are you considering and what's holding you back?

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Anyone can
hold the helm
when the sea is
calm.

Publilius Syrus



DAY THIRTEEN

Describe yourself at your best – what is the delta between you at your best and you at your worst? What challenges prevent you from being at your best?

How often do you say what you think others want you to say for fear of being wrong or rejected? Or how are you seeing progress in this area?

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A leader lives
out their
cause, not
someone else's
cause for them.

Chris Bittinger



DAY FOURTEEN

What has been one of the greatest challenges in your career? What did you learn about yourself?

Who is an influential role model/person in your life and why? Have you told them they play this role for you? (If not, you should!)



Chris Bittinger
President – Open Pivot
317.431.7182 | chris@theopenpivot.com
theopenpivot.com



open pivot

THANK YOU | CHRIS BITTINGER | PRESIDENT, OPEN PIVOT