

BECAUSE

Learning Journal Introduction

This learning journal is designed to accompany your reading and exploration of *Because*.

Within these pages, you will embark on a journey of self-discovery guided by questions on the reflections, insights, applications, challenges, and personal progress you have as you read the book. This journal is your tool to navigate the broader concepts and themes presented in the book, allowing you to delve into your own individual experiences and thoughts as you contemplate the intricacies of social leadership and its resonance in your life.

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Learning Journal **Chapter 1**

Date:

Reflection:

What impact do you believe you have on the people around you? How does this concept resonate with your experiences? Are there specific instances where you've observed your choices making a difference, whether positive or negative?

Insights:

What new insights or realizations have you gained from Chapter 1? How has your perspective shifted after reading about the concept of social leadership as a mindset? Have you thought about leadership beyond traditional roles or titles before?

Application:

How do you plan to apply the principles discussed in this chapter in your daily life? Can you outline specific actions you will take to shift from connectivity to connection in your interactions? How will you work on fostering learning agility and embracing context leadership?

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Learning Journal **Chapter 1**

Challenges:

As you consider implementing these principles, what challenges do you anticipate facing? How do you think the constant connectivity brought about by technology might hinder your efforts to create meaningful connections? How can you overcome the obstacle of shifting from content expertise to context leadership?

Progress:

Reflect on your journey since you started reading Chapter 1. Have you noticed any changes in your mindset regarding social leadership and its importance? How have you begun to approach your role in shaping connections and considering broader societal impacts?

Additional Notes:

Is there anything else you'd like to share about your thoughts on Chapter 1? Do you have any emotions or observations you'd like to record in connection with the content discussed in this chapter?

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Learning Journal **Chapter 2**

Date:

Reflection:

Can you recall instances in your life when you gained new perspectives through experiences that were potentially out of your comfort zone? How did these experiences impact your outlook and passions?

Insights:

After reading about and completing the exercises to find out your values, passions, and strengths, do you see these elements influencing your sense of purpose? Do you agree that living in alignment with these aspects can lead to a more meaningful and fulfilled life? How do you resonate with the idea that understanding your values can bring contentment and happiness?

Application:

Contemplate how often you will revisit your purpose statement and engage with the exercises provided. Will you set a regular schedule to remind yourself of your values, passions, and strengths? By actively engaging with these concepts, you can create a stronger sense of direction and intentionality in your life, enabling you to become a more impactful and purpose-driven social leader.

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Learning Journal **Chapter 2**

Challenges:

Reflect on any challenges you experienced in identifying your values, passions, and strengths. How might societal expectations, self-limiting beliefs, or external influences affect your ability to recognize these aspects of yourself? How can you overcome these challenges and stay true to yourself?

Progress:

Think about the progress you've made in your journey to discover your purpose since beginning to read Chapter 2. Have you started to notice patterns in your activities and interests that align with your values, passions, and strengths? How has this new awareness influenced your interactions and decisions?

Additional Notes:

Is there anything else you'd like to share about your thoughts on Chapter 2? Do you have any emotions or observations you'd like to record in connection with the content discussed in this chapter?

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Learning Journal Chapter 3

Date:

Reflection:

Reflect on a time when you encountered a leader who displayed authentic behavior. What aspects of their authenticity stood out to you, and how did it influence your perception of their leadership?

Insights:

What new insights did you gain from the chapter's discussion on the relationship between authenticity and courage in leadership? How have these insights shifted your understanding of effective leadership?

Application:

How do you plan to integrate the concept of "I don't know. What do you think?" into your leadership approach? In what situations do you envision using this approach to foster collaboration and openness?

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Learning Journal **Chapter 3**

Challenges:

Identify potential challenges you might face when encouraging healthy debate and embracing mistakes within your team. How can you address these challenges and create an environment where vulnerability is valued?

Progress:

Since starting to explore the ideas presented in this book, have you noticed any positive changes in how you interact with your team or colleagues? Reflect on any instances where you've applied the principles of courageous authenticity and the impact it had.

Additional Notes:

Share any other thoughts or emotions that have surfaced while reading and reflecting on Chapter 3. Is there a particular aspect of courageous authenticity that resonates with you strongly, or any personal experiences that relate to the concepts discussed?

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Learning Journal Chapter 4

Date:

Reflection:

When was the last time you tried something for the first time? Reflect on your experience and the feelings you had while doing so. How did approaching the new activity with a beginner's mindset impact your perception of the experience?

Insights:

What insights did you gain from the chapter's discussion on maintaining a beginner's mindset in leadership? How does the concept of continuous learning and open-mindedness resonate with your own leadership experiences?

Application:

How can you incorporate the practice of asking open-ended questions into your leadership style? Describe a situation where adopting a curious approach and seeking new perspectives could lead to more innovative solutions or improved teamwork.

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Learning Journal Chapter 4

Challenges:

Identify potential challenges in embracing a growth mindset and maintaining a beginner's perspective, especially in areas where you might have a fixed mindset. How can you overcome these challenges and encourage a culture of flexibility within your team or organization?

Progress:

Reflect on any recent situations where you displayed a growth mindset and openness to new ideas. How did this impact the outcome of the situation? Have you noticed any positive changes in your ability to embrace change and adapt to new challenges?

Additional Notes:

Share any other thoughts or emotions that arose while reading and reflecting on Chapter 4. How do you envision implementing the principles of a beginner's mindset in your personal and professional life?

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Learning Journal Chapter 5

Date:

Reflection:

Can you recall any personal experiences where you felt either included or excluded based on your uniqueness and identity? How did those experiences influence your perception of belonging?

Insights:

Did the discussion of biases, such as affinity bias and confirmation bias, provide you with a deeper understanding of their impact on decision-making and inclusivity? How have these insights shifted or expanded your perspective on the importance of diversity in fostering innovation?

Application:

Can you think of a situation where you might seek out someone with a different perspective from your own, similar to the “human book” concept mentioned in the chapter? How might this broaden your understanding?

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Learning Journal Chapter 5

Challenges:

As you consider implementing the principles of diversity and inclusion, what challenges or obstacles do you foresee encountering? How might your own biases or the biases of others pose challenges in this regard?

Progress:

Reflecting on your journey with this book, have you noticed any positive changes or shifts in your mindset when it comes to embracing diverse thinking and promoting inclusivity?

Additional Notes:

Are there any other thoughts, emotions, or observations you'd like to record regarding your experience with Chapter 5 and its concepts? Is there a specific aspect of the chapter that stood out to you or left a strong impression?

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Learning Journal Chapter 6

Date:

Reflection:

Reflect on the most effective team you have been a part of. What characteristics or factors contributed to its effectiveness? How did communication and transparency play a role in this team's success?

Insights:

Have you realized the importance of creating an environment where team members can freely share their thoughts, ideas, and concerns? How do you see this contributing to better teamwork and outcomes?

Application:

How do you plan to apply the principles of transparency and open communication in your interactions with your teams or colleagues? What specific actions will you take to encourage better conversations and collaboration?

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Learning Journal Chapter 6

Challenges:

As you consider implementing more transparent communication and fostering open conversations, what challenges might you encounter? How can you navigate potential resistance or reluctance from team members who are accustomed to traditional top-down communication?

Progress:

Since starting this book, have you seen any shifts in your mindset or behavior regarding transparency and open conversations? If so, how have these changes impacted your interactions within your professional sphere?

Additional Notes:

Are there any other thoughts, emotions, or observations you'd like to record regarding your insights from Chapter 6? Did any specific examples or concepts presented in the chapter resonate strongly with your own experiences?

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Learning Journal Chapter 7

Date:

Reflection:

Reflecting on this chapter, how often do you find it challenging to focus on one thing at a time due to distractions? How do you think being fully present can enhance your leadership skills?

Insights:

What insights have you gained about the interplay between urgency and importance through the Eisenhower Matrix? How can this tool help you prioritize your tasks more effectively?

Application:

As you identify your “big rocks,” how can you ensure they align with your long-term goals and purpose? What steps will you take to allocate more time to these important tasks?

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Learning Journal **Chapter 7**

Challenges:

What potential challenges do you anticipate in shifting from a reactive response to a more thoughtful and empowered approach? How can you use the Hourglass method to navigate these challenges?

Progress:

Since starting this journey, have you noticed any changes in your ability to stay present and prioritize tasks? How has your awareness of presence and accountability evolved?

Additional Notes:

Are there any other thoughts, emotions, or observations you'd like to record regarding your experience with Chapter 5 and its concepts? Is there a specific aspect of the chapter that stood out to you or left a strong impression?

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Learning Journal **Chapter 8**

Date:

Reflection:

As you reflect on the ideas presented in this chapter, how do they align with your current understanding of leadership and inspiring others? Can you identify any personal experiences where you've either led by example or been inspired by someone else's example?

Insights:

What new insights have you gained from the concepts discussed in this chapter, particularly regarding the different power stances and the impact of giving back? How have these insights reshaped your perception of leadership and its potential for positive influence?

Application:

Considering the principles discussed in this chapter, how do you plan to incorporate them into your leadership approach? What specific actions will you take to lead by example and inspire others through your words, deeds, and power stances?

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Learning Journal Chapter 8

Challenges:

Are there any challenges or obstacles you anticipate in implementing the principles of this chapter? How might your own tendencies or insecurities hinder your ability to lead from a position of giving or embrace the different power stances?

Progress:

Have you noticed any positive changes or shifts in your mindset when it comes to leadership and inspiring others? How have your perspectives evolved, and in what ways have you begun to incorporate the concepts from previous chapters into your actions?

Additional Notes:

Are there any additional thoughts, emotions, or observations that you would like to record regarding your understanding of leadership, the impact of leading by example, and the concept of giving back?

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Learning Journal **Chapter 9**

Date:

Reflection:

If you were to ask those around you to describe your leadership, what words do you think they would use? How does the concept of branding, as discussed in this chapter, relate to how you perceive your own leadership style and reputation?

Insights:

What new insights have you gained from the concept of leadership branding presented in this chapter? How does the analogy between personal branding and corporate branding resonate with you? How do you see the idea of consistently living and breathing your brand contributing to your leadership impact?

Application:

How do you plan to apply the principles of leadership branding in your own life and leadership journey? What specific actions can you take to develop a clear and authentic leadership brand? How do you envision this clarity shaping your interactions with others and the way you approach your role as a leader?

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Learning Journal Chapter 9

Challenges:

How might concerns about being perceived as too aspirational or expansive hinder your ability to define your brand? How could you overcome these challenges and ensure that your brand is both genuine and effective?

Progress:

Reflecting on your journey since you began exploring the concept of leadership in this book, have you noticed any shifts in the way you view your role as a leader? Have you seen any alignment between your personal values, passions, and strengths and the development of your leadership brand? How has your perspective evolved since the earlier chapters?

Additional Notes:

Are there any other thoughts, emotions, or observations you'd like to share about the idea of leadership branding and the impact it can have on your leadership journey?