



PRACTICES FOR BOOTING UP YOUR INNER GAME

Rise Leaders Radio Episode 12 - Bob Anderson: Boot Up Your Inner Game

The outer game boots up on a more mature inner game.
Bob Anderson

Becoming the most effective, conscious and integrated version of yourself requires that you both develop new skills *and* address the reactive, fear-based beliefs that act as a drag to your progress. As Bob says in the interview, ‘when I ‘unhook’ from this type of limiting belief it frees up energy so that I can achieve/be what I want.

Write and reflect

Increase your self-awareness and ability to shift to a more resourceful, Creative mindset through intentional reflection. Writing requires that you tune your awareness to the chatter and slow down the monkey mind. Making notes keeps your thoughts from having their way with you. You become more objective and less subject to your thoughts, moods and emotions. The intent is to empty your mind and broaden your perspective, not to solve problems.

- Write by hand. The kinesthetic practice is grounding and engages different regions of your brain, allowing for a broader range of thinking and feeling to be known.
- Include your rants, your assessments, your fears, anything you say to yourself in anger or fear. Jot down thoughts and feelings in imperfect, incomplete sentences. *Leave it all on the paper.*
- Try Automatic, or Stream of Consciousness Writing: Without lifting your pen, write every thought that comes to mind. Commit to writing for two minutes without stopping and expand past that if you’re on a roll.
- Try non-dominant handwriting. Writing with your non-dominant hand helps you access your subconscious, non-rational, non-linear mind. Often thoughts and words seem to come out of nowhere when writing with the non-dominant hand. One way to do this is to write questions with your dominant hand and answer with your non-dominant one. You may have to go back and make notes with your dominant hand when you’re done.

Questions that help shift from a Reactive to Creative mindset:

- What do I want? Keep expanding the time horizon and perspective. Look past the current, often blinding situation and into the future. Consider the relational aspect of what you want as well.
 - Example: I want to scale this business. I want a strong network of colleagues to represent and deliver this work. I want to me more strategic and visionary.
 - I want a strong relationship based on mutual respect with my colleague.
- What do I care about?
- How and what am I feeling?
- What old beliefs about my identity am I hooked in to? For example, the need or demand for respect, to be thought highly of.
- What kind of leader/person do I want to be?
 - Example: I want to be inclusive and collaborative. I want to help others be the best they can be.
- What strengths (results orientation, kindness, intellect) might I be over-using? For this one, reflect on what you pride yourself on, what you get/want positive feedback about, how you want to be known. These strengths, when overplayed, become liabilities.
 - Example: I want to be seen as kind so I hold back from being direct, giving feedback or setting boundaries.
- What's bigger, more important and more compelling than my fears?

Align Your Days With Your Purpose:

Bob shares this practical thought experiment concerning his purpose: Imagine you're on your deathbed and you feel complete – ready to go. Ask, "Who do I want to be and what do I want yet to contribute in order for that to be the case?"

Step 1: Connect to Your Purpose

Why am I here?

What am I on this earth to do?

Step 2: Define Your Vision

What do I need to achieve? What results support that purpose?

Who do I need to be – what type of person do I need to be to fulfill this?

Step 3: Describe Today's Reality

In terms of that Vision and Purpose, where am I now?

What story am I telling myself? What assumptions am I making?

Where do I need to take a stand? Speak up? Give someone feedback?

Step 4: Plan Your Actions

What objectives support those results?

What actions support those objectives?

How can I organize my day so that overall, each day is a step in that direction?

Because medicine is a retail enterprise, because doctors provide their service to one person after another, it can be a grind. You can lose your larger sense of purpose. But writing lets you step back and think through a problem. Even the angriest rant forces the writer to achieve a degree of thoughtfulness.

Atul Gawande, *Better: A Surgeon's Notes on Performance*

Know Your Reactive 'Tells' and Re-Center When You're Exhibiting Them

- Become an astute observer of your moods, emotions and sensations. What are the signs that you've been triggered? Here are some hints:
 - You're holding your breath.
 - Your heart is racing.
 - You feel tension in your shoulders, jaws, neck, glutes...name your favorite place to hold tension.
 - You've got a litany of negative assessments or stories ending with catastrophe running through your mind. Also notice your breath.
 - If you don't know how you respond under stress or when upset, ask someone close to you. They probably know.
- Take three full breaths deep into your belly.
- Feel your feet on the ground or seat in the chair. Allow gravity to bring your weight and center of gravity down.
- Spread your shoulders wide and soften your eyes.
- (Re) Engage with the situation from a more resourceful state.