



---

## Exercise: Envision Your Ideal Self

Imagine a staff meeting that includes all of the key individuals with whom you work: the workers you supervise, your supervisory/management colleagues, your boss(es). You are not at this meeting. Imagine that those attending are asked to write a biography describing you as a manager. Be as honest as you can, and write below what you believe they might say.

---

---

---

---

Now imagine that you could rewrite/edit this biography to read exactly as you would like it to. How would this revised version read?

---

---

---

---

Most of us will find some discrepancies between the realistic and ideal versions of the biographies. Think about the main differences. How could you make changes in these areas, and what specifically can you commit to doing differently? Be realistic.

---

---

---

---

I commit to actively pursuing the positive changes I have identified as valuable for enhancing my work approach. I will conduct the first stage of this process during the following period:

\_\_\_\_\_ (start date)  
\_\_\_\_\_ (end date)