



HABIT 5 – WE AWAKEN POTENTIAL. WE TRANSFORM MASTERFULLY.

Our Habits of Transformational Leadership build upon each other, creating the foundation of **OPTAVIA** Leadership. Habit 5 allows us to perfect our understanding and employment of the first three Habits as we take others through their own transformational journeys. When we are acting on our own potential, we are awakening others to do the same.

As Agents of Transformation[®], we come from a place of empathy, compassion, and curiosity to help others explore what matters to them most. We awaken people to the understanding that they, too, can transform their lives: every simple habit, every healthy decision, every positive change leads to more.

To understand this habit*, we'll ask you to take one of your Clients or Coaches through the exercise for Habit 1: We lead from the future. We act in the now. Ask them:

It is 1 year from today (fill in date: _____), what has to have happened for you to be happy and satisfied with your progress?

Who have I become?

What have I done?

What have I achieved?

* Habit exercises modeled from the work of Helen Urwin and Xanobia.



Ask them to create a single, powerful statement or draw a symbol or picture of their future to represent their vision to help crystallize it in their mind.

How vivid can you help them make the picture of their future?
How compelling is the future they've designed?

Once you've done that, ask them to reflect back on the present... what have they stopped doing, what have they started doing, and what are they continuing to do more of to become the person they already are in the future?

What are the actions that I have taken to get me to that future?

1. What have I stopped?

2. What have I started?

3. What have I continued more of?

From your vantage point as an **OPTAVIA** Leader, how did you find that exercise with your Client or Coach? What did you learn from the experience? What potential did you awaken? What was or will be masterful about the transformation?

A Transformational Leader will stimulate and inspire extraordinary outcomes and in the pursuit of that will develop their own leadership capabilities.

-Helen Urwin