



RiseSchool.™
with *Dr. Patricia Murugami*

DAY 2: FLY

WORKBOOK

DAY 2: FLY & GAIN COURAGE

Learn how to stay committed to your goals until you get the job done and achieve your dream life.

By *Dr. Patricia Murugami*

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RiseSchool.
with *Dr Patricia Murugami*



**Breakthrough[™]
Leadership
Transformation**
Rise • Lead • Elevate

MY PERSONAL COMMITMENT:

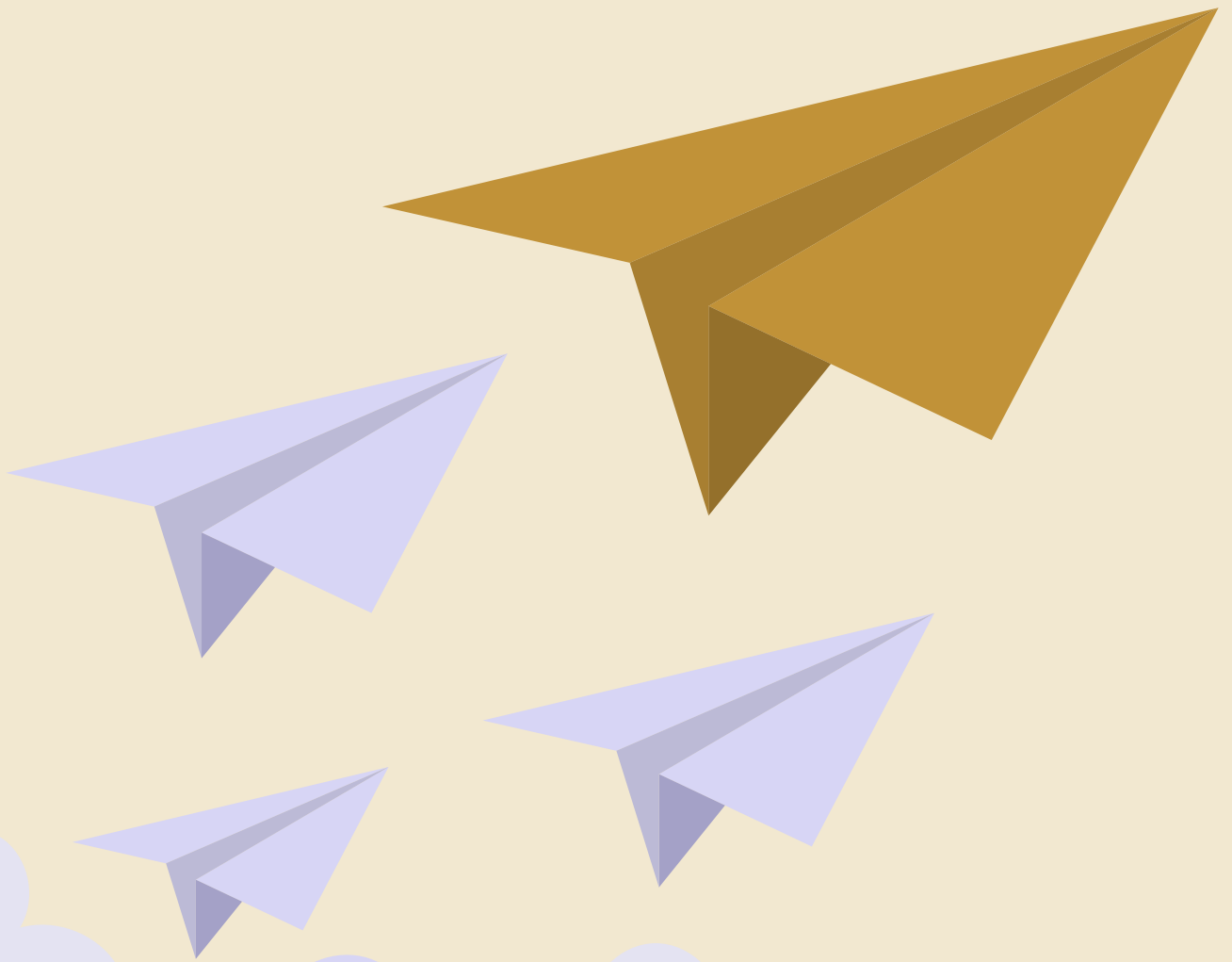
As I
continue with the Rise & Fly Leadership Bootcamp, I commit to learn, unlearn and
relearn authentic & transformational leadership. I also commit to completing this 2 day
Bootcamp and invest in my future growth.

Name:

Signed:

Date:

F.L.Y



F: First fill your cup of energy and focus

What do you feel you need more courage for in this year?

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What is your current energy level?

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Are you feeling depleted and if so, what is causing that?

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Are you feeling exhausted and if so, what is causing that?

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Are you feeling energized and if so, what is causing that?

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Are you distracted or focused and if so, what is causing that?

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What has caused the above experience?

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This year, what are you going to focus on in terms of the 5 areas of wellbeing and self leadership? Write your smart goals below- one goal per each area only.

1. Physical Goal

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2. Intellectual Goal

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3. Emotional Goal

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4. Spiritual Goal

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5. Financial Goal

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How will you ensure you meet and exceed these goals? Fill your cup of energy and focus first so as to serve many

L: Lead inside out

How do you focus on your personal and private goals and results?

How do you focus on your professional and public goals and results?

Which gets more focus? Your personal-private goals or professional-public goals?

What is strengthening your leadership character?

What is weakening your leadership character?

What do you intend to do differently this year to get different and better results

Y: Yourself – Your actions & example

How have you led yourself in the past?

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What are you carrying more off internally? Luggage or baggage (baggage is the analogy for past & current wounds and failures)?

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If you are carrying more baggage than luggage what has caused that?

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How do you intend to deal with the baggage of your past failures?

Who are you blaming for your slow progress in some areas of your life?

What actions shall you take to change yourself?

How can you change how you impact on others?

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What skills do you need to learn and apply?

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Who will you be accountable for to grow?

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Choose to F.L.Y in this year. Don't let yourself and others down.

Handwriting practice lines consisting of 25 horizontal dotted lines.

Commit to invest in yourself through our Rise Masterclass in Self Leadership.

Registration Deadline:
Apr 26th, 2023.

Orientation:
May 3rd, 2023.

RISE MASTERCLASS - Cohort #3



Africa's #1 Executive Self Leadership Program, with Dr Patricia Murugami

ARE YOU READY TO RISE & BECOME YOUR NEXT BEST SELF IN 2023?

Rise Masterclass in Self Leadership is a self-paced, 12-week leadership circle delivered virtually. The goal is to catalyze you to become *Your Next Best Self*. This program is for you if you're at a crossroad, in a career transition, or feel stuck in your personal, professional, leadership or business journey.

ENROLL INTO THE RISE MASTERCLASS PERSONAL LEADERSHIP PROGRAM TODAY.

Kshs
98,675/
\$858

Enroll Today & Learn How To:

- ✓ LIVE & lead using the 4-way manifestos and break through the prisons of your past.
- ✓ GAIN clarity of purpose, courage, confidence & the will to do what truly matters.
- ✓ RAISE your accountability & build a meaningful legacy.
- ✓ LEAD yourself intentionally & rise as you lift others.

RiseSchool.

with
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To Apply

Website: riseschool.academy

Email rise@bltgroup.co.ke

Contact: 0748116498/0703193334

Program begins on 3rd May 2023

Enroll for the Rise Master Class here:


<https://riseschool.academy/rise-masterclass/>


Daktari is expecting you in this class.

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