

RiseSchool.™
with Dr Patricia Murugami

DAY 1: RISE

WORKBOOK

DAY 1: RISE & GAIN CLARITY
Redefine your dream life &
career.

By Dr Patricia Murugami

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RiseSchool.
with *Dr Patricia Murugami*



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

MY PERSONAL COMMITMENT:

As I
commence 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:

R.I.S.E



What breakthrough are you looking for today in your career, in your life, in your leadership journey?

What does being able to RISE look like to you?

What are you currently tired of?

What pain have you had enough of?

Dotted lines for writing.

Are you ready to R.I.S.E?

Dotted lines for writing.

R: Re-invent

What are the habits that you need to drop that no longer serve you well?

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Do you have a re-invention mindset?

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What is your current attitude towards your challenges?

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What lessons have you learned from your current pain points?

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Where do you need more clarity to RISE?

What do I need to do to re-invent myself starting today?

I: Interrogate your barriers and biases

What are the limiting beliefs I currently have?

How is my current language and choice of words?

What am I doing now that must stop if I want to RISE?

When do I experience serious self doubt?

What biases do I have against myself?

Who are you still blaming for your inability to RISE?

Is it your emotions, temper, how you write, how you communicate, how you look at risk, you're very avast to ambiguity)

Who do you need to forgive?

S: Shed and Shine

What do I need to shed off?

Do I need to do a social audit? Why?

Who is influencing you?

What clarity do I need to gain?

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Think about your age today. How old are you?

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Think about your next decade birthday. How old will you be?

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Write down 5 things you must achieve and who you must become by that birthday:

Where am I today with respect to those 5 things?

How do I bridge the gap between who I currently am and who I want to become so as to shed my old skin of character and impact?

Do I have an owner's mindset or an employee mindset?

Did you believe you are the CEO of your career?

Act accordingly.

Shine light on your leadership growth.

E: Evaluate

When did you last evaluate your work and your character habits?

What are the results of your evaluation?

How do you work?

How much love do you put into your work?

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Do you seek feedback regularly from clients and your boss?

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How do you respond to that feedback?

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What are you doing differently to raise your bar of excellence?

BE INTENTIONAL. Start to R.I.S.E from today.

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