

AWARENESS PIVOT | AWARENESS CHALLENGE

ACTIVITY TITLE: 30 Day Awareness Challenge

OBJECTIVE: Develop the ability to incorporate reflection time into each day.

MATERIALS NEEDED:

- Use the lists of prompts and record your responses in a journal, notebook, or an online software program.

Activity Overview:

Pivoting from lens to mirror involves building the reflection muscle by setting aside time each day and asking questions that force us to reconcile our inner journey with how we show up to the outside world.

The following pages contain prompts to be used at the start and end of each day to gain insight into who you are, why you do what you do, and who you want to be.

"Practicing insight means we give ourselves permission to fall down, mess up, and brush ourselves off and try again... Insight comes from developing the habit of sitting with uncertainty, building inner strength to walk calmly, ... and leaning into the discomfort of conflict" (p. 48, The Four Pivots).

Activity Instructions:

For the next 30 days, set aside time in the morning and evening to reflect on the following questions. To gain the most from this activity, record your responses in a dedicated location like a notebook or online program so you can re-read your responses and progress during the 30-day challenge.

MORNING PROMPTS FOR LEADERS

- What are the questions I've been avoiding?
- Who do I trust to tell me the truth?
- When I hear the truth, what do I usually do with it?
- Why is it so hard to hear (identify a specific feedback/truth)?
- What have I learned about myself as a result of some of these questions?

EVENING PROMPTS FOR LEADERS

- Have any new questions come up since this morning or a previous day's reflection?
- Am I ready to ask people I trust to tell me the truth?
- When I hear the truth, how do I usually respond to it?
- What have I learned about myself due to some of these questions?

MORNING AND EVENING PROMPTS FOR PHILANTHROPISTS

- What are the questions I've been avoiding in my philanthropic work?
- Who do I trust to tell me the truth about the impact of my philanthropy?
- When I hear the truth about my philanthropic efforts, what do I usually do with it?
- Why is hearing certain feedback about my philanthropic initiatives so hard?
- What have I learned about myself as a philanthropist due to these reflections?

Prompts to Use in Team Settings:

The leader can use these prompts to get feedback from team members or used by team members to reflect on their actions and impact.

ANY TEAM

- What is something about my leadership that I don't see?
- What are the basic assumptions about the work we're doing?

PHILANTHROPY-CENTERED TEAM

- What is something about my approach to philanthropy that I don't see?
- What are the basic assumptions about the causes I support and how I support them?

Organizational Prompts:

Develop an anonymous tool for staff, stakeholders, partners, or a board to provide regular feedback.

- What is something people see in my leadership that I am unaware of?
- What are our assumptions about our organizational practices and their impact?
- What are our assumptions about our organizational practices and their impact on the communities we serve?