

TRUE NORTH

By Bill George with Peter Sims

Chapter Three Exercise: Your Greatest Crucible

After reading Chapter Three, think back over your life and recall the experience that involved the greatest pressure, stress, or adversity.

1. Write freely about your greatest crucible and describe it in the following ways:

How did you feel at the time?

What resources did you call upon?

How did you resolve the issues, if you have?

How did it shape you and your views about the world?

2. Describe any relationships, such as those with mentors, that had a transformative effect on you and your leadership. What did you learn from that relationship and how did it shape who you are?

3. Describe any other experiences that triggered significant leadership development.

In looking back on these experiences, what did you learn from them?

In what ways have they helped you to grow?

- 4. How can you use these experiences to reframe your life story and to understand yourself and your life more fully? Are there ways in which these experiences are holding you back today?**

- 5. Transformation from “I” to “We.”**

Are you on “the hero’s journey”? Do you ever see yourself as the hero of your own journey?

Have you made the transformation from “I” to “We”? If so, what triggered this transformation for you?

If you have not yet made this transformation, what would have to happen in your life and leadership for a transformation like this to occur?