

Being Boss

By Agnes Branny

The bottom right corner of the cover features a series of white, overlapping, curved lines that resemble a stylized plant or a decorative flourish. The lines are thin and elegant, creating a sense of movement and organic form against the solid blue background.

Being Boss

Chances are that you've had a range of bosses in your life. From parents to teachers, from managers to activity leaders, from spiritual guides to health instructors.

This exercise invites you to explore what boss are you to yourself and what boss would you like to be going forward.

*The **worst** boss to me is someone who...*

*The **best** boss to me is someone who...*

*What kind of boss are you to **yourself** right now ?*

*If you were a **better** boss to yourself, what would you do differently?*

*What **impact** would being a better boss have on you & your life?*

Reflection

Thank you for showing up today and taking the time to explore what boss are you to yourself.

There is so much we can generate by changing how we relate to ourselves. Imagine how your life could be different if you fired the notoriously harsh and mean sergeant and instead hired a more supportive, committed boss who has your back and is always there for you.

Please take a moment to write down your reflections, questions, observations and actions points from this exercise.

