

Being Aware of Your Thinking

At any moment of the day, we are either **Above** or **Below The Line**. Our location profoundly impacts how we show up, the impact we have on others, and the results we get. It's critical to recognize the signs and signals that we're headed (or already) Below the Line (BTL) and then have practices in place to prevent or remedy our BTL self. It's HUMAN to go BTL; and people who show up as effective leaders in their lives are self-aware and tend to it when they're BTL.



ABOVE THE LINE

Proactive thinking and behaviors

BELOW THE LINE

Reactive thinking and behaviors

