



(from Chapter 9: *The Mentally Strong Leader*)

Fig. 9.1 The MAP (Mental Action Plan)

Overall Habits to Build	Supporting Habits/ Habit-Building Tools		Specific Action(s) I'll Take
The Fortitude Habit:	Habit #1: Reframe Setbacks Habit #2: Mind the Grind Habit #3: Solve Problems with Discipline Habit #4: Perform under Pressure Habit #5: Shine, Don't Shrink, in Crisis Habit #6: Preplan Reaction to Adversity Habit #7: Vanquish Victim Mentality Habit #8: Foster Healthy Debate Habit #9: Bravely Conduct Difficult Cnversns.	Tool #1: <i>The Lenses of Resilience</i> Tool #2: <i>Grindfulness</i> Tool #3: <i>The Problem-Solving Eye</i> Tool #4: <i>The Diamond Directive</i> Tool #5: <i>The CALM Credo</i> Tool #6: <i>The Adversity Manifesto</i> Tool #7: <i>Victim to Victor Strategies</i> Tool #8: <i>The Healthy Debate Hub</i> Tool #9: <i>Difficult Cnverstm. Consideration</i>	
The Confidence Habit:	Habit #1: Handle Criticism Effectively Habit #2: Monitor Yr. Relationship w/ Doubt Habit #3: Monitor Relationship w/ Yourself Habit #4: Practice Two Types of Optimism Habit #5: Be Learning Agile Habit #6: Engage in Deliberate Practice Habit #7: Exude Executive Presence	Tool #1: <i>The Criticism Critical Path</i> Tool #2: <i>The Doubt Continuum</i> Tool #3: <i>The Self-Acceptance Scale</i> Tool #4: <i>Direct and Dormant Optimism</i> Tool #5: <i>The Figure-It-Out Figure Eight</i> Tool #6: <i>The Deliberate Drill</i> Tool #7: <i>The Integrated Aura model</i>	
The Boldness Habit:	Habit #1: Think Big Habit #2: Change the Group Narrative Habit #3: Foster a Risk-Taking Spirit Habit #4: Inspire the Right Change Choice Habit #5: Lead Change with Conviction	Tool #1: <i>The Think Big Blueprint</i> Tool #2: <i>Flip the COIN exercise</i> Tool #3: <i>Right Signals/Wrong Impulses</i> Tool #4: <i>The TO and FOR Behavior Brief</i> Tool #5: <i>The Vision Building-Building</i>	
The Messaging Habit:	Habit #1: Nav. Neg. Emotions in the Moment Habit #2: Avoid Losing Your Temper Habit #3: Avoid Demotivating Language Habit #4: Avoid Ninja Negativity Traps Habit #5: Choose to Stay Positive	Tool #1: <i>The Redirect Rhythm</i> Tool #2: <i>The PALMS Up exercise</i> Tool #3: <i>Eight to Eliminate</i> Tool #4: <i>The Catch and Release exercise</i> Tool #5: <i>The Plus Sign</i>	

	<p>Habit #6: Be an Active Listener Habit #7: Be Transparent Habit #8: Set a Balanced Tone Habit #9: Exhibit Unswerving Integrity Habit #10: Use Your Values as Your Lighthts.</p>	<p>Tool #6: <i>The Peak Listening model</i> Tool #7: <i>The Window of Transparency</i> Tool #8: <i>The Motivating Match exercise</i> Tool #9: <i>The Integrity Audit</i> Tool #10: <i>The Values Vault</i></p>	
The Decision-Making Habit:	<p>Habit #1: Avoid Decision-Making Biases Habit #2: Stop Bad Habits -> Ld. to Bad Decs. Habit #3: Clrfy. Who/What/How of dec. mkg. Habit #4: Hold Disciplnd. Dcsn.-Mkng. Mtgs. Habit #5: Know When to Decd., When Not To Habit #6: Collect Data Wisely/Analyze Crtcly. Habit #7: Explore a Better Third Option Habit #8: Maximize Decision Confidence Habit #9: Elevate Your Predictive Ability Habit #10: Default to Being Decisive</p>	<p>Tool #1: <i>The Bias Buster</i> Tool #2: <i>Bad Habit Inventory</i> Tool #3: <i>Who/What/How Q's of Dec. Mkg.</i> Tool #4: <i>The Decision Meeting Dictates</i> Tool #5: <i>The Decision Timing Table</i> Tool #6: <i>The Collect and Respect Credo</i> Tool #7: <i>Explore If a Better 3rd Optn. Exists</i> Tool #8: <i>The Decision Confidence Test</i> Tool #9: <i>Elevate Your Predictive Ability</i> Tool #10: <i>The Cornering Indecision visual</i></p>	
The Goal-Focus Habit:	<p>Habit #1: Set Intrinsically Motivating Goals Habit #2: Visualize the Work It Will Take Habit #3: Set Expectations - Thoroughly Habit #4: Control the Controllables Habit #5: Avoid Distractions with Intention Habit #6: Ask for Accountability Appntmnts. Habit #7: Leverage the Power of Small Wins Habit #8: Stop Procrastination Habit #9: End Perfectionism Habit #10: Sharpen Your Focusing Skills Habit #11: Adjust Goals as Needed</p>	<p>Tool #1: <i>The Cascading Goal System</i> Tool #2: <i>Goal Realization & Action Board</i> Tool #3: <i>The Expectation-Setting Spectrum</i> Tool #4: <i>The Control Check</i> Tool #5: <i>If/Then Inventory</i> Tool #6: <i>The Accountability Asks</i> Tool #7: <i>Circle of Perpetual Progress</i> Tool #8: <i>The Path Through Procrastination</i> Tool #9: <i>The Perfectionism Pyramid</i> Tool #10: <i>The Mental Spotlight</i> Tool #11: <i>Funnel v. Tunnel Vision Frmwrk.</i></p>	
Bonus Area	Bonus Habit: Ask for Help	Bonus Tool: <i>The Helping HANDS</i>	