

# INTEGRATED LEARNING WORKSHEET

REMARKABLE LEADERSHIP  
LESSONS

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# Introduction

The first chapter in my book is called “How I Came to Recognize Remarkable”. It was one of the first lessons I had to learn on my journey to helping others be remarkable leaders, remarkable performers, and have a life filled with achievements they are proud to own.

You see, nothing is more powerful than your expectations. Expectations of yourself and others determine what options and choices you have within reach. Once you have set your expectations, nothing and no one will be able to deter you. You know that turning back is not going to get you to the goal, so even if it’s uncomfortable or simply unfamiliar, you keep moving forward. You will find a way.

As you listen to these podcasts, don’t think about what it would take to act on what you’ve learned. Start with reflecting on the question, “Is achieving that goal, overcoming this obstacle, accomplishing this vision really worth me changing my behavior?”

Yep, that’s the question. Put it another way, “Are you willing to believe taking a few steps consistently over time will achieve what you want?”

If the answer is yes. Yes, I’m going to keep going, through the ups and downs that come when we go through change. Yes, I’m going to find people who will support me with great advice, support, and hand as you face the challenges inherently associated with change... then you’re ready.



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# Notes

Write down 3 comments that were memorable or noteworthy.

| Podcast   | Memorable quotes or thoughts |
|---|------------------------------|
| Denise Cooper: How Do I Discuss What I Actually Need With My Boss?        |                              |
| Pamela Brooks-Richards: Is How You Think Causing More Workplace Conflict? |                              |
| Laura Fredricks: Mastering the Ask Revisted                               |                              |

# Questions for Reflection

1. What is my reaction to these nine powerful perspectives?

2. Which perspective(s) would inspire me to take a chance? Why?

3. What are some other reasons I avoid taking a chance?

4. As a result of listening to these podcasts, what's one thing you can do to move closer to your goals?

5. So, what have you been wanting to take a chance on? Think of a desire or dream you have not pursued because of what you'll lose if it doesn't work out:

6. In the first column below, list what you think you will lose if you take this chance and it doesn't work out. Write down every possible negative outcome you can imagine.

# Notes

Write down 3 comments that were memorable or noteworthy.

| What do I stand to lose? | What do I stand to gain? |
|--------------------------|--------------------------|
|                          |                          |

**"We are all leaders. Skilled leaders teach with intention; everyone else leads by accident." -Denise Cooper**

# Questions for Reflection

7. Next, take each of the items you have just identified as a possible loss and in the second column flip them around into possible positive rewards. Write down every possible positive outcome you can imagine.

8. When finished, look over the costs and rewards you have identified. In which direction does the scale tip? If the possible losses still outweigh the possible rewards, consider revising your dream or desire so that the scale tips in the other direction.

9. As a final thought, consider the consequences of not taking this chance on yourself and your dream. What do you stand to lose then, and are you willing to live with that.

# In conclusion

Sometimes you have to pause and let it all sink in before you start. Sometimes, it's helpful to talk it out with someone who isn't as close to it as you are right now. After you've completed this thought-provoking exercise, put it aside for three days. Three is important. In that timeframe, you'll think about what you learned but more importantly think you'll think about what it means not to change.



When the three days are over and you re-read what you wrote, pat yourself on the back. You've accomplished your first step towards integrating what you've learned. Career management has changed. Today, it means we are more responsible and accountable for our decisions, influencing others, connecting and speaking our dreams, desires and destiny into reality. Need an ear, a supportive word or a guide on your journey. Contact me. I'm here to help you live a remarkable life.



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