

How to Cultivate Highly Conscious Leadership

1. Consistently immerse yourself in complex environments (interpersonal, work, educational)
2. Consciously engage in life's problems (e.g., inquiry, deep dialogue)
3. Become increasingly aware of and consistently explore your inner states
4. Consistently engage in (over a long period) practices that enhance inner awareness (i.e., meditation)
5. Hold a strong desire and commitment to grow
6. Be open and willing to construct a new frame of reference when difficulties arise
7. Cultivate a personality which is open and agreeable (interpersonally warm)
8. Immerse yourself in peak experiences and altered states
9. Use a map of psychological development to better understand the trajectory of your growth (e.g. integral theory; take an assessment to identify your current action logic)
10. Consistently engage in dialogue and interaction with others committed to self-development
11. Regularly self-reflect in a structured way (e.g., using the specific technique of action inquiry)
12. Engage in a transformative practice in which you develop your body, mind, and spirit, and work to clean up psychological shadow issues
13. Engage in cross-cultural experiences
14. Cultivate a open-minded personality that seeks novelty, is experimental, questions the status quo, and explores the unconventional