

Human Systems Individual Mindful Leadership Model

Self Worth is the core of **Individual Mindful Leadership (IML)**. A strong sense of **Self Worth** makes possible the effective practice of each of the other elements of IML. To change and grow as leaders, we must believe that we are worth the resources needed to fuel our growth.

Self Care provides the energy and resources that help us sustain our **Self Worth**. When we practice effective **Self Care**, we can identify our needs and set the priorities and boundaries that get our needs met. Ideally, we meet our own needs before we address other's wants.

Mindfulness, the practice of being aware of ourselves and the environment in the present moment, is the responsive, purposeful, and adaptive interface between us and our environment. **Mindfulness** helps us filter our thoughts and stimuli from our environment so we can release whatever is not important. **Mindfulness** also creates awareness around our needs so we can be more effective with **Self Care**.

Our **Principles** create a dynamic, interactive boundary with the world. Having specific **Principles** (see [HS Operating Principles](#) for example) to which we refer when we are uncomfortable and/or not sure of what to do next keeps our behavior consistent and ensures that we are on the best path. As we actively apply our **Principles** to various situations, we receive feedback from our environment, which informs our growth. Our **Principles** will remain fairly stable, but how we apply them will change as we grow and learn.

When we are practicing all the elements of **Individual Mindful Leadership (IML)**, we will have the capacity to actively seek **Growth**. **Self Worth** provides the motivation, **Self Care** provides the energy, **Mindfulness** provides the knowledge and awareness, and our **Principles** provide the direction.

