

LEADERSHIP DISEASE CHECKLIST B5. HARMONOPATHY

SYMPTOMS - Signs & Causes

Are you experiencing any of these now or in the past? Which apply to you?

- You see yourself as a leader in everything you do.
- Your leadership and personal roles are intertwined.
- Nearly all of your friends are affiliated with you through your leadership.
- All of your social media postings involve your leadership roles.
- You think about events in terms of "I should be there."
- Your children have forgotten what you look like.
- Periodically, you feel as though your priorities are in the wrong place.
- You think you used to clearly know what was important in your life, but now you are not sure.
- When you attend something for entertainment, your focus is usually on what you have to accomplish for work.
- Fairly often, people who are close to you challenge your priorities.
- You view relationships as a means to an end.
- You approach your relatives as prospects for whatever you are currently trying to promote.
- Your spouse/partner complains you are never available for anything outside of your leadership obligations.
- It feels like your life is out of control and out of balance.
- You think leadership is all about being in the #1 seat.
- You panic or are embarrassed when you realize you have forgotten your business cards.
- You feel like your leadership is the most important aspect of your life.
- Leadership events take precedence over family and friend events.
- You now or in the past have had a case of NOREFLECTHABITIS (p. 66).
- Someone you value has told you firmly that "Your priorities are really messed up."
- A catastrophic event occurred in your life, and it has made you rethink what is truly important to you.
- Attending events does not have the same enjoyment as they used to.
- People know they can count on you to show up to anything and everything.
- You are always dressed to impress or be seen as a professional and not there to play.
- You are usually focused on how to get to the next level of leadership.
- You realize you are doing things which violate your personal values.

HARMONOPATHY - SYMPTOMS: Total Score: