



THE CENTER FOR HUMAN SYSTEMS

Learning to Make a Difference in the World of People and Organizations

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LEADER AND SELF-MASTERY PROGRAM: CONSCIOUS USE OF SELF COURSE

MODULE TWO, STOP WASTING YOUR TIME & ENERGY EXERCISE

(THE VIDEO MAY USE SLIGHTLY DIFFERENT LANGUAGE AND NUMBER OF STEPS)

1. Identify a current or most recent situation where you were fully engaged in the energy sponge that you tend to use the most.
2. Thinking back to your experience of being at your very best could if in that same situation you were at your very best.