

A professional is one who (1) performs according to recognized standards of practice – *field*, (2) provides defined value to others - *value*, (3) knows when and how to execute and when to seek assistance - *skill*, (4) recognizes value of and need for ongoing growth and development - *self*, and (5) holds caring interest in their field of practice and community of fellow practitioners leading to meaningful engagement and investment - *others*.

Reading schedule:

Reading	Day	Date	Pages
1	Tuesday	7-Sep-21	Preface
2	Wednesday	8-Sep-21	137
3	Thursday	9-Sep-21	1-6
4	Friday	10-Sep-21	7-12
5	Saturday	11-Sep-21	12-16
6	Sunday	12-Sep-21	16-21
7	Monday	13-Sep-21	23-27
8	Tuesday	14-Sep-21	27-30
9	Wednesday	15-Sep-21	31-38
10	Thursday	16-Sep-21	38-42
11	Friday	17-Sep-21	42-47
12	Saturday	18-Sep-21	49-54
13	Sunday	19-Sep-21	55-62
14	Monday	20-Sep-21	63-37
15	Tuesday	21-Sep-21	67-72
16	Wednesday	22-Sep-21	72-75
17	Thursday	23-Sep-21	77-81
18	Friday	24-Sep-21	81-85
19	Saturday	25-Sep-21	87-91
20	Sunday	26-Sep-21	93-97
21	Monday	27-Sep-21	99-104
22	Tuesday	28-Sep-21	105-110
23	Wednesday	29-Sep-21	111-116
24	Thursday	30-Sep-21	117-120
25	Friday	1-Oct-21	120-124
26	Saturday	2-Oct-21	125-126
27	Sunday	3-Oct-21	127-130

Inflection Points:

1. Why this book?

- Foundations for self-management
- Qualified author
- Creates connections with others
- Supports relationships among work groups/teams

2. Major takeaways:

- You are “enough.”
- Process with others
- Reset your mindset

3. Organization:

- Character development
- Priorities & distractors
- Guideposts

4. Other emotions/beliefs related to shame:

- Awkward
- Excluded/outsider
- Unprepared
- “Naked” - exposed
- Naïve
- “Wanting” - lacking

Recommended Development Pathway:

Follow the reading schedule noting relevant concepts. Meet with a friend or colleague 1x or 2x weekly to discuss and request/provide feedback. Create short-term goal and action plan to change an attitude or initiate a new behavior. Schedule in advance a “recovery day” or two to catch up on any missed reading or reflection time to meet your goal. Schedule a final session/coffee/lunch to share what you learned and what changes you have made with a trusted friend or colleague.

Questions:

1. Given your current role, are you a professional? Why or why not?
2. Describe situations in which you are most/least confident. Are there situational patterns associated with your different levels of confidence?
3. What has been your emotional reaction to the reading? What surprised you, challenged you, or caused you to question prior beliefs or conceptions about confidence and imperfections?
4. Can you “give” confidence to other people? How can you build a community or culture of confidence in your organization?
5. What resources, practices, or preparations can give you confidence when attempting things outside your comfort zone?