Meditations

MEDITATION ON FOLLOWERSHIP DAY 1

“I am a steward of this group and share responsibility for its success.”

MEDITATION ON FOLLOWERSHIP DAY 2

“I am responsible for adhering to the highest values I can envision.”

MEDITATION ON FOLLOWERSHIP DAY 3

“I am responsible for my successes and failures and for continuing to learn from them.”

MEDITATION ON FOLLOWERSHIP DAY 4

“I am responsible for the attractive and unattractive parts of who I am.”

MEDITATION ON FOLLOWERSHIP DAY 5

“I can empathize with others who are also imperfect.”

MEDITATION ON FOLLOWERSHIP DAY 6

“As an adult, I can relate on a peer basis to other adults who are the group’s formal leaders.”

MEDITATION ON FOLLOWERSHIP DAY 7

“I can support leaders and counsel them, and receive support and counsel from them.”

MEDITATION ON FOLLOWERSHIP DAY 8

“Our common purpose is our best guide.”

MEDITATION ON FOLLOWERSHIP DAY 9

“I have the power to help leaders use their power wisely and effectively.”
FOR ME, BECOMING A COURAGEOUS FOLLOWER, like becoming a good human being, is both a daily and a lifelong task. Visualizing a desired state helps to realize it. I share this meditation as one visualization of the state I aspire to. You may want to refer to it from time to time.

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