

# TRANSITION INTO A DEEPER JOURNEY - RESOURCES

## GENERAL LEADERSHIP RESOURCES

Title	Author	Publisher	Year	Link
The Fifth Discipline	Peter Senge	Currency	1990,2006	<a href="#">Link</a>
The focused leader	Daniel Goleman	Harvard Business Review	2013	<a href="#">Link</a> (video) <a href="#">Link</a> (article)
Lead at your Best	Joanna Barsh and Johanne Lavoie	McKinsey Global Institute	2014	<a href="#">Link</a>

## IGNATIAN RESOURCES

Title	Author	Publisher	Year	Link
The affective dimension of discerning and deciding	Franz Meures	Review of Ignatian Spirituality - XXXIX, 1/2008	2008	<a href="#">Link</a>
Saint Ignatius of Loyola Personal Writings	J.A. Munitiz & P. Endean	Penguin Classics	2004	<a href="#">Link</a>

## QUOTES

- “What progress, you ask, have I made? I have begun to be a friend to myself.” - Hecato
- “If “Mental models are deeply held internal images of how the world works, images that limit us to familiar ways of thinking and acting. Very often, we are not consciously aware of our mental models or the effects they have on our behavior”. - Peter M. Senge
- “Although people do not always behave congruently with their espoused theories (what they say), they do behave congruently with their theories-in-use (their mental models).” - Chris Argyris
- “Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.” Carl Jung
- “The curious paradox is that when I accept myself just as I am, then I can change.” — Carl R. Rogers
- "If you want to make minor, incremental changes and improvement, work on practices, behavior or attitude. But if you want to make significant, quantum improvement, work on paradigms... perception, assumption, theory, frame of reference or lens through which you view the world."- Stephen Covey