

# Pondering Point

“Walk the Talk.” It may sound familiar, what does it really mean? By definition this phrase implies that our actions illustrate and align to what we are saying. Leaders set the tone and create the work environment. They do so by their actions and how they choose to positively empower those that look to them for guidance.

If we as leaders are not getting the results we desire, we may ask ourselves what our “Walk” and “Talk” is. What messages are we putting out there? Nothing stands in the way of progress like mixed or unclear messages. If we are responsible for setting up the environment for success, how can we be sure we are doing it right? How do we know that we are empowering people in a positive way? If we can keep what we do in alignment to what we say and consistently check-in to ensure that it is all on the path to fulfilling our objectives and goals, then we can celebrate that we have created the environment for success!

## Do you WALK your TALK?

*If so, is it helping or hindering your success as a leader?*



**Imagine... an inspirational leader that talks the goals, walks the objectives and inspires others to succeed.**

### — From Pondering to Practice —

#### **Self Reflection Activity**

Understand the phrase “Walk the Talk” by breaking it down to what it means to YOU.

- What is your “Talk?”  
*(What are the values or purpose that you speak about?)*
- What is your “Walk?”  
*(Your regular actions that back what you’re saying?)*
- Is your walk and talk aligned?
- Is it creating the environment that you want it to?
  - If so, is this environment helping to facilitate your goals?
  - If not, what can you do to change that?

#### **Activity**

Our leadership abilities are defined by the environment we create and the means by which we continue to reinforce that environment. Are you really aware of the environment that you are creating?

#### **Try This -**

- Survey a person you feel comfortable with on how they perceive your “walk.”
- Ask about how he or she perceives your “talk.”
- Share what you are trying to accomplish.
- Now that they know this information, do they feel you are “walking your talk?” How?
- How does this new knowledge reinforce or change things?

**“Example has more followers than reason.” - Christian Bovee**