

PEPPER TIME 5: DISCOVER YOUR QUALITIES

Timing: 15 minutes (do it once now, then 5-minute weekly refresh).

What you’ll need: A timer, a pen, and your journal.

What it’s about: Spotting your natural “default drivers” so you can lead with more balance—drawing on both feminine (receptive, relational) and masculine (directive, structuring) qualities—instead of running on autopilot.

How to do it:

- Ground yourself. Sit tall with one hand on your belly. Breathe in for 4 counts and out for 6 counts, five times. Let the noise settle and give your gut a say.
- Score each quality. For every quality below, rate how strongly it shows up in your current behavior (not how you wish it did) on a scale of 0–100.

Feminine Qualities	Masculine Qualities
Intuition	Discipline
Resilience	Responsibility
Inclusion	Action Orientation
Creativity	Courage
Empathy	Focus
Awareness	Strength
Passion	Linear Thinking
Communication	Assertiveness
Compassion	

- Sort into three buckets:
 - Core Drivers (70-90): Your go-to strengths
 - Overused (90-100): Core drivers turned up so high they create friction (e.g., Focus → tunnel vision; Assertiveness → steamrolling). Mark these with a star.
 - Dormant / Untapped (0-35): Capacities you're underusing but could develop.

What to expect: You'll see which qualities drive your behavior, where you lean too heavily, and which untapped traits could bring more balance to your leadership.
