

# STRONG GROUND

A *dare to lead* BOOK

## Grounded Confidence

### OUR CORE:

Self-Awareness • Metacognition • Emotional Awareness + Regulation •  
Mindfulness • Systems Thinking

### OUR STRENGTH:

Vulnerability • Courage • Trust • Compassion + Empathy • Connection •  
Humility • Deep Curiosity • Mastery • Discipline • Power • Accountability  
• Adaptability • Lock-In and Lock-Through Power

### OUR AWARENESS:

Situational Awareness • Temporal Awareness • Visualization + Mental  
Rehearsal • Multicultural Awareness

### OUR THINKING:

Anticipatory Thinking • Strategic Thinking • Critical Thinking •  
Paradoxical Thinking • Intuitive Thinking + Pattern Recognition  
• Creative and Design Thinking • Symphonic Thinking

### OUR COMMUNICATION:

LEGO+DUPLO • Emotionally Resonant Language • Chekhov's Gun •  
Aesthetic Force • Communicate All of the Changes • Invisible Armies and  
Bullshit Disclaimers • Metaphors, Analogies, and Stories

Brené Brown, *Strong Ground* (2025)

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