

BOY · BEAST · KING Leadership, Authority, and the Next Chapter

This exercise is designed to help you notice which internal energy is leading your life and leadership right now. None of these energies are wrong. Each has helped you succeed. The work is understanding which one is driving, which one is overused, and which one is being asked to lead in this season.

Pre-Read: Complete this privately. Bring your notes to the retreat.

The Three Energies

Healthy Boy

- Energy is lightness, play, joy, curiosity, creativity, presence and connection.
- Healthy Boy brings aliveness, imagination, and relational ease.

Unhealthy Boy

- Distracted, and/or stays busy to avoid depth or discomfort.
- Avoids responsibility and speaks candidly when there is tension.
- Confusing fun with fulfillment.

Healthy Beast

- Drive, Execution, Protection, Courage, Endurance, Focus.
- Healthy Beast builds companies and protects what matters.
- He takes responsibility and pushes through real challenges.

Unhealthy Beast

- Believes it is never enough; lives in chronic urgency and pressure.
- Cannot rest without guilt.
- Overrides the body and boundaries.
- Driven by anxiety, fear of scarcity, control, vigilance that never turns off.
- Micromanages under the guise of accountability.

Healthy King

- Grounded authority. Clarity. Stewardship. Legacy. Intentionality.
- Leads from authenticity and essence.
- Sets clean boundaries and faces reality directly.
- Knows his place and owns his place.
- And when he owns his place, it takes nothing from anyone else.

Unhealthy King

- Is not Beast in disguise. It is authority without humility.
- Rigidity, moral superiority, detachment, withholding.
- Believes: I know best. I am above this. Others should catch up.
- He stops listening when he has clarity.

Personal Life Reflection

Boy

- Where in my personal life do I feel most playful, alive, and relaxed?
- Where has joy or spontaneity faded?
- Where do I distract myself rather than sit with what I am feeling?
- What personal conversation am I avoiding?

Beast

- Where do I feel pressure, vigilance, or anxiety at home?
- Where am I trying to control outcomes or manage others' emotions?
- Where have not set boundaries; overridden my "no" with my family or personal commitments, and say "yes" from obligation, guilt, or should?
- Where am I being inauthentic to keep the peace or avoid disappointment?

King energy is like being the oak tree: rooted, steady, and present. You don't manage the storm. You remain solid through it.

- Where do I feel calm, grounded, and clear in my personal life?
- Where does my steadiness help my partner and children feel safe and free?
- Where do I notice myself getting better with age?
- Where does my presence matter more than my words?
- Where am I most myself and least performing in my personal life?
- Where do I try to fix or control when presence would be enough?

Work Life Reflection

Boy

- Where at work do I feel energized, curious, or creatively engaged?
- Where has work become overly serious or joyless?
- What issue or conversation am I avoiding?

Beast

- Where am I grinding or living in urgency?
- Where am I driven by fear of loss, failure, or disappointing others?
- Where am I seeking approval instead of making a clean decision?
- What am I doing out of obligation or to seek others' approval?
- Where am I being inauthentic to protect my image, position, or relevance?

King

- Where am I acting as a steward rather than a firefighter?
- What decisions am I postponing that the King would make?
- Where do I see my greatest impact, and what work carries the most meaning now?
- Where do I lead most authentically, without defending or proving?

Integration

- Which energy dominates my personal life?
- Which energy dominates my work life?
- Where are these out of alignment?
- What is the cost of letting Beast continue to lead?
- What is King asking me to claim or release

FORUM SHARING & REFLECTION FORMAT

At the Retreat, each member will have 5 uninterrupted minutes to share.

This is not a presentation. It is a reflection.

What You Will Share

1. Where do you see yourself leading from Boy or Beast in your personal life or work life?
2. What that pattern is costing you: Energy, clarity, relationships, presence, or integrity.
3. One area you are ready to shift into King.
4. A clear King commitment: One action, boundary, decision, or conversation you will take.

What the Forum Will Reflect Back to You

Reflections may sound like:

- "I see a man who..." "I notice..." "I appreciate..."
- "I see Boy showing up here as..." "I notice Beast in this area as..."
- "I see King emerging when you..."

These reflections are meant to help you see yourself more clearly, not to correct or fix you.

After reflections, the person who shared will say one sentence only: "What I'm taking in is ____."