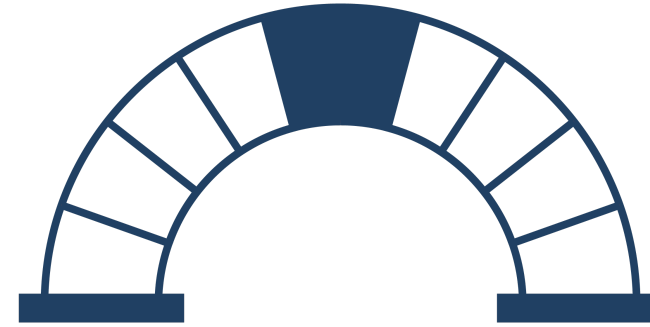


# THE ARCH

A Framework for Leadership and Life



*Your life is an arch. Build it strong for yourself and for those you lead*

## Instructions for Building Your Arch

1. On the next page, you will find a diagram of an arch. Use this as a framework to start building the key elements of your life's arch.
2. **KEYSTONE:** What is your keystone? What is the one, uncompromising, non-negotiable aspect of your life that keeps *everything* together? Without it, your entire arch will collapse? Your keystone cannot be you. It must be bigger and stronger than you. A keystone brings you hope and makes your life stable and strong. It is capable of carrying and redistributing life's pressures. For further guidance on discovering your keystone, see the *Your Keystone Handout*.
3. **VOUSSOIRS (Stones):** Using the *Prioritize Your Stones Handout*, identify, prioritize, and write in the essential stones of your life.
4. **ABUTMENTS:** Who are the *healthy* role models and *positive & encouraging* people in your life that can help you manage your ego and external tensions. Do they know they are your abutments? See the *About Abutments Handout* for further guidance. Once you identify your abutments, write in their names.
5. **MY MEANING:** Meaning is "Coherence and purpose in one's existence, the pursuit and attainment of worthwhile goals, and an accompanying sense of fulfillment" (Reker & Wong, 1988). Think of it this way. If you were to sum up your life's purpose in just one, clear, short, easily memorized sentence, what would it be? Your meaning should bring clarity to your life. Your sentence should guide every thought and action of your life. Remember, what you learned coming out of the abyss is also a tremendous way to discover the meaning of your life.

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