
Table of contents

Prologue	7
1 Introduction	11
2 Transformation	15
3 Patterns	21
3.1 The goal getter	21
3.2 The dreamer	22
3.3 The team player	22
3.4 The golden child	23
4 Archetypes	27
4.1 The warrior	29
4.2 The magician	31
4.3 The lover	32
4.4 The king	33
4.5 The role of the archetypes in personality development	35
5 Four	39
5.1 Ancient theories of <i>four</i>	39
5.2 Contemporary theories of <i>four</i>	45
5.3 Clusters of four	48
6 Four+1	49
6.1 Self-leadership	50
6.2 Purpose	56
6.3 Implementation	64
6.4 Relationship	70
6.5 Awareness	79
6.6 Mindfulness	84
6.7 Key takeaways	93

Table of contents

7	Orientation	95
7.1	Is something else missing?	95
7.2	What is morality?	97
7.3	How does morality develop?	99
7.4	Morality in business	100
7.5	Leadership teams as moral authorities	102
8	Courage	105
8.1	How do we define courage?	105
8.2	Courage as a catalyst for self-leadership, effectively leading others, moral leadership and personality growth	106
	Bibliography	109
	Authors	113