

Mastery Path | *An Executive Examen*



EXECUTIVE RENEWAL SERIES

RW WEST, PH.D.

The Mastery Path | An Examen

*Examen is an ancient practice rooted in Benedictine spirituality, offering a disciplined approach to reflection and prioritization. The term “examen” originates from Latin, meaning “examination” or “weighing.” Traditionally, it has been used in spiritual contexts to review a specific timeframe—whether a day, week, season, or year. This version of the exercise, however, invites leaders and high-performing teams to focus on life mastery through three interconnected Latin concepts: **obsessio**, **epiphania**, and **habitus**.*

Why Consider This Framework?

*While rooted in spiritual tradition, these concepts transcend theology. W. Paul Jones proposes that every individual operates from an underlying narrative that shapes their worldview. By exploring **obsessio**, **epiphania**, and **habitus**, professionals are invited to engage with their narrative—not through dogma, but through introspection, emotional intelligence, and action.*

This approach is particularly relevant for executives and high-performing teams because:

- *It fosters self-awareness, a cornerstone of effective leadership.*
- *It provides a structured way to examine priorities and eliminate distractions.*
- *It connects reflection to actionable change, ensuring meaningful growth.*

Obsessio (Core Preoccupation)

Definition: The central concern, drive, or longing that organizes your life’s energy. It is the lens through which you see the world, the force that both drives and constrains you.

Relevance: Understanding your **obsessio** helps you identify the foundational priorities or challenges you may not even realize dominate your thoughts and decisions. For leaders, this clarity reveals the “why” behind your work, relationships, and leadership style.

Epiphania (Moment of Liberating Insight)

Definition: An insight or moment of clarity when something hidden or obscured becomes apparent. It is the “aha” moment that redefines your understanding of your **obsessio**.

Relevance: **Epiphania** allows professionals to transform challenges or limitations into opportunities. It energizes innovation and helps reframe obstacles as moments of discovery.

Habitus (Embodied Practice, Disposition)

Definition: The habits, behaviors, and routines that consistently shape your life and reinforce your values. It is the daily expression of what matters most.

Relevance: For leaders, **habitus** represents the practical structures that sustain high performance and alignment with purpose. It’s about creating disciplined rhythms to achieve meaningful results.

HOW AN EXAMEN WORKS

The Examen involves a guided process, asking participants to reflect on:

1. **Obsessio:** What consumes your attention, drives your energy right now? Productive or limiting?
2. **Epiphania:** What recent insights or patterns shifted your perspective? What clarity is emerging?
3. **Habitus:** What habits or practices align—or misalign—with your values and priorities?

Through this exercise, participants gain tools to bring focus and mastery to their lives, fostering both personal growth and professional excellence.

Mastery Path| Examen

A REFLECTION ON INNER WORK OF PRESENCE | PRACTICE | PERFORMANCE

Instructions. Over the next year of programming, let's cultivate a view of mastery that is right for the story you are called to live into. Your coach hosts a studio for your executive mastery. The executive capacities under focus: presence, practice and performance. Over the year, we will look at three movements as likely responses to the training experiences that will unfold. Your coach will explore each.

ACT ONE | COMFORT



OBSESSIO - OBJECT OF THE SOUL'S ULTERIOR LONGING



What are the contours of your comfort zone? Where are you in resistance to responding to a wider world, a deeper life and impact that must come forth in your life? What are you keeping in, keeping out?

How is the Comfort Zone I've Created Shaping My Now?

ACT TWO | CONFLICT



EPIPHANIA-UNEXPECTED SATISFACTION OF THE LONGING



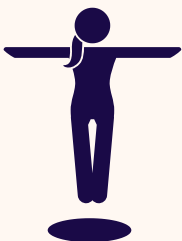
If you act, resistance will be your immediate companion. You must exert and sustain focused effort to break through its comforting hold on your smaller self and views. It asks: What do you love, to what do you pay involuntary attention and duty? What are your loves making of you?

What Conflict Must I Embrace for Deeper Boundlessness?

ACT THREE | CONGRUENCE



HABITUS - DISPOSITION REFLECTING LOVE'S PROGRESS



When we have sided with our deeper self, our deeper loves, an inexplicably calm authority emerges. It is visible in all our unhurriedness, invitations to deeper connection, a legacy mindset to live deliberately. What is your life speaking, giving, leaving?

How Are My Loves Now Reflected in the Shape of My Life?

You are the able Protagonist in the unfolding scenes that make up your life, your leadership opportunity. The protagonist is the one who must act.