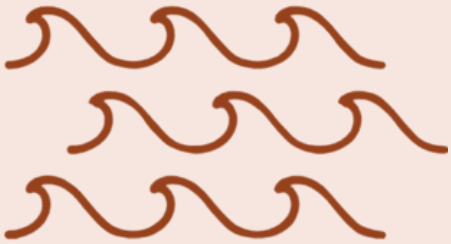
ALEXANDRA JOY

Which River Are You Swimming In?

A metaphor for your leadership PACE — the energy and rhythm you lead with.

THE RED RIVER

THE RIVER OF FORCE



Push
Against
Chase
Effort

The Red River runs fast, fiery, and fierce.

It's full of pressure, urgency, and motion — leaders here *push against the current*, chase outcomes, and mistake busyness for progress.

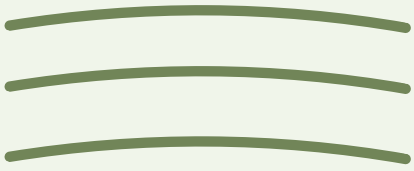
It creates movement, but not always meaning.

Energy: Forceful, reactive, depleting

Leads to: Burnout, control, conflict, short-term results

THE GREEN RIVER

THE RIVER OF STAGNATION



Pause
Avoid
Comfort
Escape

The Green River looks calm but is heavy and still beneath the surface.

Leaders here mistake safety for stability. They avoid discomfort, settle into routine, and resist change.

It feels peaceful — but growth stops when flow stops.

Energy: Passive, stuck, fearful

Leads to: Disengagement, complacency, decline

THE BLUE RIVER
THE RIVER OF FLOW

Present
Align
Choose
Engage

The Blue River moves with quiet strength and clear direction.

Leaders here are fully present — aligned with values, purpose, and timing. They choose consciously and engage wholeheartedly.

It's the river of wisdom and regeneration — where power and presence coexist.

Energy: Conscious, attuned, balanced

Leads to: Trust, sustainability, flow, thriving cultures

"Some leaders force the current.
Some drift without direction.
Stewards learn to flow — guiding energy, not fighting or fleeing.

Which river are you swimming in?"

Alexandra Joy