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## Tips for Self-Leadership

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As described by Richard J. Leider in his essay "The Ultimate Leadership Task: Self-Leadership"

Here are seven of his twenty tips for self leadership:

⇒ The quality and depth of our leadership reflects itself in our relationships with our colleagues and followers; we must be clear about our *values* because they reveal who we really are as leaders.

### Tip

Recognize your stress level. Watch for signs of stress - - forgetfulness; chronic fatigue; sleeplessness; changes in appetite; increased colds; headaches, or lower back pain; withdrawal from relationships; or increased mood swings. If you aren't sure you have a problem, ask your family or friends whether they've noticed changes in you.

⇒ Real changes come from changing our *mental maps*; high energy comes from a clear and passionate vision.

### Tip

Take a daily solo. an absolute essential for clear pictures is to allow at least fifteen minutes a day to reflect on the big picture and to set or revise priorities according to it.

⇒ Reinventing ourselves is a lifelong and *continuous learning process*; we must become comfortable with the reality that satisfaction always leads to dissatisfaction.

### Tip

Challenge yourself to get out of your comfort zone. Pursue a non-leadership position in a professional or community organization. Or undertake a new learning experience outside of your element. Risk and challenge can recharge our batteries.

⇒ We must establish *support systems* - - a personal board of directors - - that can carry us through the vagaries of change.

### Tip

Pick a personal board of directors. Who are the people whose wisdom and personal counsel you value? Who would you select to sit on the advisory team for your personal life, work, and leadership.

⇒ We must take *risks* to initiate courageous conversations that will keep us in honest and creative face-to-face dialogue with our colleagues and followers.

### Tip

Quit doing something. Busy leaders tend to overcommit themselves. Saying no and meaning it will reduce your stress and give you back your sense of control. Look over your schedule and choose to stop participating in one committee or assignment.

⇒ Leading from a clear, personal sense of purpose creates *courage*; real courage attracts real followers.

### Tip

Review this week's schedule. We're only as good as the commitments on our calendars. How we spend our time defines how we live and lead. Are you spending time with the courageous "change champions" in your organization? Do your meeting agendas allow time for "courageous conversations"?

⇒ People are attracted to what is celebrated; *celebrate* the many faces of celebration.

### Tip

Lighten up. Celebration is a building-block process; notice the "baby steps" toward change by phoning, writing notes, And re-find your smile if you've lost it