

A Self Leadership Check Up!

This is a great time of the year to take stock and get ready to create an extraordinary year. It is a time when many managers can take some time to plan even if they think they might not have the time to do so in the busyness of the season. A great question to ask at this time of the year is “Am I spending most of my time managing or leading?” Although it is possible to be a manager and not a leader, the real magic happens when a team has the benefit of having brilliant leadership. Hopefully we manage things and lead people! We work with a lot of Extraordinary Leaders and we believe that in order to lead others brilliantly they have to lead themselves brilliantly.

If you are reading this and thinking there is no need to look at you and that they are the ones that need the work...please read on!

Are you Happy?

Some people don't know it's ok or even possible to be happy. Maybe some think they get paid too much to be happy. We would suggest that it is important to be happy. If you are a leader and you are not happy people might follow you, but they will not aspire to be you. Happiness is a choice! If you choose to be unhappy you will find many conditions that will support you. If you are unhappy, how can it not impact the way you deal with people? How would you rate your happiness?

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How is your Energy?

Leaders energize people. They bring out their best and create energy by inspiring them to achieve things they don't even know they are capable of. If your energy is low you don't have much to give and are less likely to energize others. What gives you energy? What things or what people can you put into your life to energize you? What things or what people can you get rid of or spend less time with to energize you? How would you rate your energy level?

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How is your Body?

Your body can be an indicator of whether or not you are in control of your life. Everyone has some sense that health is or should be important to them. You can take care of your health now with diet and exercise or later with drugs and surgery. You are an example for your people. You may be an example for your children but as a leader you need to know that everyone is watching. Your body is an environment that will serve you in leadership and in life. How would you rate your happiness with your body?

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Are you making time for your Life?

When you lead others it can become very easy to lose track of yourself. There is never a shortage of things to do! There is never a shortage of people to support. It is easy to say no to you, when you are saying yes to something else. The problem is that family, friends, recreation, your health and important relationships can pay the price. How are you doing when it comes to making time for your life?

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How is your Communication?

The ability to communicate with everyone in our lives is probably one of the most powerful skills a leader has. A skilled communicator is not just concerned with how the message is transmitted but focused on how it lands. Are people listening? Are you listening? Do you spend more time telling or asking? Do you need to be right? Are you judgmental? How would you rate your communication skills?

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Do you have a Vision?

Leaders are able to create a vision and articulate it to the people they lead. As important as it is to have a vision for the organization, it is very important to have a personal vision for your life. When we interviewed John Furlong he said that a leader without a compelling personal vision is heading for career bankruptcy. How would you rank your personal vision?

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What are you Tolerating?

Most people tolerate things. Some people tolerate many things. Everything we tolerate takes a bit of our energy and takes a bit of space in our minds. Whether we tolerate little irritants like a squeaky door or a pebble in our shoe or something bigger like a team member who won't buy in or someone who is treating us with disrespect we are losing energy. The amount of energy lost will make a difference in our success. Are you tolerating a little or a lot?

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Are you getting your Needs met?

When people are getting their needs met they are powerful, attractive, fun, energized, giving, happy and on their game. When people are not getting their needs met they can be

lethargic, angry, short tempered, impatient, loud, quiet, unhappy and unattractive. Do you know what your needs are? How would say you are doing with getting your needs met?

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Are you living in alignment with your Values?

When you have determined your values, you can make decisions on a daily basis about whether or not things are in alignment with them. When something as big as a career decision or as frequent as a daily habit is clearly in alignment with your values, life gets easier. Do you know your values? How are you doing with aligning your life with your values?

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This is a time when people are searching for leadership: by looking inside, leaders can take their leadership to a higher level.