

A Practice in Self Leadership



Self-leadership is about owning your life and leading from within.

It involves becoming clearer about who you are, who you want to become, and making choices that reflect what is important to you rather than the expectations of others.

Self-leadership is the intentional practice of leading yourself forward.

Who Are You?

Describe yourself using words that reflect who you are, independent of the roles you ascribe to. Consider if these are your words or how others have described you.

What interests, activities, or experiences do you enjoy?

How many of these do you actively engage in for yourself?

Where do you invest most of your time, energy, and attention?

Is it primarily focused on yourself, others, work, or responsibilities?

What is most important to you at this present time in your life?

Notice whether your response reflects your own needs and priorities, or those of others.

Who Do You Want to Become?

What qualities would you like to embody more fully?

What would you like more of in your life?

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What experiences would you like more of?

What would you like more of in your life?

Select 3 from the list to start

- | | | |
|---|--|--|
| <input type="checkbox"/> Less stress | <input type="checkbox"/> More meaningful relationships | <input type="checkbox"/> More autonomy |
| <input type="checkbox"/> Better health | <input type="checkbox"/> More purpose | <input type="checkbox"/> More adventure |
| <input type="checkbox"/> More time for yourself | <input type="checkbox"/> More creativity | <input type="checkbox"/> More balance |
| <input type="checkbox"/> More confidence | <input type="checkbox"/> Greater peace of mind | <input type="checkbox"/> More connection |
| <input type="checkbox"/> Something else: _____ | | |

Moving Forward

What may need to change to create more of what you want?

What might you need to let go of for this to occur?

List two actions you can take to create more of what you want in your life:

Integration

How will you commit to practicing these actions consistently?

What support, resources, or reminders may help you stay on track?

Let yourself be the priority in your life