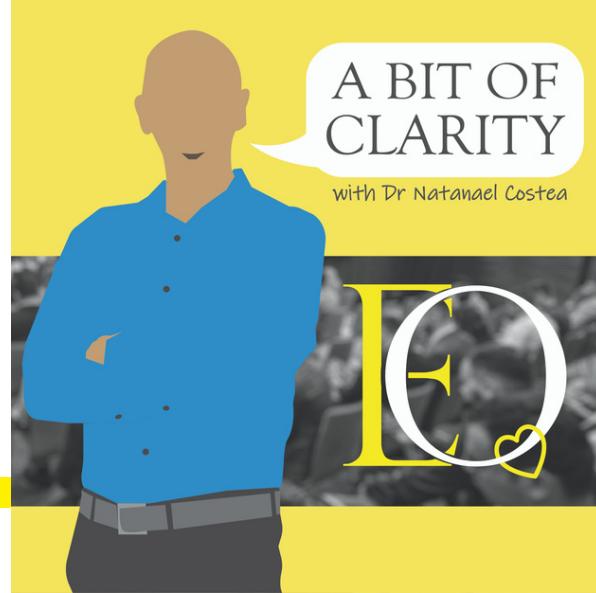


# EP 022

## SELF - LEADERSHIP



### SHOW NOTES

#### OBJECTIVE

> Develop an understanding of self-leadership.

#### UNDERSTANDING SELF-LEADERSHIP

> **Self-leadership** can be understood as the process of **identifying** your desired experiences and **intentionally directing and motivating** yourself toward them. Everyone leads themselves – it is impossible not to do so. However, some lead themselves more consciously and effectively than others. Self-leadership is a fundamental life skill that enables people to live life with **purpose** and **intent**. Importantly, anyone **can cultivate** the competencies required to lead oneself.

#### DEVELOPING SELF-LEADERSHIP SKILLS

- 1. Understanding the concept.** Self-leadership determines what we do, why we do it, and how we do it. It involves **self-knowledge**, **goal setting**, and **self-management** processes. **Self-knowledge** implies insight into our values, strengths, personality, talents, skills, and passions. Based on our self-knowledge, in particular our values, we can identify our desired experiences and **set goals** around them. **Self-management** can be understood as strategies to facilitate behaviours that reduce discrepancies from standards.
- 2. Developing self-knowledge.** If you want to lead yourself, you need to know **who you are** and **what experiences are important** to you. **Identifying** your talents, skills, and strengths enables you to pursue goals by leveraging your strong points. Understanding your **personality traits** provides insights into your tendencies to think and act in certain situations. Understanding your **values** empowers you to make better decisions and implement them more effectively.
- 3. Understanding and identifying desired experiences.** Having a solid understanding of yourself equips you to articulate goals about experiences that truly matter to you. It enables you to pursue them in a way that is easy and enjoyable, with a long lasting motivation and leaves you with a sense of meaning and purpose.
- 4. Cultivating self-monitoring habits.** To fulfil the roles of both the leader and the one being led, one requires the ability of **metacognition** (the ability to observe and control your own thinking processes). During metacognition, the thinker takes a diffused perspective of themselves as though they were observing from a distance. This state allows them to monitor themselves and evaluate their actual performance against their desired goal performance.

#### APPLICATION

> Identify a desired experience and set the values driven goals around that, then deliberately pursue them.

#### RESOURCES

- > More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)
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