LEADING YOURSELF

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“Strength comes from mastering others. True power comes from mastering oneself.” – Lao Tze

Being a leader is a difficult task. To be able to lead others, you must first get a greater understanding of yourself.

Self-leadership is all about influencing oneself and cultivating the self-motivation and self-direction to attain objectives. Understanding who you are, recognizing your desired experiences, and consciously guiding yourself toward them is the practice of self-leadership. It encompasses the decisions we make about what we do, why we do it, and how we do it.

As Charles C. Manz (1983) coined the phrase "self-leadership" from organizational management literature, subsequently defining it as a "complete self-influence perspective."

Given the vastness of the word self-leadership, there are some points to be considered like self-awareness and understanding of oneself. It is the ability to look inside oneself and see yourself clearly. It's the act of focusing your attention on oneself while practicing mindfulness. It's another thing to figure out what kind of experiences you want to have. Arguably, we all want to be happy and our goals are a way to get there.

Nurture a growth mindset is the ability to improve and change things or ourselves (Dweck, 2016). Managing your outlook will help you to lead yourself in tough times. This means that, while we may not be able to control all of our dealings, we can choose how
we react to them. As a result, learning the principles of constructive thought and decision-making processes, as well as exercising mindfulness and politeness, are essential.

Start small, start something manageable. Breaking larger dreams into attainable milestones and then optimizing each milestone into a goal are part of the planning and goal-setting. Boosting your self-motivation is important to go through with your target. Optimizing motivation entails the ability to change one's aim to make it more desirable. This can be accomplished by establishing a desired behavior that is organically motivating and connecting it with one's values and self-concept (Ryan & Deci, 2000).

On your way to your goals, you may fail at some point. Don’t give up easily. Be optimistic, keep positive thoughts and pursue your goal. Learning from failure and acknowledging your feelings will teach you how to look forward. Try to take a deep breath. The sun will always rise tomorrow, don’t get frustrated too much. Think how to fix the problem. Everyone makes mistakes.

Leverage yourself by investing for your self-development. Attend schooling, sort on webinars, trainings, online learning, reading books or audio books. These will allow to broaden your horizons on things.

You may also find support to your boss. Manage your relationship with your colleagues. But still try it on a professional level. You had the opportunity to live by example and to invite others to do the same way. You can rely on each other. Talk to anyone who do you think is experiential than you. Sharing ideas with others is better.

One thing more, to lead yourself is to leading by example, Walk your talk. Follow your own model. Practice what you preach.

Finally, don’t forget to reward yourself. Do something good for you.

References:


https://positivepsychology.com/self-leadership/