



# Developing *Self-Leadership* for High Impact *with Kerry Siggins*

Leading with the Heart

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# SELF LEADERSHIP ASSESSMENT

*This simple self-leadership assessment is a series of statements and reflective questions that offer insight into how you lead yourself and help you identify your strengths and opportunities for growth. It's merely a tool for you to use during this workshop.*

## Exercise:

Rate yourself on a scale of 1 (Rarely), 2 (Sometimes), or 3 (Almost Always) on the following statements.

	R	S	A
1. When having difficult conversations, I lean in and engage, even if it's uncomfortable.	1	2	3
2. I lead by example, not just by words.	1	2	3
3. I prioritize my self-care.	1	2	3
4. I proactively seek feedback from others and act when appropriate.	1	2	3
5. I believe that I am in control of my life and career.	1	2	3
6. I am curious about others and ask questions for deeper understanding.	1	2	3
7. I am comfortable telling others when I don't know the answer to a question.	1	2	3
8. I give people feedback when it's needed.	1	2	3
9. I take responsibility for everything that happens in my life.	1	2	3
10. If I don't understand something, I ask questions. I believe it's my responsibility to understand.	1	2	3
11. I ensure people know it is safe to share their opinions and say what they think and feel.	1	2	3
12. I always keep my commitments.	1	2	3
13. I understand my strengths and weaknesses.	1	2	3
14. I understand my triggers.	1	2	3
15. I think before I act.	1	2	3
16. I can manage my emotions in stressful situations.	1	2	3
17. I solicit feedback about my performance.	1	2	3
18. I am a self-confident person.	1	2	3

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# LIVE YOUR VALUES TO BE A STRONG SELF-LEADER

## What are core values?

Your core values tell you what you consider important or deeply meaningful. These personal values should reflect your life's purpose and who you want to be. To be a strong self-leader, you must understand your values.

**Exercise:** In the context of self-leadership, circle your top three values and of those three, put a star by your most important value. Share with your group why this value is essential to your self-leadership journey.

## List of Values

Accountability	Ethics	Kindness	Self-respect
Achievement	Excellence	Knowledge	Serenity
Adaptability	Fairness	Leadership	Service
Adventure	Faith	Learning	Simplicity
Altruism	Family	Legacy	Spirituality
Ambition	Financial stability	Leisure	Sportsmanship
Authenticity	Forgiveness	Love	Stewardship
Balance	Freedom	Loyalty	Success
Beauty	Friendship	Making a difference	Teamwork
Being the best	Fun	Nature	Thrift
Belonging	Future generations	Openness	Time
Career	Generosity	Optimism	Tradition
Caring	Giving back	Order	Travel
Collaboration	Grace	Parenting	Trust
Commitment	Gratitude	Patience	Truth
Community	Growth	Patriotism	Understanding
Compassion	Harmony	Peace	Uniqueness
Competence	Health	Perseverance	Usefulness
Confidence	Home	Personal fulfillment	Vision
Connection	Honesty	Power	Vulnerability
Contentment	Hope	Pride	Wealth
Contribution	Humility	Recognition	Well-being
Cooperation	Humor	Reliability	Wholeheartedness
Courage	Inclusion	Resourcefulness	Wisdom
Creativity	Independence	Respect	
Curiosity	Initiative	Responsibility	<b>Write Your Own:</b>
Dignity	Integrity	Risk-taking	_____
Diversity	Intuition	Safety	_____
Environment	Job security	Security	_____
Efficiency	Joy	Self-discipline	_____
Equality	Justice	Self-expression	_____

# UNDERSTAND YOUR STRENGTHS AND WEAKNESSES

*All of us have strengths and weaknesses, making us human. Understanding our strengths and weaknesses allows us to align our work and purpose with our strengths is strong self-leadership. Let's explore what we are good at and aren't good at.*

**Exercise: Make a list of your top three strengths and your top three weaknesses. Reflect on the below statements for each.**

Strengths

**I excel at \_\_\_\_\_** because \_\_\_\_\_

When I'm doing \_\_\_\_\_, I feel \_\_\_\_\_

**I excel at \_\_\_\_\_** because \_\_\_\_\_

When I'm doing \_\_\_\_\_, I feel \_\_\_\_\_

**I excel at \_\_\_\_\_** because \_\_\_\_\_

When I'm doing \_\_\_\_\_, I feel \_\_\_\_\_

Here are some ways I can utilize my strengths: \_\_\_\_\_

**CONTINUED ON THE NEXT PAGE...**

# STRENGTHS AND WEAKNESSES, CONTINUED

Weaknesses

I'm not very good at \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

When I have to do this, I feel \_\_\_\_\_

\_\_\_\_\_

I'm not very good at \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

When I have to do this, I feel \_\_\_\_\_

\_\_\_\_\_

I'm not very good at \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

When I have to do this, I feel \_\_\_\_\_

\_\_\_\_\_

Here are some ways I can mitigate my weaknesses \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Here are some ways I can delegate or avoid my weaknesses \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**In your group, share your top strengths and discuss how you will better utilize them in your self-leadership journey.**

# VISION FOR YOURSELF

*Strong self-leadership requires vision—a vision of what you want your life to be.*

**Exercise:** Please take a few moments to write down your dreams. What do you want to achieve in life? What do you want to do? Where do you want to go? How do you want people to experience you?

**Complete the following statement.**

*Example: I want to be an impactful leader. Living my top three values of transparency, empathy, and growth will help me achieve this because impactful leaders are honest, open, understanding, and have a growth mindset. Being transparent builds trust. Being empathic allows me to connect more deeply with others. Being growth oriented allows me to be open-minded and consider new ideas which makes people feel valued and like they belong. I will utilize my strengths in this journey by delegating effectively so I can focus on creating our vision. I will utilize my ability to speak and write by clearly articulating our vision so that the team is inspired to embrace the changes that are to come. I will use my strength of directness to ensure everyone understands where they fit into our journey and how they are performing. The commitment I make to myself is to stay focused and grounded so we don't get overwhelmed. I commit to always listen and learn so people feel heard and part of the journey.*

**I want to be a(n)** \_\_\_\_\_

**Living my top three values will help me achieve this because** \_\_\_\_\_

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**I will utilize my strengths in this journey by** \_\_\_\_\_

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**The commitment I make to myself is** \_\_\_\_\_

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