



Self Leadership

REFLECTION ACTIVITY

Think about a time where you behaved in a way - whether it was at work, at home, or with friends - that you really didn't like. One of those times where you walked away thinking "Why did I do that?" or "That didn't feel good at all."

With that scenario in mind, answer the following questions:

Self Awareness

- What about this memory and your behaviour did you not like?
- Was there anything you wish you could have changed now that the moment has passed?
- Are there any biases that you need to unlearn in order to show up differently?

Self Regulation

Thinking about how you felt physically during that scenario:

- Were you feeling any strong emotions in your body during the scenario? (i.e., blood rushing in your ears, tense muscles, etc.)
- Was there anything you could have done to change your response in that moment? (i.e., taking a break, walking away, meditating, asking for space, etc.)

Self Compassion

- How have you been talking to yourself about this scenario since it happened?
- Would you use those words if a friend or loved one told you they did the same thing?

Self Education

- Are there tools or practices that would help you learn how to handle situations like this better in the future?
- How can you get access to those tools or resources?
- Are there people in your life who could support you in that learning? Do you feel comfortable asking them for help?

Self-Leadership is a lifelong practice.

Hopefully this activity and the various resources included in the blog can help you in your journey.