

Lead-Up Principle #1

Monday, June 25, 2018 6:23 AM

Lead Yourself Exceptionally Well

1. Discuss John Maxwell's 360 degree leadership challenge

Lead-Up Principle #1 Lead Yourself Exceptionally Well

- **Manage your emotions**
 - Nobody likes to spend time around an emotional time bomb who may "go off" at any moment.
 - Leaders must control their emotion because whatever they do affects other people.
 - Always ask what does the team need not what will make me feel better.
- **Manage your time**
 - Time is valuable - think more about what is worth spending your life on?
 - Be ruthless in your judgment of what you should spend your time on.
- **Manage your priorities**
 - Consider this:
 - 80% of the time - work where you are the strongest
 - 15% of the time - work where you are learning
 - 5% of the time - work in other necessary areas
- **Manage your energy**
 - When you look at your calendar every morning think about "what is the main event."
 - What is the one thing to which I cannot afford to give anything less than my best.
 - Consider the ABCs energy drain
 - Activity Without Direction - doing things that don't seem to matter
 - Burden Without Action - not being able to do things that really matter
 - Conflict Without Resolution - not being able to deal with what's the matter
- **Manage your thinking**
 - Your mind will give back to you exactly what you put into it
 - A minute of thinking is often more valuable than an hour of talk or unplanned work
- **Manage your words**
 - Show me what you can do; don't just tell me what you can do
 - If you have something worthwhile to say, say it briefly and well. If you don't, sometimes the best thing to do is remain silent.
- **Manage your personal life**
 - You can do everything right at work and manage yourself well there but if your personal life is a mess, it will eventually turn everything else sour.
 - If you want to lead up, you must always lead yourself first. If you can't, you have no credibility
 - If I can't lead myself, others won't follow me.
 - If I can't lead myself, others won't respect me.
 - If I can't lead myself, others won't partner with me.