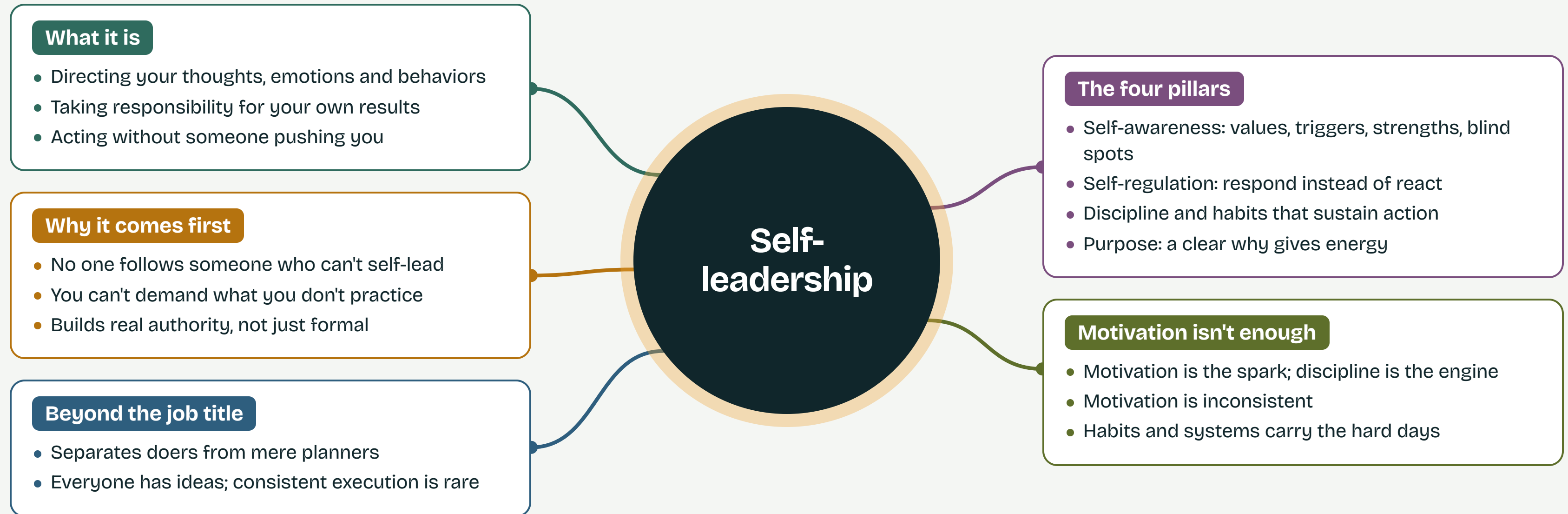


Self-leadership: what it is and how to develop it



Action plan

1

Take responsibility for what is within your control

2

Set clear priorities before other people's urgencies take over

3

Build habits so you don't depend on willpower

4

Manage your energy: sleep, focus and breaks

5

Review honestly and reconnect with your purpose

Key takeaway

Leading others is a consequence of first learning to lead yourself.