

# Lead Yourself ©



This is a topic I have been studying since 1983 – I have a degree in self managed learning – it is the queen of skills/attitudes. Here are my rules for self-leadership.

1. Be kind – take care of others, nothing illuminates life more than responding to another's need
2. Be open to possibilities – life gives so much more than we ever take advantage of
3. Be courageous – your heart may be pounding but seize what life gives you even if its scary
4. Be your authentic self – we are put on this earth to become ourselves – know who you are and have the courage to become who you are
5. Focus on happiness no matter the circumstances – even when stuff gets you down look for a reason to celebrate
6. Be discerning – turn away from those who bring you down
7. Remember the big picture – we are born alone and die alone – when you are upset about something ask yourself “in the great scheme of my life does this matter?”
8. Forgive Forgive Forgive – it releases you and sends a message to the world cos it transforms others
9. Celebrate the mystery of life – remember there is a force greater than you that is always on your side bringing you only what is best for you
10. Be humble – give credit to others always before self and be kind when no-one is watching