

Trust Yourself

Application Packet



Climb One: Lead Self



Trust

Trust Yourself

Action Assignment



Leadership is not always easy. The true test comes when decisions and actions need to be made without a clear view of the outcome. This is especially challenging when what you feel should be done is not consistent with popular opinion.

Experienced leaders learn that there is great power in the skill and discipline of trusting themselves.

They learn to trust their:

- Instincts
- Intentions
- Decisions and actions
- Values and priorities
- Strengths and limitations
- Intuition, gut feelings, and emotions
- And the wisdom from their own experience

Here are four essential building blocks for trusting yourself as a leader:

1. Seek Truth.
2. Learn from Experience.
3. Use Good Judgment.
4. Manage Self Talk.

This action assignment will help you look at and apply the four essential building blocks to trusting yourself.

Let's get started on this action assignment!



Assess How Well You Trust Yourself part 1

Take a moment to assess how you trust yourself as a leader. Identify at least one strength and one improvement goal for each of the four areas that have been covered in this module. They are Seek Truth, Learn from Experience, Use Good Judgement, Manage Self-Talk.

1. Consider how each of the four areas relates to you in your role as a leader.
2. Use the checklist on the following page to assess what you are doing well and what you could do better in each of the four areas.



How well do I trust myself as a leader?

Trust Yourself

Checklist

How well do I trust myself as a leader?

Seek Truth

STRENGTH
What am I doing well?

IMPROVEMENT GOAL
What could I do better?

Leaders like truth. They seek truth. They not only tell the truth, but they help others see the truth in a given situation.

There is a big difference between helping others see the truth and forcing it down their throats. Leaders help others SEE and EMBRACE truth, without force, without compulsion, and without manipulation.

Learn from Experience

STRENGTH
What am I doing well?

IMPROVEMENT GOAL
What could I do better?

Experience is an essential part of trusting ourselves because our experience is our frame of reference.

Looking at just efforts and not outcomes, or just outcomes and not efforts, will distort our view of reality. The truth is found in looking at both efforts and outcomes. Looking honestly at both will give us the true picture and will build our confidence to make tough decisions and do hard things down the road.

Use Good Judgment

STRENGTH
What am I doing well?

IMPROVEMENT GOAL
What could I do better?

Judgment is not the same as knowledge. Judgment is the blending of knowledge, wisdom, emotion, intuition, and logic to do the right thing well in a given situation.

Judgment involves the head, the heart, and the gut. It is a skill and a discipline that only gets better as we put it to use.

Manage Self Talk

STRENGTH
What am I doing well?

IMPROVEMENT GOAL
What could I do better?

Self talk consists of the messages we send ourselves everyday. Positive or negative, accurate or inaccurate, it doesn't matter. It's all self talk. Our self talk has a strong impact on our actions. It also impacts our ability to trust ourselves.

Challenge

part 2

Trust Yourself Goal

Trust Yourself

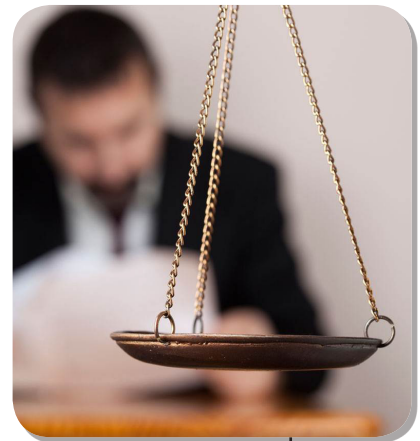
Take a moment to identify one thing you can do to improve your self trust as a leader. Use the worksheet on the attached page to plan how you will make the improvement.

Are you trusting yourself as much as you should as a leader? Are you seeking truth, learning from experience, using good judgement, and managing self-talk as well as you should? What is one thing you can improve on right now?

Take a look at yourself from the inside out. Start on the inside. That is where you will find the true source of your trust for yourself. Identify one thing you can do to trust yourself more.

Use the worksheet on the following page to plan out how you will make the improvement.

1. Write an improvement goal. Describe the Current Situation and the Desired Situation.
2. Make a list of actions you will take to move closer to the desired situation.
3. Discuss the improvement plan with your coach or a trusted associate.
4. Then, go and do the planned improvement.



What action will I take to increase my self-trust?

Trust Yourself

Challenge

Worksheet

Trust Yourself Challenge

Challenge Name:

Date:

Current Situation

Desired Situation

Specific Actions

Target Date

Notes

My Notes and Ideas

Trust Yourself

A large, empty rectangular box with a thick gray border, intended for writing notes and ideas. A dashed line connects the top of the box to the title 'My Notes and Ideas'.

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