

# Article

Great leadership begins with self-leadership



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Although leadership is a very popular topic nowadays, self-leadership isn't. It is easy to assume why... Self-leadership concerns a more challenging and complex skill to possess. It is closely connected to the concepts of personal growth, self-efficacy, self-confidence and self-motivation, and it impacts on all aspects of our lives; from our professional and personal relationships to our health.

*Self-leadership is having a developed sense of who you are, what you can do, where you are going coupled with the ability to influence your communication, emotions and behavior on the way to getting there (Bryant & Kazan, 2012).*

Self-leadership has been shown to result in greater career success, more job satisfaction and less stress (Stewart, Courtright & Manz, 2011). It is the first stage of leadership and it applies to every individual, whether or not they hold a management position. By learning to lead yourself, you develop your own purpose and direct your own efforts.

*"The first and best victory is to conquer yourself." – Plato*

Developing self-leadership takes effort and deliberate practice. In the following lines, you can find some helpful tips which can help you develop your self-leadership skills:

- 1. Get out of your comfort zone.**
- 2. Do what you love.**
- 3. Feed your curiosity.**
- 4. Focus on your strengths and manage your weaknesses.**
- 5. Learn to say 'No' when needed.**
- 6. Be honest to yourself.**
- 7. Discover your personal values.**
- 8. Find balance between your professional and personal life.**
- 9. Always act with integrity.**
- 10. Improve your health and well-being by managing your stress levels.**

*"Mastering others is strength. Mastering yourself is true power." – Lao Tzu*

