

The Exercise

Self-Leadership

For the next seven days every time you catch yourself saying: they changed my life, they saved me, I couldn't have done it without them, pause for a few seconds and ask yourself one more question: **what did I do with what they gave me?** For example:

- ♥ They believed in me and **I chose to trust them.**
- ♥ They taught me about boundaries and **I started setting them.**
- ♥ They encouraged me to leave and **I walked away.**
- ♥ They showed me another way and **I practiced it.**

At the end of the week, reflect on your answers; you'll discover something impressive: the **people in your life** gave you opportunities but **you turned them into change.** That's the difference. Support opened the door; **you chose to walk through it.**

That's self-leadership.

Day 1:

I caught myself saying:

What action did I take with what they gave me:

Day 2

I caught myself saying:

What action did I take with what they gave me:

Day 3

I caught myself saying:

What action did I take with what they gave me:

Day 4

I caught myself saying:

What action did I take with what they gave me:

Day 5

I caught myself saying:

What action did I take with what they gave me:

Day 6

I caught myself saying:

What action did I take with what they gave me:

Day 7

I caught myself saying:

What action did I take with what they gave me: