

Making an Impact in Six: Going the Extra Mile (and Looking After Yourself)

The following six ideas provide opportunities for further reflection and action. We provide three reflections on what great leaders do and avoid doing to gain focus, as well as three considerations for how to make an impact in six minutes, six weeks, and six months to guide your leadership planning and practice.

Thoughtful Leaders Do . . .	Thoughtful Leaders Avoid . . .
1. Find the courage and strength to lead from within, despite the obstacles.	Allowing the distractors and seeds of doubt to change their focus and priorities
Current reality and next steps:	
2. Reaffirm their commitment to doing whatever it takes to lead at all times.	Losing sight of their <i>why</i> or the purpose and promise they made to lead
Current reality and next steps:	
3. Intentionally create a work-life balance by practicing personal care.	Leading at all costs, especially when that cost is their individual needs and joy in their lives
Current reality and next steps:	

4. What will you do in six minutes to go the extra mile and look after yourself?

For example:

- Intentionally use six minutes at the beginning and end of each day to personally reflect. What is your commitment to leadership? How are your actions aligning with this commitment? What can you do differently to build more purpose into your day?
- In a problematic situation, intentionally pause to consider how you can persevere. What strategies will assist you in finding the grit you need immediately to move forward?

My ideas:

5. What will you do in six weeks to go the extra mile and look after yourself?

For example:

- Use helpful activities, such as those in figures 5.2 (page 111), 5.3 (page 113), and 5.4 (page 114), to develop personal practices that model your expectations and assist you in focusing on the necessary work. Keep a log of your daily actions in support of your priorities. Make note of times when it was difficult for you to lead from within and how you responded.
- Take time to understand the unintentional or intentional seeds of doubt impacting your confidence as a leader. Notice when these doubts appear and how they present to you. Clarify the feeling the doubts create and how this changes your ability to lead. Use figures 5.5 (page 115) and 5.6 (page 117) to manage the seeds of doubt and change your mindset and actions.

My ideas:

6. What will you do in six months to go the extra mile and look after yourself?

For example:

- Continue to be intentionally aware of situations you must confront or manage to move forward. Notice when you handle a situation with grace and dignity, and understand how impactful it is when you do this. Create every opportunity to develop habits that assist you in leading from within. Keep a journal or use a graphic organizer to self-monitor your intentional focus on maintaining a thick skin with a balance of grace and dignity.
- Use figure 5.7 (page 122) to understand what brings you joy and creates more work-life balance. What will you do to develop intentional habits over the next six months? How can you self-monitor and adjust as needed?

My ideas: