Self-Observing and Self Remembering exercise

1. Select a facet of personal behavior that from a *leadership perspective* tends to be an obstacle in the outcomes it consistently produces.

2. Describe the conditions under which this behavior comes into being, when it tends to reach full "blossom", and under what conditions the behavior diminishes. Describe this, in writing, in some detail.

3. What stands to be gained for you and the others with whom you interact if you felt more in charge of this behavior?

4. What is your aim in regard to an appropriate behavior for this situation that requires you to have to develop yourself, and provides a greater contribution to all who may be a part of such a situation?

5. What ideas do you have to manage (not necessarily abolish) this behavior in the future? Self-observing prompts for example from question #2 above. These may be new ideas or merely some that have been thought of and even tried in the past; but be sure to include at least one new approach in your thinking.

6. Develop a symbol or slogan that you can use to help you remember your aim and will "trigger" you to manage the behavior in upcoming similar situations?