



Become Worth Following

Leadership Dictionary

Three Domains of Leadership Development

- Lead Yourself
 - Lead Others
 - Lead Leaders
-

Lead Yourself

The Four Dimensions of Core Strength

-  Self-Awareness
-  Competence
-  Enthusiasm
-  Mental Toughness

Self-Awareness

Emotional Processing How you deal with your emotional reactions to situations.

Growth Mindset Whether you experience adversity as obstacles or opportunities.

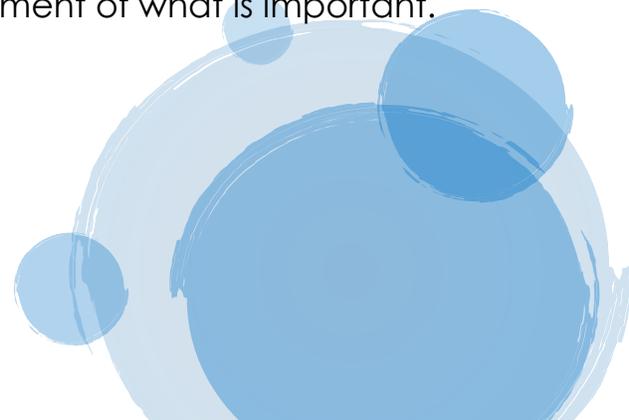
Honest Reflection Your ability to see circumstances as they actually are without ANY bias.

Locus of Control Whether you see events as being controlled within you or externally.

Self-Determination Your ability to generate positive results.
(Tied to Locus of Control.)

Self-Talk The internal dialog which directs your thoughts, feelings, and actions.

Values A person's judgment of what is important.





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Self-Awareness



Competence



Enthusiasm



Mental Toughness

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Authenticity The ability to be true to yourself.

Courage The ability to take action when afraid.

Humility The ability to put your pride aside and make the right choice.

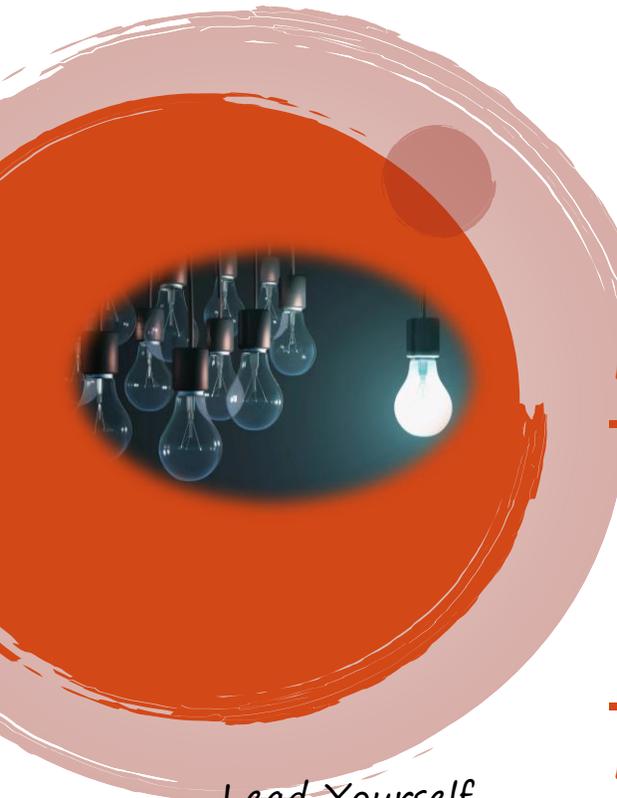
Initiative The ability to start at the right time, in the right way

Resilience The ability to bounce back from a tough challenge.

Risk-Taking The willingness to take action when outcomes are uncertain because of missing data even if failure leads to adverse consequences.

Self-Discipline The ability to do the right thing without extrinsic pressure.





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Enthusiasm

Clarity of Purpose The internal understanding of a connection between your actions and why the actions are important in the larger scheme.

Charisma A compelling attractiveness that inspires devotion.

Commitment Your internal pledge to carry out your plan.

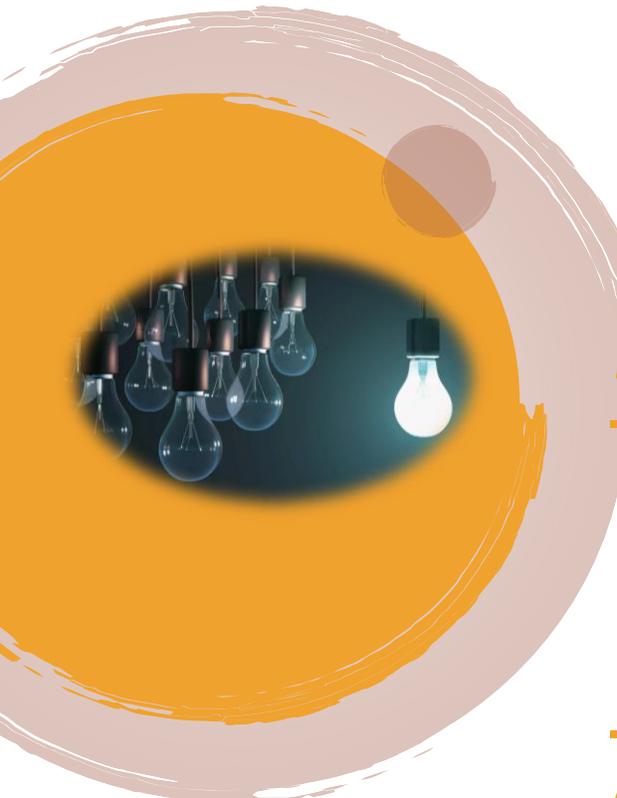
Energy The mental strength that enables you to do things.

Happiness/Joy Your internal positive feelings.

Gratitude The feeling of deep appreciation.

Optimism Your ability to interpret events positively





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Mental Toughness

Competence

Effort Exerting high levels of enthusiasm, focus, and persistence while performing tasks.

Focus The ability to keep your attention on the task at hand.

Knowledge Stored information useful in performing tasks.

Resourcefulness The ability to obtain what you need to get a job done.

Skill The ability to perform a particular task well.

Talent A natural aptitude or skill.

Time Management The ability to use time efficiently

