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**A LEADER'S DESKTOP  
GUIDE TO MASTERING  
THE ART OF  
REAL S.E.L.F.**

**SEEING ~ EMBRACING ~ LIVING ~ FOLLOWING**



# INTRODUCTION

I can recall as far back as age five when I was given my first leadership role. I didn't know that's what it was at the time though, because to me, I was just a little girl who wanted to go outside and play. See it was one of those afternoons when my dad was home early enough to do one of his "teaching moments" with his girls. He



was teaching my sister and I how to tie our shoe laces; and although I caught on pretty quickly, my sister took a little longer to grasp the process. My dad left us in the room practicing, and stated "You can go outside when you both know how to tie your laces". My sister and I practiced, and practiced. All the while, we could hear the kids outside the window picking teams for the TAG Game. We started to rush, but my sister couldn't quite get it. I decided at that time to help my sister out by tying her shoes and presenting our work to our Dad as if she did it on her own.

My Dad was amazed and excited for the both of us. He immediately reached down and untied our shoes and said “Do it again so daddy can see.” (Gasp!) Needless to say, neither one of us played a game of Tag that afternoon.



The Leadership Haven Resource Center defines Leadership as ***"a relational process that connects leaders and followers by way of influence, power, and motivation. This relationship drives change, promotes action, and produces results"***.

Unlike my younger self, a Leader who is committed to driving change, promoting action, and producing results, is a Leader who is committed to giving everyone a chance to develop their own leadership abilities—and the only way to do this is that you clearly understand and embrace the **“LEADER WITHIN”** you; and you do this through what I call, ***Mastering the ART of “REAL SELF”***.

# TO BECOME A MASTER ...

In 2009 I made a decision to go back to school to earn a Master's Degree. I had been out of school since 1990, and after being turned down for several career opportunities - I assumed it would be the key to open the door to a more lucrative position. I heard about a college that was Christian-based, and was accepting applications for the Fall cohort. I submitted my application, completed the personal interview, and was subsequently accepted into the school.

As the school term progressed, I was convinced that I had picked the right school and at the right time. Every Tuesday night, for four hours, and for the next two-years; I devoted my energy to my studies. A Masters in Organizational Leadership would be the prize at the end of the journey - but getting there would be no easy task, and would take me down many **AWAKENING** paths.

I was like a sponge - I soaked up everything. I was like a kid in a candy store - I could not get enough. But I was also like a fish out of water; simply because my introverted personality often got in the way. I was like a snail without a shell - where exposing myself to all the new elements just made me curl up even tighter and tighter.

My Ethics professor wrote a comment on one of my papers that said “Tessie, you are the type of person that would go skinny-dipping with the crowd, but will not shed a drop of clothing”. This stuck with me - still sticks with me, because for years I’ve been content with being on the sidelines, invisible to the crowd. I’m there - but not there to be seen. The Professor went on to write, humorously, “I hope I’m there when you decide to join in the party and shed your clothing”... hmmm... that statement was awkward, but **AWAKENING**.

I eventually realized that this period in my life was not about me getting a Masters in Organizational Leadership; but about me learning to MASTER SELF—My **“REAL SELF”**. So I decided to come up with this system that would help me and prayerfully others to step outside of their comfort zone, and become the **LEADERS** we were created to be.

**S.E.L.F.**

# ***DEFINING S.E.L.F.***

The term **SELF** is defined in the dictionary as “**a person's essential being that distinguishes them from others**”. A pretty simple definition, right? So if it's that simple, why do we struggle with being who we are on a daily basis. If **SELF** is defined as my own uniqueness, my own style, my essential being - why the struggle?

I say the struggle is there because we don't understand the very **POWER of SELF**, and the best definition of “**POWER**” that I found is:

***“The absence of external restrictions and limitations that it depends only upon the inward determination of the subject whether or not it will act.*”**

What I get from this definition is simply, **POWER** is an inward force. It starts on the inside and manifests its abilities on the outside. **SELF** is that part of you that no one sees until you decide to manifest it's nature outwardly.

**SELF** is not just what you see in the mirror - it's what lies beneath the surface of the shell in the mirror. It's that inner man/woman that gives testament to the words “*that you are fearfully and wonderfully made*”.

It's **YOU** - and no matter how many people try to imitate you, or you imitate them, no matter how many little mini-ME's you bring into this world, no one can take the place of **YOU**. No one can ever do it exactly like **YOU**.

But I want to help you to understand what's inside of **YOU**. The **SELF** in **YOU** embodies your very being and I believe is coupled with four core elements:

Seeing ~ Embracing ~ Living ~ Following.

This means that you have the ability to be what I call an "ER" - an INNER being that allows you to be more than you imagined yourself to be. An INNER being that speaks to the SELF in YOU that embodies,

INNER-**SEEING**

INNER-**EMBRACING**

INNER-**LIVING**

INNER-**FOLLOWING**

**S.E.L.F.**

**INNER YOU**  **INNER S.E.L.F!**

# SELF-CHECK-UP

So before we delve a little further into each core area, I want you to stop for a minute and do a **“SELF-CHECK-UP”**.

Now a self-check-up is solely based on your own examination and findings. It’s about being true to you. Simply, women, if you are conducting a self breast exam on yourself, you would be honest with your findings. You would not half-heartedly do the exam—you would assess your body completely and fully. So this **SELF-CHECK-UP** is about you being completely honest with yourself.



What are your findings? What are the areas in need of improvement? Where do your strengths lie?

Take a moment and answer the questions on the next page and use the answers as a reference as you read through the rest of the guide.

# ASSESSMENT

1. Name one unique quality about yourself.

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2. Name one unique quality about yourself that you don't think others know about.

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3. If you were to enter a crowded room, would you instantly feel invisible, or like the Cinderella of the ball?

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4. What is the first thing that people normally notice about you?

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5. What would be the one thing that you don't want others to notice about you?

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6. What is your DIVINE PURPOSE here on earth?

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7. What's/Whose holding you back from fulfilling your PURPOSE? \_\_\_\_\_

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# SET-APART

A LEADER has been defined by many terms; and the list of expectations placed on Leaders are immeasurable.

But what truly sets a Leader apart from all the rest is their ability to become a **Master of “REAL SELF”**.

- Unless you know who you are – you will become someone else.
- Unless you take on the mind of uniqueness, you will mimic anyone else.
- Unless you accept ownership of what really belongs to you, it will be easily taken or given away.

Mastering the Art of **“REAL SELF”** is simply about knowing you first and foremost, before aspiring to lead other.

It’s about knowing and accepting everything about you – the good, the bad, the pretty, and the not so pretty.



# As a Master of “REAL SELF”...

- ◇ You **SEE** yourself clearly, which is the first step on the path to Self-Awareness
- ◇ You **EMBRACE** yourself – which is the first step to Acceptance - and when we accept ourselves, we are truthful with ourselves and we become healthier leaders.
- ◇ You **LIVE** with/for yourself – you see your **VALUE**, you know how to help yourself, and you know how to better yourself.
- ◇ You **FOLLOW** yourself – which means that you **TRUST** yourself, and you acknowledge the “Ambassador” that lies on the inside of you, on behalf of you.

# S = SEEING

## ***SEE*** *yourself clearly, which is the first step on the path to Self-Awareness*

Avatar is one of my favorite movies. I can watch it over and over again, and each time I watch it I see something new or learn something different about the plot. One of my favorite lines in the movie is the



statement **“I SEE YOU”**. This statement goes beyond the outer appearance and is the process of seeing deeply within a

persons being. It represents an ability to see in the manner that an X-Ray machine can see within the human body. It’s an **AWARENESS** that defines who a person is to the core of their existence.

# S = SEEING

In order to see yourself clearly, you must have a heightened **AWARENESS** of who you are as an individual. You must spend as much time evaluating yourself as you would someone else. It's about being **AWARE** of your personality traits, your strengths, your weaknesses, beliefs, and motivators.



When you spend time **SEEING** within yourself, you are telling yourself that **YOU MATTER**, and whatever you need to do to make things better, **YOU'LL DO IT!**

# E = EMBRACING

***EMBRACE yourself - which is the first step to Acceptance - and when we accept ourselves, we are truthful with ourselves and we become healthier leaders.***

I'm sure more than half of you reading this guide has at one point or another wanted to change something about your LIFE. It could be your appearance, your career or educational choices, or even your friends/associates or family members. Having the desire to change something that already is, is clearly a MUTE point. None of us have been given time-travel abilities where we can go forward or go back in time to make a situation right - or at least right as we assume it to be. But we do have the ability to **EMBRACE** the moments and situations in our lives and learn from them. We've also been given an opportunity to begin again, and do it more intelligently.

# E = EMBRACING

The last thing I want to do is lie to myself. I want to be truthful with myself because it's only in **TRUTH** that we are made free. Spending time worrying about past mistakes, our physical appearance, or those who have come in or out of our lives is not what we should want for ourselves. It's simply a part of life - and sadly a part of life



that many of us have chosen to give more energy to than it deserves.

**EMBRACING** is about **ACCEPTANCE**, and **ACCEPTANCE** is about being **ADEQUATE**.

And just like we consume adequate nourishment to make us strong and healthy; we should pursue adequate **TRUTH** in order to be the healthy beings that God created us to be.

# L = LIVING

***LIVE with/for yourself – you see your VALUE, you know how to help yourself, and you know how to better yourself.***

Actor Morgan Freeman had a powerful line in the movie Shawshank Redemption “Get busy living, or get busy dying”. I love this quote, because one, it gives you an option to choose—and two, the option is a no brainer.

We all should be busy **LIVING**. With every breath



we are blessed to take  
we should be exploring,  
learning, and doing  
something different.

# L = LIVING

I was inspired to write a quote about a year ago that helped bring this concept of **LIVING** home for me; the quote says,



*“Your Purpose here on earth will always be connected to your Life experiences ... and your Life is your Message to the world. Just as Life is meant to Live Forward, your Message will continue to evolve with every breath that you are blessed to take.”*

When you learn to **LIVE** with/for yourself you embrace your **VALUE**. You embrace the very fact that you are here for a **PURPOSE**; and that is to **LIVE** your **LIFE** forward and in line with your God-ordained appointment.

# F = FOLLOWING

***FOLLOW yourself - which means that you TRUST yourself, and you acknowledge the “Ambassador” that lies on the inside of you, on behalf of you.***

An “Ambassador” is one who acts as a representative or promoter of... an “Ambassador” paints a living picture on behalf of a person, event, or place; and others will follow based on their presentation.

But the key to this role and what makes an “Ambassador” unique to the process is the fact that they are representing what they know. They believe in what they are promoting because they have lived and breathe it - and it’s a part of who they are.

# F = FOLLOWING

So the question I have for you is simple: *Who can speak on your behalf better than you? Who knows your brand, mission, or **PURPOSE**, better than you?*

Other than your Creator - the answer to both questions should be **YOU!**



The time is now for you to stop all the back and forth and allow yourself to **TRUST** yourself. Stop being the Debbie-downer of your own show, and learn to be the **“Ambassador”** of the Power that lies within you. Do this in a manner that pushes your inward man outwardly, because the world needs you - **YOU NEED YOU!**

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# CONTACT THE LEADERSHIP HAVEN TODAY FOR ALL YOUR LEADERSHIP DEVELOPMENT NEEDS

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## WORKSHOP TOPICS:

- Leadership Development: Preparing for Leadership: Ready, Set, LEAD! • 7 Habits of Highly Effective People • The Five Dysfunctions of a Team • Implicit Bias Training • Conflict Resolution Training • Critical Thinking Training • Public Speaking for Leaders • Leading through CHANGE • Coaching: The NEW Management Style • Storytelling for Leaders • Improving Presentation Skills

## SPEAKING TOPICS:

- Developing the Leader Within • The GIFT of Public Speaking • Goal Planning and Practice • Dealing with Implicit Bias • Youth Empowerment • Women Empowerment