

# SELF-LEADERSHIP

The Art of Influencing Yourself

## WHAT IS SELF-LEADERSHIP?

Self-leadership, in essence, is what it sounds like—the ability to lead oneself. Self-leadership is the process of influencing one's self, which is a critical part of overall leadership. Leading academics on self-leadership outline three specific behavioral and cognitive strategies that enhance personal effectiveness: behavioral-focused strategies, natural reward strategies, and constructive thought pattern strategies.

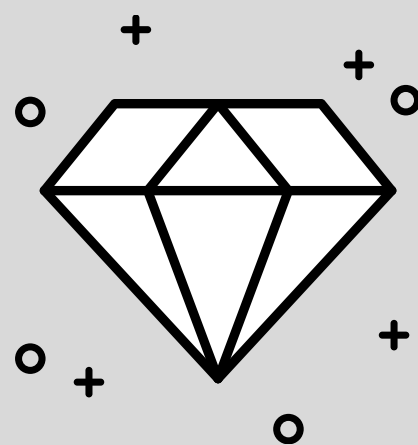


### BEHAVIORAL-FOCUSED STRATEGIES

Behavioral-focused strategies facilitate positive, desired behaviors that support positive outcomes while cutting down on negative behaviors that can lead to unwanted results.

### NATURAL REWARD STRATEGIES

Natural reward strategies aim to create circumstances where the self-leader is motivated or rewarded by the parts of an inherently enjoyable task.



### CONSTRUCTIVE THOUGHT PATTERN STRATEGIES



Constructive thought pattern strategies involve confronting and replacing old, detrimental ways of thinking with better ones. Constructive thought pattern strategies also include mental imagery and positive self-talk.

#### SOURCE:

NECK, CHRISTOPHER P., AND JEFFERY D. HOUGHTON. 2006. TWO DECADES OF SELF-LEADERSHIP THEORY AND RESEARCH. JOURNAL OF MANAGERIAL PSYCHOLOGY 21: 270-95



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