Self-leadership
Understanding behavior and culture so that we can break down barriers that keep us from being as effective as we want and need to be.

**Exercise:** Write out your to-do list. Include all the things you have to do from all the different areas of your life, but keep it between 5 and 12 items.

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 
11. 
12.
Wired to Achieve

We as human beings have a natural inclination to achieve. It weighs on us when things are incomplete; it feels good when we accomplish what we set out to do, and we find happiness when challenged at something in which we excel.

**Exercise:** What activity causes you anxiety? How can you feel Flow more often?

Mihaly Csikszentmihalyi

![Flow Chart]

- Anxiety
- Flow
- Apathy
- Relaxation

*Skill Level*

*Challenge Level*
Despite our natural inclinations to achieve, there are powerful barriers that can inhibit or prohibit us from being as effective as we might like.

**Exercise:** In which quadrants do the top priorities in your to-do list fall?
Solutions

Breaking down the barriers that keep us from being as effective as we would like to be is an ongoing process, and it is up to you to develop the system that works for you. Knowing some basic tools and concepts will put you on the right path toward that objective.

Exercise: Imagine you could write a letter to yourself from the future. In three years what accomplishments would you be excited to tell yourself about today?

Dear Me,

1. 
2. 
3. 

Exercise Answer:

1. 
2. 
3. 
**Exercise:** Knowing what you know now, create a new to-do list using this simplified Kanban board. Think about how you might be able to apply rows to this board to create categories for your action items.

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<tr>
<th>Pending</th>
<th>Doing</th>
<th>Done</th>
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