



SELF-LEADERSHIP SUMMARY

Being an Edventurous Leader is about being part of a community of individuals dedication to doing good in the world. Where people can do their best work in the best environment for them. Excellent self-leadership is the start of this journey. This mini-series introduced six key components:

1. **Increasing Self-Awareness** will enable you to focus your attention where personal development is needed most. It will also help you to celebrate your achievements to date.
2. Being **accountable to future you** is all about keeping the promises you make to yourself. Discipline is the highest form of self-respect.
3. **Developing a powerful mindset** will help you to increase your self-belief and build the mental toughness to do what matters to move yourself forwards. What you believe about yourself is vital.
4. If you can **appreciate what you have** you will be able to celebrate your wins and take energy from them. Recognising how far you have come helps you to see how far you can go.
5. You become the average of the five people you spend the most time with, so you must make **conscious connections**. Alongside this, you need to forge a supportive and challenging relationships with yourself too.
6. Being **time sensitive** will help you get more out of your minutes and hours to accelerate your progress. Spend your 24 time tokens intently.

The **next steps in your Edventurous Leader journey** should include taking stock of your toolkit below and adding to it through the other offerings on our platform. You also must put what you have learned into practise.

Your Toolkit



Constant reflection is powerful



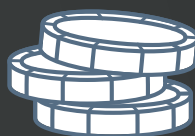
Stillness is key



Check the tension of the rope



Check your upgrade/downgrade trajectory



Time token spending check



Practice gratitude