

Self-Leadership

Need for Autonomy

To understand the need for autonomy, we need to understand what it is. Autonomy is related to a person's ability to make informed and un-coerced decisions for themselves. It is one's abilities to act on their own values and interests. The term is actually derived from the ancient Greek word means self-governance.

Ways to be more autonomous:

- Get to know yourself
- Challenge your beliefs and assumptions
- Become more assertive
- Make your own decisions
- Make sure you can meet your needs
- Learn to soothe yourself

Self-Observation

Self-observation is the starting point for making changes in our lives. It is done to be aware of your feelings, moods, and thoughts throughout the day. This is also the beginning of self-knowledge. You need to be able to be able to see yourself before you can truly know yourself.

Keys to Self-Observation:

- Seeing how you affect others
- Being able to see the positive and negative
- Can experience the present during the present



Reward

Incentives drive behavior. You are more likely to see positive behavior if incentives are present. Incentives do not have to be physical rewards. They can be mental. By this, I mean praise and hearing that one is doing a good job. If you know internally that you are doing a good job and you know others know you are doing a good job, you are more likely to repeat the behavior. Consider two different types of rewards: intrinsic and extrinsic rewards. Intrinsic rewards are associated with the satisfaction that a person gets from doing a job or action itself. Intrinsic rewards are self-initiated rewards. They are having pride in one's self or having the feeling of an accomplishment. Extrinsic rewards are physical rewards. These include money, promotions and fringe benefits. These types of rewards come from an outside source rather than yourself. If there is positive behavior, a reward is deserved.