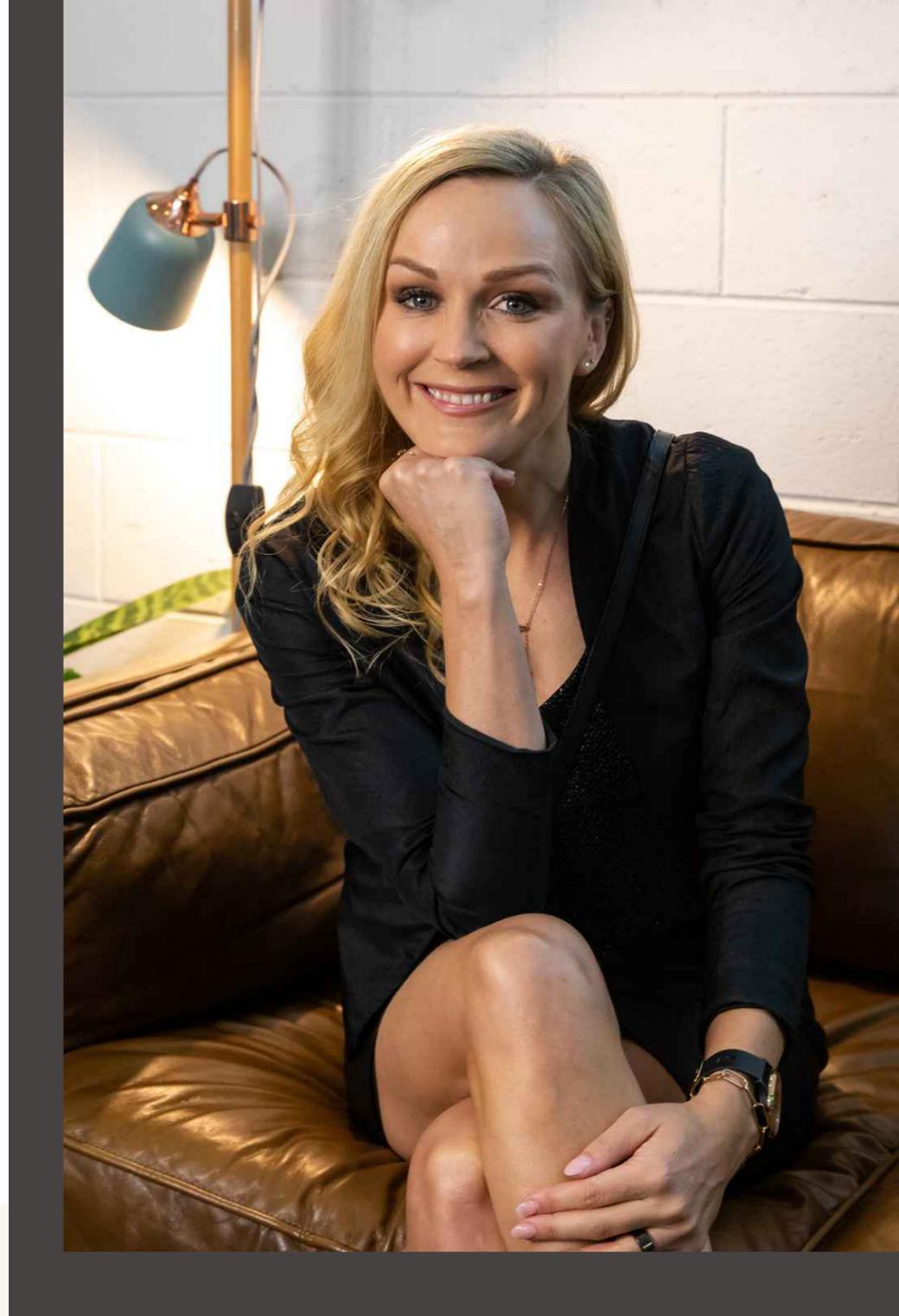


# How to UNSTUCK yourself with SELF-LEADERSHIP in One Week

7 days to a happier, calmer,  
more focused you.

[drmaikeneuhaus.com](http://drmaikeneuhaus.com)





Do you sometimes  
just not know  
where to start?

Do you feel  
overwhelmed and time-  
poor, without any brain  
space for anything?

Or are you trying to implement  
yet another 'hack' to improve  
your productivity, happiness, or  
life goals - only to find yourself  
even more overwhelmed?



Then self-leadership  
should become  
**YOUR BEST FRIEND.**

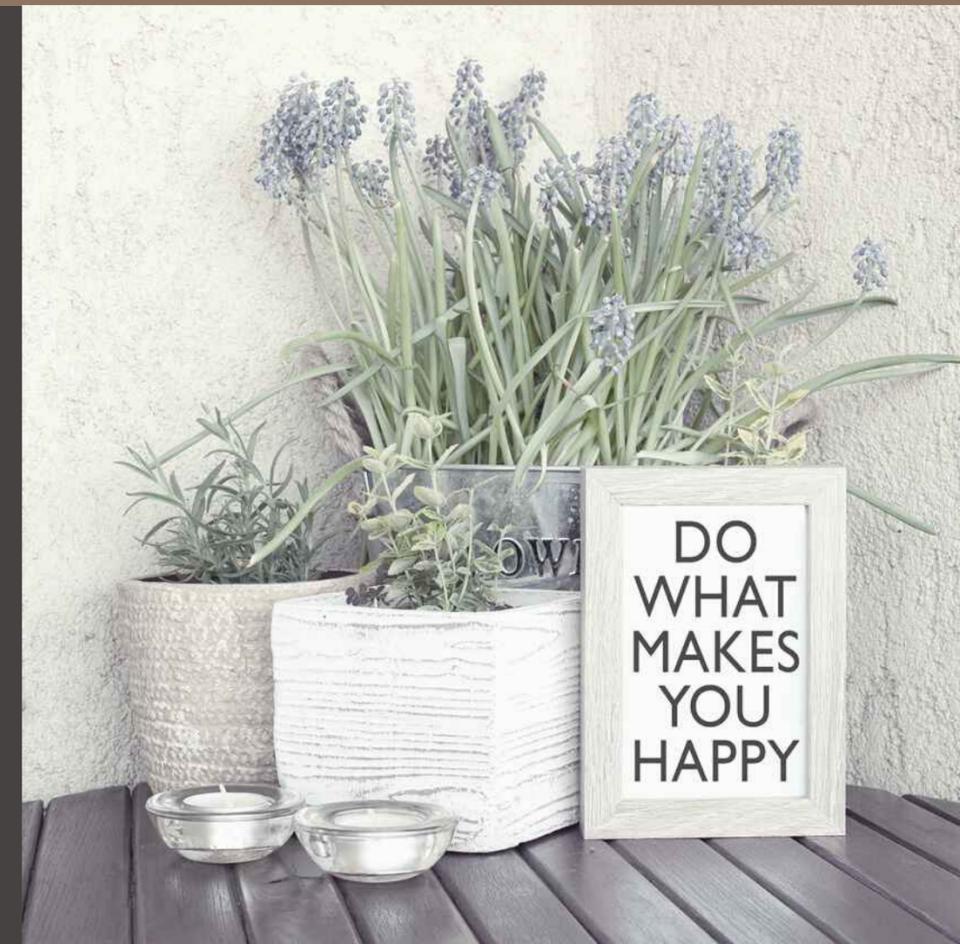


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Self-leadership is arguably the number one skill we all need that moves us directly towards our deepest desires in life, regardless of our internal (*feelings, anyone?*) or external (*hello, pandemic*) road blocks and speed bumps.

Research shows that efficient self-leaders are more productive, innovative, creative, and more successful. On top of that, they are also more satisfied with their work and life in general.



In just 7 days, by following the steps below, you will have the basic concept of self-leadership  
**UNDER YOUR BELT.**

From there, the sky is the limit, and you will be making decisions for yourself with intention and purpose – leading to a happier and healthier you.





**READY?**

*Let's start with Sunday*

6

# 1. Reflect on your reality

*Understand your needs & mobilise energy for change*

If yes, then great! It is then essential to acknowledge that we will require energy to realise this goal – particularly for willpower (which we tend to exhaust over the course of the day!). How will you generate this energy? What in your lifestyle will need to change to assist? Who can help you along the way to maintain your energy and progress?



In order to create any change, we need to know where we're at right now. Take the time to reflect on your needs and what you already have on your plate. People often underestimate how full their lives already are, and how difficult it can be to 'just add another goal'. Do you have the capacity to commit to this goal, with everything you already have on your plate?



If no, then consider the activities and commitments that fill your days and nights and prioritise these in terms of 'must do', 'should do' and 'want to do'. This will clarify what things can be changed or shifted to help us find the time and space to create energy to meet our goals (hint: this will typically come from the 'should' pile).



It might be tempting to gloss over this part, but your self-leadership journey will lack the depth and richness needed to sustain your momentum going forwards. Teasing out your current reality will help to build a solid foundation for achieving your future goals.

## 2. Build self-knowledge

*Identify your strengths & values*



Knowing your values and how they express themselves through your choices and behaviour is one of the core foundations of leading yourself.

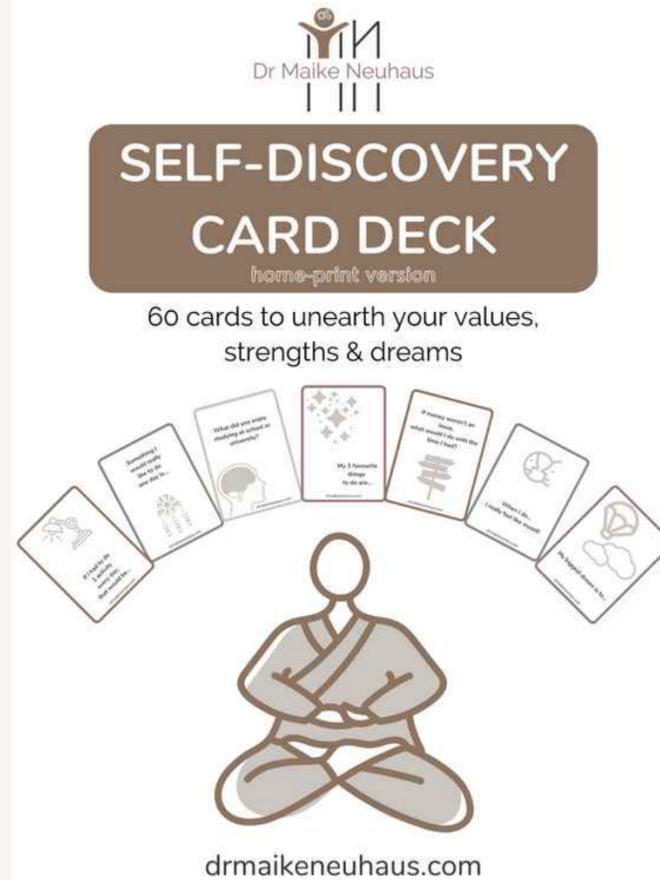
Understanding yourself at this level can help you live authentically, because for each decision you can ask yourself:

‘What is most important to me?’

‘Does this align with my values?’

Equally as important is being aware of your strengths and unique talents. What do you find easy or natural to achieve that others may struggle with? What do your friends or family admire you for or ask for help with? These are clues to what you can harness and capitalise on to reach your goals.





Identifying your strengths and core values in life, relationships and work can help to bring clarity and intention to your decision making and goal setting. Admittedly, they can be hard to pinpoint sometimes, particularly as we grow as a person and shift and change over time.

Download our fun Self-discovery Card Deck and 'Who am I' eBook for detailed instructions on how to build self-knowledge.



# 3. Don't wait for motivation

*Don't let the motivation myth bust your progress*

A vertical banner with a sunset background. The word 'TUESDAY' is written vertically in large, bold, orange letters. A hand silhouette is visible at the bottom, appearing to hold the letters.

TUESDAY

Knowing your motivation is different to relying on your motivation. This is key – too many times we wait until we feel like doing something, rather than taking teeny, tiny actions that help to propel us forwards. Human beings are wired to take the easier option – but choosing Netflix over writing that email isn't going to help future you.

The best bet you have for making consistent progress is to link your goals to your values and harness those strengths you have identified to help you accomplish what you desire – especially when you don't feel like it.

Preparing yourself to take action, rather than preparing yourself to feel motivated will move us toward where we want to be faster than waiting for everything to fall into place – including how we feel.

# 4. Be a goal-setter

*Set goals & start taking action*

## Goals are values embodied.

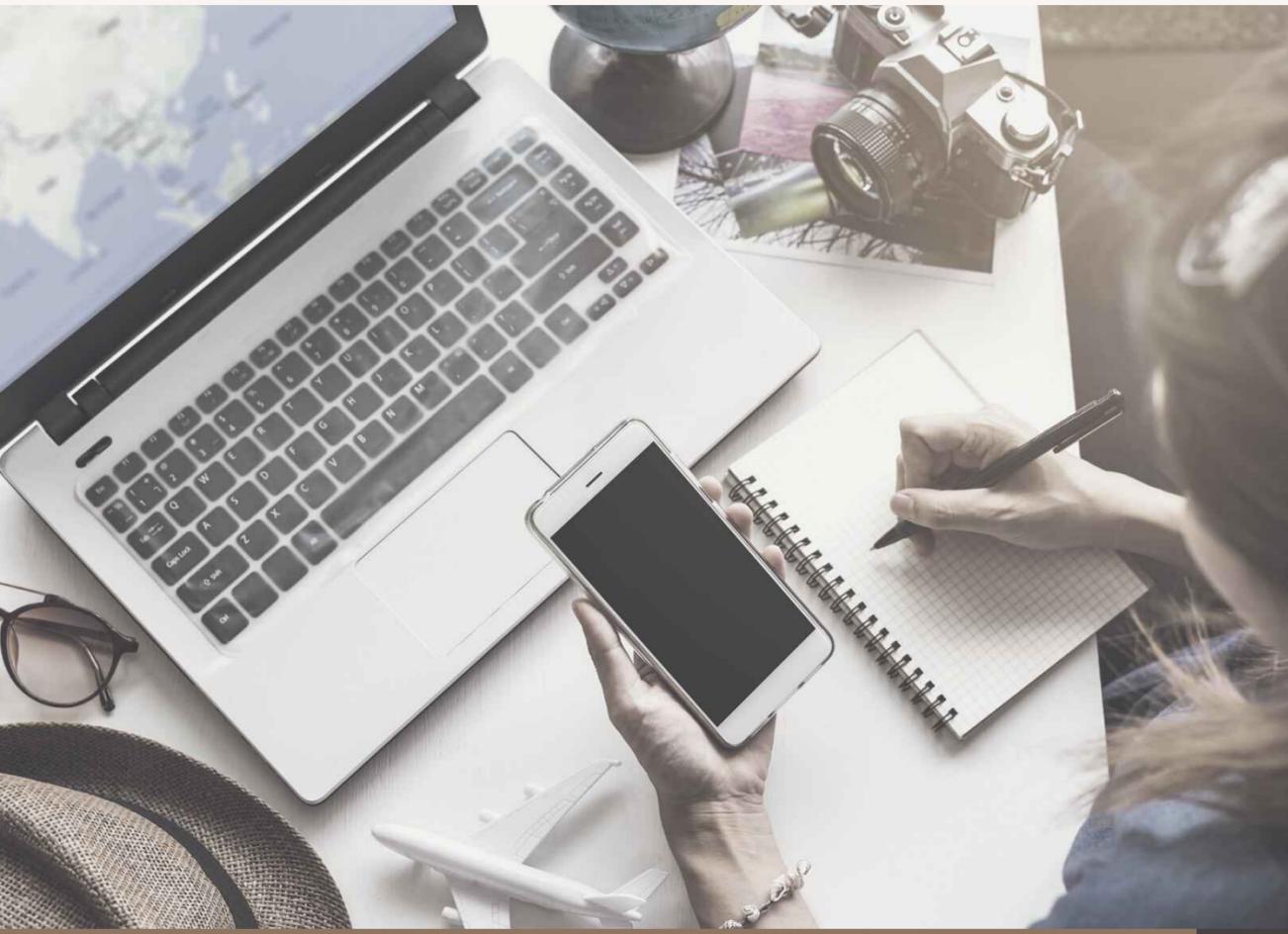
You are taking what is important to you and establishing an action to help your life reflect that value and vision. We know we won't always feel ready and/or motivated, so how can we use our strengths to determine the specifics of how we are going to step this out.



Goalsetting is where things can easily come undone. You may have a value and motivation, but if the goal is too lofty, we are setting ourselves up for failure and ultimately end up packing things in. Use the SMART goal structure (specific, measurable, attainable, relevant and timely) for the best chance of success. By all means, shoot for the stars – this vision is important – but break that down into the first small, actionable step, like sourcing where to purchase blueprints for that rocket.

Writing down your goals helps to clarify what you desire, and sharing this with someone helps us stay accountable and motivated too.

The most important thing of all though is taking that first tiny step (or seemingly huge leap!) and getting started!



Download the goalsetting eBook and workbook to help you capture your values and turn them into successful actions!

# 5. Watch & Learn

*Self-monitor high performance*



Monitoring yourself and your performance while you are trying to put this goal into action helps to identify what is working – and equally important – what isn't. It helps us to adapt, adjust and modify our plan to ensure our success – even if this means scaling back or re-evaluating our commitment.

Self-monitoring ensures that you are holding yourself accountable, and making (and adjusting!) plans based on your performance.



A close-up photograph of a person's eye, looking slightly to the right. The eye is brown with long, dark eyelashes. The skin is fair and the background is a soft, out-of-focus grey.

You can reflect  
and monitor  
your goals and  
set intentions  
on a regular  
basis using our  
planners.

This self-leadership step helps to align you with your best possible self and build momentum and ongoing success by honest evaluation and future planning to optimise your goals and outcomes.



# 6. Level it up

*Coach yourself towards  
a growth mindset*

How you speak to yourself will enable you to develop a growth mindset, coach yourself & eventually set you apart from others who end up coming to a standstill.

Research shows that one of THE most powerful skills we can develop is a growth mindset. A growth (as opposed to a fixed) mindset holds the belief that our success is determined by our effort and is therefore within our control, rather than fixed and dependant only on our circumstances.

A FIXED mindset thinks “It's too late for me to learn that” OR “Either I am good at something or I am not”.

A GROWTH mindset thinks “It is never too late to learn” OR “If I dedicate myself to this and practice with hard work, I can become good at this”.



Habitually suck in a fixed mindset? Never fear! You can teach yourself to GROW.

The GROW model is a coaching model that encourages you to systematically think through a problem, using a solution focus. GROW stands for

GOAL – REALITY – OPTIONS – WILL (or WAY forward)



If you feel yourself stuck or habitually coming back to fixed mindset statements, using the GROW structure can help you find your way forward.

Using the GROW model helps you to develop a growth mindset, simply through helping you to problem solve and develop a positive way forward, leading you to progress and success.

Some things to ask yourself as your own coach include:

## GOAL

- What is happening in your current situation?
- What is the problem at hand?
- What do you need support with?
- What is your goal?



## OPTIONS

- What are your options?
- What would you do if you knew you couldn't fail?
- What would you try if you had everyone's full support?
- What avenue would you explore if money wasn't an issue?

## REALITY

- What is the next step?
- What have you already tried?
- Where do things become unstuck?
- What things have been helpful or worked?

## WILL/ WAY FORWARD

- What steps are you willing to take next?
- What supports do you need or want?
- What plans & goals will help you to go forward?
- How can you create accountability?



## 7. Plan to fail

*Cultivate self-compassion & grit*

The only reliable factor when working towards our goals is that failure is part of the process. The biggest mistake most people make is that they give up too soon.

Being aware that failure is part of the process makes it not-so-scary, and helps to develop grit – the defining factor that differentiates the successful from the unsuccessful.

Grit is a combination of passion and perseverance for long-term goals.

It doesn't mean ignoring our failures and repeating them, rather it means fusing our values and desire with what we have learnt from this attempt, being kind and compassionate with ourselves when the stuff-ups happen, and trying again.

This takes practice – especially if your inner voice is particularly bossy – but research has consistently found more successful outcomes (and more happiness!) for individuals who treat themselves with self-compassion, rather than self-criticism.



No more “I failed at this, I am so hopeless! I am not cut out for this and there is no point in trying again.”

Instead “This is a setback and I am disappointed, but I learnt so much about x and next time I will try y instead.”

So, be mindful of your thoughts – are you speaking to yourself like you would speak to a friend? Even if your thought patterns are automatically negative and hard to change, being aware and mindful of this and actively cultivating a more positive way to relate to yourself will help you be happier and more successful in your self-leadership journey.

If steps 5-7 are something you could use some support with, head over to [our website](#) to download our [eBook and workbook on the topic of self-regulation](#). Here, we cover topics, such as dealing with unwanted emotions, cultivating constructive thoughts, and the easiest way to build new habits fast

So, there you have it. One week later and you have 7 days of self-leadership under your belt, and 7 days of tools you can come back to and refine for yourself again and again. Well done for taking these tiny-but-big steps!

While creating change and new habits can be hard, rest assured, you're not alone. Our community is here to support each other on socials. I should probably also introduce myself!



# Hi, I'm Maike.

...and I'm on a mission to empower others through self-leadership.

I am a psychologist, coach and behaviour change expert who has dedicated her career to helping others living life with purpose and intention. Self-leadership is what makes me jump out of bed every morning. Alright - and coffee.



# How you can get even more support

1. Become part of our powerful tribe of growing self-leaders by joining our insta community.
2. Indulge in some self-leadership articles on our blog.
3. Download our ebooks, workbooks and tools from our online shop.
4. Join our FRESH START Online Program and become a Master Self-leader and creator of your best life yet!
5. Reach out if you want personalised help to create the change you want through 1:1 coaching with me.
6. Book a 30-minute FREE self-leadership strategy coaching session. Helping you figure out where to start is exactly what they're for!



If self-leadership is something you'd like some support with, give me shout!

*Maike x*



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