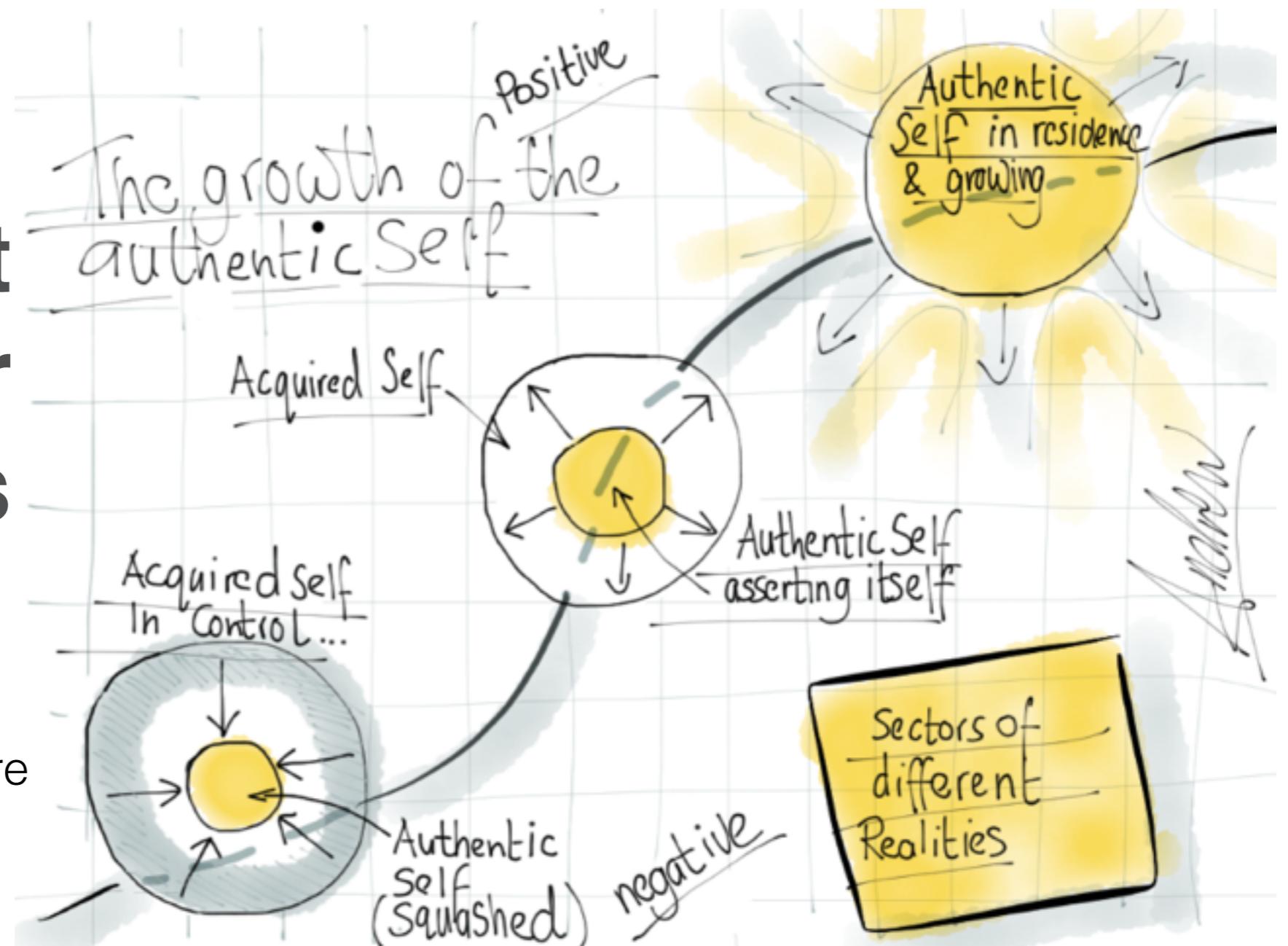


Become a better 'you' as a leader

Push past your inner limitations

Andrew Jenkins explains how in this short SlideShare



As a leader...

Have you ever felt your ideas thwarted or blocked?

Or, for whatever reason you've found yourself unable to move your business forward?

Perhaps you have simply found yourself *stuck in a rut*, or in a difficult situation and don't know what to do, or how to get out of it?

If so, here are some ideas and thoughts for you...

Putting your finger on what needs to change...

Often it might seem easier to look around for external circumstances to blame for why you might feel stuck or frustrated with yourself.

However, the key is to start by making changes inside yourself first. Then everything external to you will change as a consequence.

When you commit to working on yourself, then you can truly begin to take steps towards reaching your full potential as a

leader -

and discover what it takes to be your very best 'you'.

So where do you begin?

Many of your greatest obstacles ultimately boil down to simply being your own unconquered *inner demons*.

These are called 'Self Limiting Beliefs'.

These sorts of programmes have been hanging around in the back of your mind since your earlier experiences. These play-out as incessant inner mind chatter about how you feel bad or inadequate about yourself - this sets up a way of being that I call: the *acquired self* (see *next page*).

Recognise any of these?

"I'm never good enough"

"I've never been confident"

"I'm not articulate, or eloquent enough"

"I'm not clever enough, I'm stupid (I fear they'll find me out)"

"Typical, why does this or that always happen to me"

"Nobody really likes me"

"I have to win or to be right, I fear failure (so I can't be wrong)"

What's the process to shift your mindset?

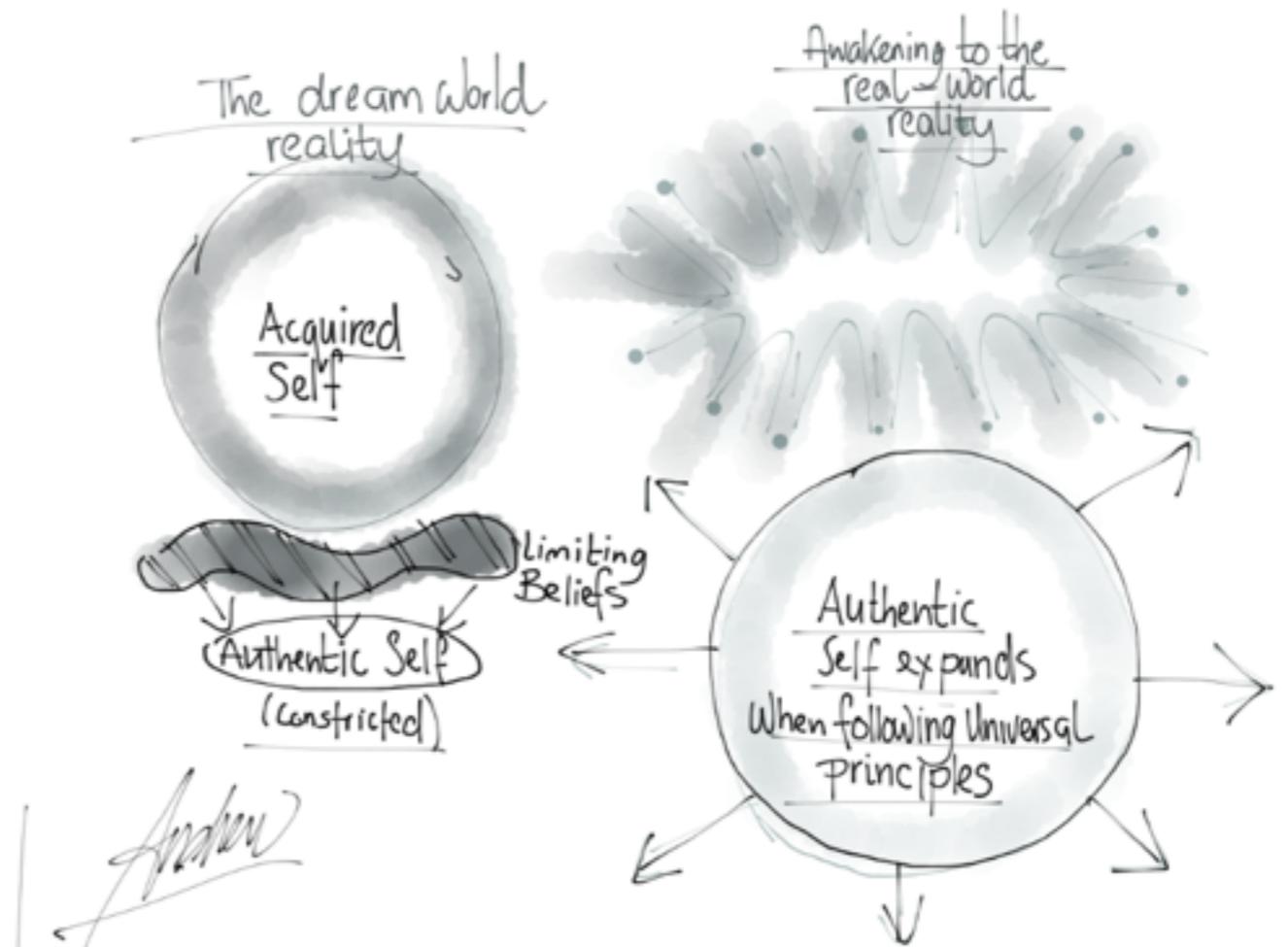
First off - you need to shift your internal mental focus of attention from your *acquired self* to discovering your *authentic self*.

In simple terms the *acquired self* is the 'version of you' that has become conditioned to limited ways of thinking...

This leads to your experiences and interactions in life being tainted by these same 'Self Limiting Beliefs'.

This is the artificial you. It creates a cycle of self-fulfilling negative prophecies.

Instead you have to reach for your **true authentic self**. This is a personal journey. It takes time.



To do this is not easy (but neither is it difficult).

You have to consciously *want* to overcome your 'old version of yourself' - and this is entirely possible.

The secret to discovering your authentic self is: you have to push through your limitations to ascend to higher levels of thinking.

You are the 'Michelangelo' of your life...

You are the 'sculpture' of what shapes you!

Whilst there may be people or circumstance that influence you along the way ultimately it is only you that can make changes inside yourself.

Blaming external circumstances, other people, or things that hold you back is simply an excuse - this ultimately leads to poor leadership... fate is more in control of your life, than you are!

Reaching for your *authentic self* means that you must learn to believe in yourself as a Leader. **Don't listen to those old programmes** of repetitive *limiting inner voices* in your head.

Instead, start believing in what is **possible** rather than focusing on what seems *impossible*. This *moves* your mindset *away* from old limiting and trapped views of reality, *towards* a new reality with new potential futures, choices and opportunities.

This begins the journey of discovering the authentic leader you were destined to be.

(Overleaf are a few actions to get the ball rolling...)

How do you get the ball rolling?

Get a great coach. Support along the first steps of your own personal change-journey is important.

Become aware of your negative *inner self talk*. Start to name your own 'Self Limiting Beliefs'. This begins the awakening of your *authentic self*. Limiting Beliefs aren't real or true, they are in fact merely what you believe, imagine and judge as being real and true!

Let go of and reframe your negative conditioned language. Turn that around into more resourceful positive ways of being instead. To help you, here's a great resource:

<https://www.youtube.com/watch?v=uZgJW4wFNpA>

Act 'as if' your new 'positive ways of being' are true for a while. You will be amazed how quickly you'll start to feel better about yourself!

Take responsibility for things that happen. Don't blame others, or external factors.

Get inspired by reading deeply. Get some ground-breaking books to help you with the above pointers, and inspiring books around leadership (examples overleaf).

Inspiring resources:

“The Chimp Paradox” - S. Peters 2012

“Working with Emotional Intelligence” & “New Leaders” - D.

Goleman 2009

“7 Habits of Highly Effective People” - S. Covey 1989 (new ed 2013)

“How Winning Works” - Robyn Benincasa 2012

Or for a more personal journey: “You Are More Than You Think - *the return to your authentic self*” - A. Jenkins 2014

(All available via Amazon.)

Other useful reads include: “Value Driven Organizations” by Richard Barrett and “The Inner Game of Work” by Timothy Gallway.

And...

Visit my website

<http://www.youaremorethanyouthink.co.uk>

Download a **FREE** copy of my detailed and comprehensive questionnaire.

This will help you to objectively analyse where you are on the spectrum of *acquired* versus *authentic* self.

Having data to benchmark against is very useful.

