EDVENTUROUS LEADERSHIP

The Table of Leadership Elements

34 elements of self-leadership. Lead yourself well first, then lead others **exceptionally**.

EXPLORE THE TABLE

THE EDVENTURE ONLINE



TEASER EDITION

The Table of Leadership Elements

THE EDVENTURE ONLINE



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Element number
Symbol
Name

From an excellent self-leader to an excellent leader of others.
Tap any element to read it.

POWERFUL MINDSET · RESOURCEFUL · COURAGEOUS · IMPACTFUL · RESPONSIVE

Dear Edventurous Leader,

This content is designed to be helpful in its own right, by stimulating greater self-awareness and awareness of those around you, and by giving you strategies to make informed changes to your life towards leadership excellence. It will challenge you to engage with your own development and to support those around you to do the same. This mirrors the journey from being an excellent self-leader to being an excellent leader of others.

If you find this content helpful, you will likely find the full element content helpful too, or perhaps one of our content sets, so check these out on our website (content coming soon).

From here on you will find each element explored in number order, in a concise and thought-provoking way. Every element in the table links to its page, and you can come straight back to the table using the 'Back to the table' link on each page. If anything in particular stands out to you, I would love to hear from you. Similarly, get in touch if anything doesn't make sense or you would benefit from talking it through with someone.

Good luck on your Edventurous Leadership journey.

Lewis Fogarty
Founder
lewis@edventurousleadership.com

"

What an innovative and insightful approach to leadership! This brilliantly encapsulates the fundamental aspects of what makes a great leader.

Megha Pillai
Aspiring Psychologist and Student

Gc 0

POWERFUL MINDSET · ELEMENT 0

Global Citizen

This element is about recognising the world outside of yourself and your responsibilities to that world, both locally and globally, and working diligently to fulfil those responsibilities.

Edventurous Leadership is centred on a motivation to bring together like-minded people who want to do good in the world, and being a global citizen is central to this.

In working towards this element you will begin to develop ideas that have broader borders, or none at all, and that help to make the world a better place.

This starts with forming purposeful relationships with those around you and showing genuine care for yourself and others, no matter their status. It is about being curious, not judgemental, and being sure to scratch any itch you have regarding injustice in the world.

The standard you walk past is the standard you set, so it is time to speak up.

Af 1

POWERFUL MINDSET · ELEMENT 1

Accountable to future you

This element highlights the importance of making choices today that future you will thank you for. You are responsible for these choices, and each one you make is a vote for the type of person you want to be.

Engaging with this element will make you more aware of the impact of the small, daily habits you have adopted. This awareness will lead to conscious action to enhance future you. You will better know where you want to go and how to get there.

Are you upgrading your life? Everything you do, say, think and consume is an upgrade or a downgrade on your current self. Which way have you been heading recently?

'Remember tomorrow' is a good mantra to adopt TODAY, to make yourself more accountable to future you. Remember how you will feel tomorrow about the decision you are about to make, and then adjust your decision accordingly.

Qc 2

POWERFUL MINDSET · ELEMENT 2

Quiet confidence

Humility is a reflective lens that helps us see our weaknesses, and confident humility is a corrective lens that helps us to overcome them. This element is about being aware of your weaknesses and having the confidence to quietly overcome them and keep going in the face of challenge.

The rethinking cycle is very important here: humility drives doubt, which fuels curiosity, which motivates discovery, which in turn reinforces humility.

Despite promoting humility, you should also dream big. Your purpose is bigger than you realise and tomorrow isn't guaranteed, so go for it. Start where you are and use what you have to create the life you've always wanted. You don't need to tell everyone you're going to do it. Just do it, and people will notice the person you are becoming without being told.

Everyone has a reason to be confident. Find yours, quietly.

Et 3

POWERFUL MINDSET · ELEMENT 3

Enhanced thinker

You become what you think about, but be careful, because what you know and what you think about are often very different. A good way to get ahead of this human flaw is to be your own second opinion. Challenge your own thoughts, and the thoughts of others, respectfully.

That is true in the present. For the future, be sure not to make a permanent decision over a temporary circumstance: no big decisions when you are really angry, sad or happy. Sleep on it. For the past, be mindful of the way you let past narratives speak to you. This can have a huge impact.

A clever person solves a problem, but a wise person avoids it altogether. What decision can you make that will save you from making ten more decisions in the future? Try to make the choice that eliminates other choices.

Remember, worrying is a misuse of imagination.

Cr 4

POWERFUL MINDSET · ELEMENT 4

Conscious responsibility

James Clear says it well: "Life rarely changes in a positive way without an increase in responsibility. That can mean taking ownership of your health or committing to a relationship or starting a business. Whatever it is, if you want the trajectory to change, the amount of responsibility usually has to change."

In other words, be the designer of your life, not just the consumer of it. This relates closely to how you respond to requests for your time. No is a clean decision that saves you time, like a time credit. Yes is like a time debit that you will have to repay with a time commitment in the future. Keep this in mind.

This element links to Time sensitive, so hacks like 'don't put it down, put it away' apply here. Also note that increased responsibility isn't about making fewer mistakes, because if you haven't been making mistakes you haven't been stretching yourself.

Fulfilment is the ability to deal with problems, not the absence of them.

Pp 5

POWERFUL MINDSET · ELEMENT 5

Power of perspective

How you see the world is everything, so perspective is incredibly important. Wayne Dyer stated, "When you change the way you see things, the things you see change." Do you allow your own perspectives to be challenged, no matter how painful?

One powerful notion relates to how you tackle the problems in your life. Henry David Thoreau said that "there are thousands hacking at the branches of evil for every one attacking the root." Are you attacking the branches or the roots of your problems? Get the problem solved before it even starts!

Also, think about clarity. Knowing what doesn't matter is as helpful as knowing what does. Often what should matter less is the things you can't control, so you can focus on the things you can.

If your confidence exceeds your competence, you are blind to your weaknesses. If it doesn't, you are blind to your strengths. Either way, you have work to do.

Po 6

POWERFUL MINDSET · ELEMENT 6

Pragmatically optimistic

This element is captured in the idea that you have to believe things will get better, but that it is going to take some hard work to get there. So roll up your sleeves and get cracking!

This is underscored by the Stockdale Paradox, named after James Stockdale, a prisoner of war who stayed headstrong in the face of unimaginable challenge. Stockdale is reported to have said that he saw people who thought they would be rescued within weeks, and people who thought they would never be rescued, and neither survived. What mattered was knowing that in the end they would be rescued, but that it was going to be horrible in the meantime. This relates to managing expectations and believing in yourself and your team.

Whilst this is of course an extreme example, it reminds us to acknowledge a situation for what it is, without sugarcoating it, and then take action on what we can control.

Pd 7

POWERFUL MINDSET · ELEMENT 7

Positively developmental

Life is 10% what you make it and 90% how you take it. How negative or positive would you describe yourself? How negative or positive would those closest to you describe you? By its very nature, being negative takes away from people, situations and relationships, whereas being positive adds.

Of course, you can't always be positive, but you can always be kind, challenge respectfully and set your own boundaries clearly. You can't change the world, but you can change your state of readiness for it. Connected to managing expectations, you can better equip yourself to be positive and constructive. This is about failing forwards, because you will fail and that's ok. It is an important part of life.

This element is about being on the side of who people can be, not who they are, and this matters most for yourself. Look back on the past three years to see how far you can go in the next three.

8
Ly

POWERFUL MINDSET · ELEMENT 8

Love yourself and your journey

Be careful what you desire, as your desires are contracts you make with yourself to be unhappy until you get the thing you desire. It is human nature to then desire the next thing, and not appreciate that what you have right now is something you once desired so much. Take a moment to reflect on that.

It comes back to purpose, and I have realised more recently that I should seek to purchase freedom, not status: freedom to pursue the life you want. The person who loves walking will walk further than the person who loves the destination. So choose your daily walks carefully, and by 'walks' I mean your career choice, degree choice, friend choice and so on.

Jay Shetty said it well: "Whatever you want from someone else, give it to yourself first." This keeps your desires firmly within your grasp and in your control, and should encourage you to start loving yourself, today.

9
Ah

RESOURCEFUL · ELEMENT 9

Appreciate what you have

How easy do you find it to say something positive about yourself? This element will help you not only find this more natural but also make it inevitable. Because if you don't appreciate yourself, why should anyone else appreciate you?

Omar Brownson said it well: "Gratitude helps us trigger our positive emotions so we don't get triggered by our negative ones." If you engage with this element you will find yourself more positively triggered and less lost in negativity.

Let's start right now. Say something you are grateful for about yourself, perhaps even write it down and take a step towards journalling your thoughts. Don't worry, this will get easier. Now tell someone else that you are grateful for them, and why.

"The quality of your thoughts determines the quality of your life" (Ryan Holiday), so start including appreciation in those thoughts, today.

10
El

RESOURCEFUL · ELEMENT 10

Excellent learner

There are many strategies out there about how to be a better learner. First of all, being taught how to learn is key. If this is done well, learning can become your superpower, in which case there is no limit to what you can know.

Those who don't read have no advantage over those who can't. Let that sink in.

To learn well, you need to be ok with not knowing and getting it wrong. For example, FBW for first drafts: fast, bad and wrong. In time, your FBW will get better and better.

One of the biggest indicators of success is conscientiousness, which is made up of organisation, perfectionism, diligence and prudence. Many would argue that perfectionism is the enemy of progress, and I would agree. To be a good learner is not to be perfect, but to understand that the more you know, the more you realise how much you don't know, and that's ok.

11
Cc

RESOURCEFUL · ELEMENT 11

Conscious connections

Who's holding your rope?

Imagine your life is one long rope, with yourself in the middle and everyone you let into your life standing next to you, holding your rope too. Those closest to you stand closest and have the tightest grip. Then ask yourself: are they helping you to move forwards, or holding you back?

The beauty of this analogy, and of your life, is that you get to choose who holds your rope and how tightly. Maybe it is time to stop letting people hold your rope who don't help you to move forwards?

This is the essence of this element. If you engage with it, you will better curate those who have influence in your life and better address the connection you have with yourself. This is the most important connection of all.

Setting boundaries is not limiting but liberating, because what you don't do determines what you can do.

12
C

RESOURCEFUL · ELEMENT 12

Creative

"Logic will take you from A to B, imagination will take you everywhere" (Albert Einstein).

Do you give yourself time and space to exercise your imagination? Creativity, attention to detail and care will lead to success; laziness is the antithesis of this.

It is far easier to consume and critique than it is to create. Remember this the next time you receive undesirable feedback, and go again. Also, consuming too much can be dangerous, so notice when it is time to start creating yourself, as this can lead to learning and development.

There is a balance to be had between creativity and productivity. Productivity is about getting it done; creativity is about getting it done right. You need both. 100% creativity doesn't get anything done. 100% productivity only churns out identical things.

Creative impulses are in us all. They can be corrupted or squelched, but never completely eradicated. How deep do you need to go to find yours? Start today.

13
Rr

RESOURCEFUL · ELEMENT 13

Reflective and reflexive

This element is all about making the time and space to have honest conversations with yourself. The more honest you are, the faster you will grow, so don't believe your own bullshit. It is worth noting that people are often at their happiest when ignoring the truth. Is there a 'truth' that you are ignoring?

Being reflective and reflexive can help you to reframe experiences in a more helpful way, for example boredom. Boredom is an indicator that something isn't right: your approach, environment, activity and so on. The right response could be a small adjustment, a rest or stopping the thing you are doing, and finding this out is easier with a bit of reflection.

Remember, feeling sad after a decision doesn't make it the wrong decision; it just makes it a difficult situation. Leaning into your resilience and your comfort in discomfort can help you push through, and shows the importance of ongoing reflection and tweaking your approach.

14
R

RESOURCEFUL · ELEMENT 14

Resilient

High achievers are often those best able to handle stress, not those who are smartest. An objective of any pursuit you are involved in is to keep at it long enough to see the rewards of your work accumulate. This is true of studying, fitness, career growth and so on.

This element reminds us that whilst we all have challenges, they aren't a reason to stop. They are part of your success story, so keep going. You are capable of much more than you might think.

One idea to help on the darkest days is to imagine a film crew is secretly following you day in, day out, documenting your journey to success. What are they seeing that is leading you towards success? Success leaves clues, and these clues are the choices you are making today.

Next time a fear arises, get curious, not scared. Learn, adapt and execute, and most importantly, know that you've got this, and that you have a community of Edventurous Leaders behind you.

15
Ts

RESOURCEFUL · ELEMENT 15

Time sensitive

We all have 24 hours in a day. Imagine these are 24 one-hour tokens: how do you spend yours? Most likely it will include sleeping, eating, getting ready, commuting, meetings or lessons, other work and perhaps a bit of socialising. That is unlikely to be all 24 tokens, though, so what else? Do you waste any?

This element encourages you to think even smaller, in 144 ten-minute blocks per day. It is crazy to think that just 18 minutes of practice a day adds up to 100 hours a year, which is said to be enough to put you in the top 5% in the world at that thing!

Your attention is your most valuable asset, so direct it wisely, and don't let people waste it, particularly yourself.

Don't spoil a perfectly good now by worrying about something that may or may not happen in the future. Once you spend time, you can never get it back, so spend it wisely today.

16
Cu

COURAGEOUS · ELEMENT 16

Comfortable in discomfort

Success can be measured by the number of uncomfortable situations you are willing to put yourself in, so you had better get used to it if you want to be successful.

Comfort is the enemy of progress. This is true in nearly all walks of life, and this element brings it to the foreground.

Rosalynn Carter captured this wonderfully in relation to leadership: "A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be." This is true for those leading teams, but also when leading yourself. It is quite likely you know exactly what you need to do (or how to find out), but you are putting it off.

Go outside your comfort zone, as this is where the magic happens. The more difficult things you do in life, the easier life will become; the more easy things you do, the harder life will become. Don't believe me? Give it a go and see.

17
I

COURAGEOUS · ELEMENT 17

Inspirational

This is about inspiring others more than being inspired yourself, but openness is key to both. Inspiring others to better themselves is a wondrous gift that everyone has the power to give, for free. Altruism is a great way to get out of your own head too, which has its own value.

If you are in a leadership position this relates to Conscious responsibility, as it is a mistake to think you can 'get away with more' when you lead. Conversely, don't let your adultness (and the extra responsibility that often comes with it) override your inner child. Keep playing and being curious because, as Jim Carrey said, "You can fail at what you don't want, so you might as well take a chance on doing what you love."

Talk more about things that matter with people who care. A way to get going is to share something that has inspired you with someone close to you, and hope that they are inspired too. Then explore it together.

18
O

COURAGEOUS · ELEMENT 18

Openness

You wouldn't be here if you weren't open to learning something new, so kudos to you for that. So how can you make the most of this element in your everyday life?

Remember that everyone around you knows more than you about something, so you can learn something from everyone you meet, if you are open to it.

To the experts, James Clear offers this reminder: "An expert is someone who, over many years, manages to remain confident enough to keep trying and humble enough to keep learning." So stay humble and keep learning.

Life is unpredictable. The pursuit of success can be a catalyst for failure, but that failure could teach you exactly what you needed to know, if you are open to its lessons. We don't know what we don't know, and we never will unless we are open to it.

19
Oc

COURAGEOUS · ELEMENT 19

Own your choices

Confidence isn't about how you feel; it's about how you act despite how you feel, and this is a choice. Whilst we can't always control what happens to us, we can control how we feel about what happens to us.

If you want something in your life, work to put it there. If you want something out of your life, remove it. Simple, but not easy. Are you stressed or passionate? Focus on your chosen mission, as Simon Sinek reminds us: "When we work hard for something we don't believe in, it's called stress. When we work hard for something we love, it's called passion."

The tension is that you need to make choices, and often the more difficult decisions you make, the more your life moves forwards. However, mistakes love a rushed decision. So make a decision as soon as you possibly can, then own it, along with the success and learning that will inevitably come with it.

Remember, you hold the pen to your own book. What will you write today?

20
P

COURAGEOUS · ELEMENT 20

Persistent patience

"The chief cause of failure is substituting what you want most with what you want now" (Zig Ziglar).

This is a fundamental point underpinning this element, as is the notion of being impatient with action but patient with outcome, and knowing that if you don't quit (and you have a clear purpose and plan) you will win, eventually.

If you placed an ice cube in a room and your aim was to raise the temperature until it melts, nothing would happen until 32 degrees Fahrenheit. You would put in a lot of work to make the earlier shifts in temperature with no visible results, but you were getting closer and making progress. Ask yourself: are you at 31 degrees with things in your life? Are you one lecture, one meeting, one phone call or one hour of focused work away from a breakthrough?

Thomas Edison said, "Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

21
Ur

COURAGEOUS · ELEMENT 21

Unreasonable about reality

Don't listen to those who say "you should do this" or "that's just life". YOUR reality is what YOU make it. Be unreasonable about compromising; you are only here once, after all. Jay Alderton says it well: "What if I'm not crazy? What if I'm normal and everyone else needs to catch up?"

This is about alternative thinking, but thinking outside the box isn't enough, because thinking is passive. Act outside the box. The best fishing spots are often where few people go: a simple change, but not an easy one. This connects to a great line from the film Bleed for This: "What's the greatest lie you were ever told? It's not that simple, because it is. They just tell you that as that's how they get you to give up on your dream."

Remember, the reasonable person adapts to the world; the unreasonable person attempts to make the world adapt to them. Therefore, all progress depends on the unreasonable people.

"It always seems impossible until it's done" (Nelson Mandela).

22
Re

COURAGEOUS · ELEMENT 22

Remarkable

It is important to have the courage to stand out and be worthy of being remarked upon, because the only thing guaranteed in life if you don't chase winning (in whatever you want to win at) is losing.

The surprising route to being remarkable is doing rather simple, mundane things well and consistently. James Clear suggests "three simple ways to get more of what you want in life: 1. Be kind and pleasant to others. 2. Ask for what you want. 3. Follow up."

Connected to this, it takes no talent to be on time, make an effort, bring high energy to a task, have a positive attitude, be passionate, be prepared and so on, but having all these traits often makes you remarkable. It is within your reach.

Remember, what's popular is average. Common action leads to common outcomes, so be unreasonable about reality, focused and purposeful, and accountable to future you. Be remarkable.

23
Fp

IMPACTFUL · ELEMENT 23

Focused and purposeful

The more clarity you have on where you're going, your purpose, the easier it will be to decide what to say no to and what to say yes to. This will inevitably get you where you want to go faster than if you lacked clarity and were saying yes to things that don't contribute to that purpose.

Conversely, you can't rush towards your purpose. You need to curate it intently, but also allow yourself the chance to wander and explore before committing to a certain path. Remember too that you can create your own paths off these paths if you want to; this is the beauty of living and loving your own journey. The more you fill your life with things that matter, the better, and this will require you to walk some new paths of your own.

Whilst on the journey, be careful not to lose sight of the important in the face of the urgent. Keep your why in mind and work to it, today.

24
Ia

IMPACTFUL · ELEMENT 24

Intensely and intently active

Not all action leads to happiness, but there is no happiness without action. Everything in the Edventurous Leader journey has a bias for action, and for good reason. This element underscores this point.

This isn't about saying yes to everything either. There is great value in saying no, and saying it quickly and without regret. If you can't say no, say "yes, but..." and set your own terms. Your time and attention are precious, and you need to use them with clear intent.

There is merit in being patient with outcome but impatient with action. In other words, keep at it! Quitting is the only way to be certain of failure. Great things are accomplished by small, persistent steps, even if this sometimes means stumbling in the direction you want or need to go. This can be a great teacher.

"You don't have to be great to start, you have to start to be great" (Les Brown). So get to it!

25
Dw

IMPACTFUL · ELEMENT 25

Practice deep work

A deep life is a good life. Simply put, in relation to work, do you give yourself time and space for uninterrupted, focused work? I like waking up at 5am, as this often gives me an hour and a half of this time, when I tackle the biggest tasks that need the most brain power. This is my system and it works for me, but you need to find what works for you. I promise, though, that your system should include time for deep work.

To make the most of this time you need to declutter, both physically and mentally. Less mental clutter means more mental resources are available for deep thinking. It is the quiet work you do away from everybody that really makes the difference to success.

A challenge for Edventurous Leaders is that we pride ourselves on responsiveness, but responsiveness breeds the need for more responsiveness. This is a tension, without a doubt, but it makes it all the more important to block out time to get your own core work done.

26
Pr

IMPACTFUL · ELEMENT 26

Power planning and processes

Everyone should spend time planning and curating their own systems and processes; it is a very personal thing. These are the methods, but the principles behind them can be aligned with what we promote in Edventurous Leadership.

For example, we think it is essential to control the bookends of your day: a morning routine and an evening routine. Even if it starts small, with the first thing you do in the morning being a glass of water and the last thing you do at night being to identify tomorrow's most important tasks, start small and build your winning routine from there.

You do not rise to the level of your goals; you fall to the level of your systems. So be sure to think about the systems operating behind your targets. Don't just stare at the scoreboard, as that takes care of itself with the right systems.

Live by design, not by default, because if you don't prioritise your life, someone else will.

27
Co

RESPONSIVE · ELEMENT 27

4 C's of communication

Waffling leads to being misunderstood, ignored and time wasted for everyone involved. Being a concise, confident, compelling and caring communicator helps you avoid waffling and keeps a captive audience for your messages. This element is the essence of responsiveness and encourages you to be wary of talking towards, at or past each other, rather than with each other. Don't be a passive liar: if you have something to say and don't say it, that is a lie.

Tennis is a helpful analogy (though the aim of this tennis is to keep the ball in play). Those who communicate well hit the ball back and forth to each other's forehand. Those who don't have you running all over the court to keep the game going. They may even hit the ball into the net on purpose to sabotage the game. Do you have people like this in your life?

This is helpful when talking or thinking to yourself too. Clarity is power: be clear about what you want and your brain will help you work out how to get there.

28
Tp

RESPONSIVE · ELEMENT 28

Team player

Are you a battery or a tumble dryer?

In other words, do you give energy to those around you, or take it? Similarly, thinking about your closest connections, do they mostly give you energy or take it? Consider this.

Growth, belonging, connection and identity are four basic human motivators that should be present in teams. Think about the teams you have been and are part of. What parts, if any, are missing, and how can you grow them?

The standard you walk past is the standard you set or, as John Amaechi OBE states, "your culture is defined by the worst behaviour you tolerate". So be mindful of what you walk past in your life.

It is often said that you should treat others as you wish to be treated, but this is wrong. Instead, we need to treat others as they wish to be treated, because we all have different expectations and desires.

29
Gl

RESPONSIVE · ELEMENT 29

Great listener

I am sure you have been told to listen to understand, not to respond, and this certainly benefits the people you are interacting with. But what benefit is it to you, other than forming stronger and more genuine relationships?

This element recognises that no one is more fascinating than a great listener, and supports you to become one. By being a great listener you are more likely to learn something too. If you aren't engaged you won't learn: simple, but not easy.

There is no doubt that being a great listener takes time and will likely mean that your interactions take longer too. It is worth noting that this is nowhere near as much time as it would take to correct misunderstandings and issues that could have been avoided.

Boost your emotional intelligence simply by closing your mouth and opening your ears. You have one mouth and two ears, so use them accordingly.

30
Bq

RESPONSIVE · ELEMENT 30

Better questioner

Asking better questions often means getting better answers and therefore knowing more. Think of the cumulative benefits of always asking better questions. A way to develop this is to ask more questions every day, be innately curious and surround yourself with the right people to give you better answers.

Often in life you get what you ask for; you just have to ask correctly, and that is where the challenge sits. Also, linked to Enhanced thinker, you can get your questions answered, but then you must question those answers.

The quality of your questions also rests on an important question for you to answer, today. To know how you should spend your time or make a certain decision, you need to know: who do you want to become?

Importantly for your Edventurous Leader journey, it is not our questions that define us; it's what we do with the answers.

31
Ct

RESPONSIVE · ELEMENT 31

Caring and thoughtful

There is an incredibly challenging balance to be found between caring too much and being walked over by others who take advantage. Here are some helpful strategies to support you to recognise the difference whilst maintaining important boundaries in your life.

Respect before popularity is a good place to start when considering how caring and thoughtful to be, as is the work of Kim Scott in Radical Candor. Being radically candid is centred on balancing the need to care personally whilst challenging directly. Get the balance wrong and you could be guilty of manipulative insincerity, ruinous empathy or obnoxious aggression.

On a personal level this encourages reassuring relationships, which bring unparalleled benefits in times of woe and of happiness. Organisationally, it promotes the psychological safety that is essential in any productive and positive culture.

32
A

RESPONSIVE · ELEMENT 32

Attentive

Are you reading this right now? Actually? Or are you thinking about the next thing you have to do, or something that was bothering you yesterday? There is real value in being where your feet are, being present in your present moment. You will notice more, be more receptive and get more from each moment. Don't let today, or any day, pass you by.

This element is about being attentive to yourself and noticing your own wellbeing, as much as it is about noticing those around you. Awareness is a precondition for change, and being attentive is the gateway to awareness.

Do you ever ruin a good day thinking about a bad yesterday? Or ruin a nice moment today by worrying about something that may or may not happen in the future? Of course it is difficult to simply stop doing these things, but become aware of them first, and keep in mind that most people suffer more in their imagination than in reality.

33
Me

RESPONSIVE · ELEMENT 33

Manage expectations

Happiness = Reality – Expectations

The more I live, the more I understand this to be true. Consider the past week: what have been your highlights and your lowlights? Reflect on your expectations before those things and you will see a pattern, I am sure of it.

A simple life hack that has worked for me, and is central to this element, is to manage your expectations. If you plan to work for two hours on an important task, expect to be interrupted. Then, when you are, you were ready for it, and if you're not, you are pleased to have had uninterrupted time. Win win.

Great leaders shouldn't act surprised at anything. Bringing out the Stoic in us: when asked whether we are a summer or a winter person, we are a 'dress for the weather' person. We respond to our environment appropriately and align our expectations intelligently with our experiences. Your expectations influence your outcomes too, so start noticing yours today.

BACK TO THE TABLE



A final message from me...

I sincerely hope you have enjoyed this content and that it has helped you to start building your self-leadership toolkit.

Our final message to you, for now, is to encourage you to be an Edventurous Leader. Own it. Add it to your email signature or social media profile, and use it as a conversation starter at related events.

Remember, your future does not exist yet. You make it through an accumulation of choices, from NOW.

Create the life you dream of, and be proud not only of what you achieve but of how you achieve it.

Once again, good luck on your Edventurous Leadership journey. I look forward to seeing you in the community soon.

Start The Edventure online

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So OWN them.