

The Payoffs of Becoming Self-Aware Leaders

The payoffs of learning about these influences, motives and behaviors can be huge. Ask your partner to complete these exercises too, because the issues you will uncover can help smooth the way for improved communication and mutual understanding in all of your relationships. In fact, the relationship benefits that will emerge are immediately transferable to the other personal and professional choices you will make throughout your life.

Then begin to use your Unique LifeValues History to gain insight into your current behaviors. Here are three crucial questions to ask yourself as you approach a particularly important problem or decision:

1. Why do I want/need to make this particular decision or choice?
2. How do I tend to make important decisions? Am I an actively engaged leader or passive and reactive?
3. Do I sense something irrational about my reaction to this particular issue? (Increased anxiety that seems excessive or inappropriate, for instance.)
4. Does my decision-making approach help me or hurt me?

As you become better acquainted with your own inner motivations, the answers to these three questions will sharpen. Focusing on these questions will help you further understand your behavior patterns. You will discover which behaviors are habit-driven, which are based on satisfying childhood desires, and which are truly values-driven.

You can use this insight to navigate your way with increased strength of purpose through the decisions you face every day.