

# Self Leadership Game Plan



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**LEVERAGING AN INNOVATIVE MINDSET | SELF LEADERSHIP GAME PLAN**

<b>My Creative Thinking in Action</b>	<b>My Learning Zone in Action</b>	<b>My Resilience in Action</b>
<b>Top personal take outs or AH HA moments</b>	<b>Top personal take outs or AH HA moments</b>	<b>Top personal take outs or AH HA moments</b>
<b>Top professional take outs or AH HA moments</b>	<b>Top professional take outs or AH HA moments</b>	<b>Top professional take outs or AH HA moments</b>



### My Creative Thinking in Action

#### Top Personal Hacks

- Rather than **reacting** to challenges (old problem solving mindset) brainstorm 5 creative new ways to **respond** (new innovative mindset).
- Turn **challenges** into **opportunities** by asking “what is the best and worst possible outcomes” and accept both.
- Make **time** and **space** to think creatively about your life decisions. Schedule it. Honour it. Enjoy it.

#### Top Professional Hacks

- Rather than **attending** meetings (passive), commit to **participating** in meetings (active). Offer ideas, ask questions, engage. No multitasking.
- Invite team members from other depts to brainstorm **solutions** from a new **creative** perspective.
- When solving a problem, spend 80% of time in the **Problem Space** and 20% of time in the **Solution Space**.

**My Learning Zone in Action**

**Top Personal Hacks**

- Learn a new talent or skill every 90 days. Get your neurons firing.
- Each day plan and record at least one personal smart risk taken and what you learned.
- Note on your non work days, weekends and holidays, if you spend most of your time in your comfort, learning or panic zone.

**Top Professional Hacks**

- Review your Development Plan to ensure all development is in your Learning Zone (at the edge of your Panic Zone).
- Each day plan and record at least one professional smart risk taken and what you learned.
- Note on your work days if you invest most of your time in your comfort, learning or panic zone.

### My Resilience in Action

#### Top Personal Hacks

- Think of 3 self-care activities that keep your personal 'cup full' in times of **change** and **stress**.
- List 3 ways you can build resilience personally through **exposure**, **experience** or **education**.
- Listen to your self-talk when something doesn't go to plan. Note how you can adjust your thoughts to **learn** and **grow**.

#### Top Professional Hacks

- Think of 3 positive habits that keep your 'professional cup full' in times of **change** and **stress**.
- List 3 ways you can build resilience professionally through **exposure**, **experience** or **education**.
- Develop **strong** professional **relationships**. Your resilience increases with a strong support network.