



The Human Optimization Project

Pod-Club

E44 Building Blocks of Leadership: How to Find the Leader Inside You

Discussion Questions for this Episode:

- 1) How do you personally define leadership? What are the ideal qualities of a good leader?
- 2) Prior to reviewing this content, did you consider yourself to be a leader (independent of your professional title)? Why or why not?
- 3) What are some of the qualities you embody that allow you to have a positive impact on others? Do you view this as leadership? Why or why not?
- 4) What are some of the reasons that you haven't considered yourself to be a leader in certain situations in the past? Do you feel like these qualities are legitimate reasons that you can't lead others? To overcome them, do you need to change your behavior, change how you see yourself, or change your definition of what a leader is? Or is it a combination of all of these elements?
- 5) What are some of the obstacles you've experienced in being a young/new leader? Now, what are some of the benefits of being a young/new leader?
- 6) What are your leadership goals for yourself? Who, what, how, and why do you want to influence others? No wrong answers here as leadership goals can (and should) look very different for each of us. We have to cultivate our own definitions of success here, but you can refine that definition based on feedback from others.
- 7) Now you've defined your leadership goals, tell your group at least one new thing (action step) you are going to do or behavior you are going to adopt to improve as a leader.
- 8) After others list the "one new thing" or "action step" they are going to do, help them refine that to make it more: clear, objective, measurable, and simple. The more we can make our actions clear, objective, measurable, and simple, the more likely we are to do them and enjoy the process!