

THEME

Leading Self

SUB THEMES

Developing Self

Overview

Change is about altering a situation. It often begins with changing personal habits.

In this activity Participants think about leading change into the future through:

- 'De-cluttering' – creating space for making change
- Thinking about changes in areas of daily routine.



Leading change

Knowledge and skills

Self-awareness, decision-making, personal abilities, responsibility, personal understanding.

Resources

- Leader Journal template



NAME _____

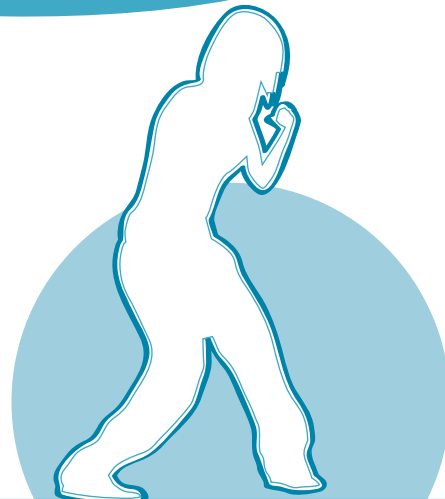
Leading Change

De-cluttering

Change begins with changing habits.

Every day this week, spend a minimum of 10 minutes de-cluttering your home, bedroom, desk or other chosen space.

Write down five areas you want to de-clutter and when you are going to do this each day.



The areas that will be de-cluttered.

When they will be de-cluttered.



Think about Change List

Use the following 'think about change list' or make up your own.

Choose four dates over the next two weeks and check to see if you made the changes on those dates.

Daily change tasks	Date checked	Date checked	Date checked	Date checked
Praise someone for something they have done				
Say "Hi" to someone you don't know				
Show gratitude to someone who gives you corrective feedback				
Spend time doing something for someone else				
Follow a new idea				
Lower your carbon footprint: walk or cycle instead of driving				
Recycle the paper you use				
Find out where the lunch food you eat is from				
Say thanks				
Fail in something and stand up again				
Talk face-to-face to someone rather than sending a text				

