

Self Edit to Get More Done Exercise



**THE COURAGE
OF A LEADER**
INSPIRE, ENGAGE AND GET
EXTRAORDINARY RESULTS

<i>Respond to the following questions with a Yes or a No. Be honest with yourself.</i>		
1. When coaching or mentoring others, do you often tell the person what you would do in the situation?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. When giving constructive feedback, do you feel like your job is not done until you've pointed out each aspect the person could've done better?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Do you sometimes react before considering there might be variables of which you're not aware?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Do you believe you're usually right about people and their motivations?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Have you caught yourself assuming the worst?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. When helping others with problems, do you tell more than ask?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Are you being instructive more often than being curious?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8. Do you sometimes feel like you've said too much and have overloaded someone?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<p>Questions to which you responded Yes indicate a potential opportunity to edit yourself.</p> <ul style="list-style-type: none"> For these questions, post a reminder somewhere where you'll see it every day. <i>For example, "Did you tell more than ask?" or "Did you react before considering all the possibilities?"</i> Pause each day and ask yourself: Did you? Raise your awareness about your opportunities to self-edit and about the situations in which you are and are not self-editing. 		