



THE FIRST PERSON YOU HAVE TO LEAD IS YOURSELF

A Step-by-Step Plan

3 Steps to Selling Yourself on Who You Can Become – And Here's How



If you can't lead yourself, you can't lead anyone else. Period. Whether you want to be a better parent, a stronger friend, a strong business owner, or a role model in your community, it all starts with you. Leadership isn't about being perfect—it's about having discipline, self-awareness, and consistency.

Let's break it down into actionable steps, so you can start leading yourself to the life you want!

Step 1: Take Full Ownership of Your Life

No excuses. No blame. Everything in your life—your results, your habits, your mindset—is on you. If you win... it's your fault. If you lose... it's your fault. Once you own that, you can change it.

Action Plan: Own Every Result

1. Write Down Your Excuses:

- Be brutally honest. What are you blaming on others? Example: "I can't get in shape because I don't have time."
- This step IS THE ONLY WAY to be real with yourself and get you to actually GET BETTER at the things you know are areas of opportunity in your life.

2. Flip It:

- Rewrite each excuse as an empowering statement. Example: "I make time for what matters, and my health is a priority."
- People make time when the value is high enough.

READ THAT AGAIN!

Why This Works:

When you shift from victim to leader, you take back control. A study by Stanford University found that people who take responsibility for their outcomes are 47% more likely to achieve their goals.

Step 2: Create Non-Negotiable Standards

Leaders operate by a set of standards that guide every decision they make. What are yours?

Action Plan: Define Your Non-Negotiables

- Write down 3-5 rules you'll live by. Examples:
 - a. "I will wake up at 6 AM every day to prioritize my growth."
 - b. "I don't quit when things get hard—I adapt and keep moving."
 - c. "I will treat others with respect, even when it's difficult."

Daily Practice:

- Every morning, ask yourself: "How will I live my standards today?"
- Every evening, reflect: "Did I honor my standards today? If not, why?"

THIS IS THE KEY! If you took advantage of my "Get the best out of your day before it begins" FREE training on my website, then you already know this. IF you haven't, you should. How you start your day is WAY MORE IMPORTANT than you think. **START THIS NOW!**

Step 3: Build Consistency Through Accountability

Consistency isn't sexy, but it's the foundation of success. The problem? Most people let themselves off the hook. MOST PEOPLE take the path of least resistance. You need accountability.

Action Plan: Build a System

1. **Find an Accountability Partner:**

- Share your goals with someone who will challenge you.
- Make sure its someone who won't sugar coat your efforts.
- Finally, BE OPEN to ACTUALLY listening to constructive criticism! It works, but most people's ego gets in the way

2. **Use Tools:**

- Use the notes app in your phone or something like that where you can keep track of your personal effort and share it with your accountability partner.

3. **Weekly Review:**

- Every Sunday, review your progress:
 - What did you accomplish?
 - Where did you fall short?
 - What's your focus tomorrow?
 - What's your focus for the next week?

AGAIN, be HONEST with yourself and if you need help when you're not hitting your goals, ASK FOR HELP! It's THE BIGGEST thing that holds people back... is being "OK" asking for help.

Pro Tip:

Remember, leadership is a journey. You'll mess up—that's okay. The goal is progress, not perfection.

Summary:

1. Own everything. Your results are your responsibility.
2. Define your non-negotiables and hold yourself to them daily.
3. Stay consistent by building accountability systems.

When you lead yourself first, you'll inspire everyone around you to step up.

Research highlighted in Forbes emphasizes that understanding and developing self-leadership skills is essential for career success, as it enables individuals to influence and direct their thoughts, behaviors, and actions toward achieving desired goals.



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