



SELF LEADERSHIP WORKBOOK

Once upon a time, in a dense forest near the edge of a village, a baby lion was separated from his pride during a storm. Lost and frightened, he wandered until he stumbled upon a herd of sheep. Surprisingly, the sheep welcomed him in. They saw him as different, yes—but raised him with kindness and care.

As the lion cub grew up among the sheep, he began to bleat like them, eat grass like them, and most importantly, *believe* he was one of them.

He never roared.

He never hunted.

He never questioned it.

Years passed, and though his mane had grown and his body was powerful, his identity remained: *I am a sheep*.

One day, an old lion from the mountains saw this majestic young lion grazing with the sheep. Astonished, he approached him and said, “What are you doing?”

“I’m a sheep,” said the young lion nervously.

The old lion laughed gently. “Come with me.”

He led him to a calm lake and said, “Look into the water.”

The young lion looked... and for the first time, he saw himself—not the wool, not the bleating crowd—but his reflection. A lion.

Still, he hesitated.

So the old lion let out a mighty ROAR that echoed through the forest.

Something stirred inside the young lion. His breath deepened. His chest rose.

And then—from deep within—a thunderous **ROAR** erupted.

In that moment, he remembered.

He remembered who he was.

He remembered his power.

He remembered what he was always meant to be.



Remembering Who You Are

"When you let go of who the world told you to be, you meet who you were always meant to become."

The lion didn't need to become something new.
He needed to remember what was already inside him.
So do you.

Let's begin by stripping away the borrowed identities, the limiting beliefs, and the invisible cages.

Step 1: What Labels Have You Worn?

Write 3 labels or identities others have given you—consciously or unconsciously.
Ask yourself: Are they really you?

1. _____
2. _____
3. _____

Take a moment. Are these labels empowering or limiting? Are they borrowed, or are they chosen?

Step 2: When Do You Feel Most Alive?

Describe the version of you that shows up when you feel most free, powerful, joyful, and fully expressed.

This is your Original Identity—the lion in the mirror.

Step 3: What Are Your “Sheep Habits”?

These are the habits, thoughts, or behaviors you’ve picked up to blend in, stay safe, or avoid judgment—but that silently shrink your light.

- _____
- _____
- _____

Step 4: The Roar Within

Where in your life have you felt the stirring of your roar—your real power—but chose to stay quiet or small?

Step 5: Imagine the Shift

If you fully owned your original identity—not what you were told to be—
What would shift in your thoughts, relationships, work, and voice?

“Self-leadership begins the moment you stop living from labels and start living from truth.”

What is Self-Leadership?

Self-leadership is the ability to intentionally influence your thoughts, behaviors, and emotions to achieve your personal and professional goals.

Reflection Prompt:

- In your own words, what does self-leadership mean?

- Where in your life do you feel you are already a strong self-leader?

- Where do you want to grow?

Discovering Your Better Qualities

Exercise: List your top 5 strengths or better qualities (e.g., empathy, decisiveness, creativity). Use the table below:

Strength	When Do I Use It Best?	How Do I Use It?

Reflect:

What patterns do you notice about when and how you use these strengths?

- _____

Are they situational or consistent?

- _____

The HOW's – Understanding Your Expression



Think of three situations where you used your strength differently.

Strength	HOW I Expressed It	What Worked	What I'd Change
Empathy	Listening silently	Built trust	Ask better Qs

Recognizing Misfires



Your emotional reactions are often automatic—until you bring them into awareness.

Even our best qualities can become weaknesses when overused or used in the wrong situation.

Exercise:

1. “When I feel _____, I tend to _____.”

However what I really need is

_____.”

2. “When I feel _____, I tend to _____.”

However what I really need is

_____.”

3. “When I feel _____, I tend to _____.”

However what I really need is

_____.”

Exercise:

Map your top 2 emotional triggers and the beliefs behind them.

Self-Leadership Mirror



Exercise:

Complete the following:

- “When I feel cornered, I tend to _____.”
- “My leadership shrinks when _____.”
- “I rise when _____.”

Activity:

Identify 2 triggers that derail your leadership and 2 that elevate it.

Story Prompt:

Share a time you led well despite being triggered. What did you tell yourself in that moment?

Leading Others Through Self-Leadership



Exercise:

Think of 2 people you've influenced positively. Write what you did and how they changed.

Person	Action you took	Change they made

Alignment Map

Exercise:

Use the table below to identify your values and align them with actions:

Core Value	Daily Action That Reflects This	Area of Life	Improvement Idea



Your Self-Leadership Tracker

Use this for 7 days. Rate your awareness and use of a chosen strength each day.

Day	Strength Chosen	Did I Use It? (Y/N)

End each day by writing: "Today, I led myself well by _____."

Commit to Your Growth

Write your personal manifesto:

"I lead myself with _____.

I rise strongest when _____.

I inspire by _____."

Future Self Visualization (Script):

Imagine it's 6 months from now. You've been practicing self-leadership daily.

- What has shifted?

- Who have you become?

- How do others experience your presence?

Self-leadership is not about waiting for permission.

It's about taking ownership of the moment and becoming the kind of person you'd be proud to follow.

Every day that you choose to lead yourself—with courage, clarity, and compassion—you shape your identity and inspire those around you.

You're not just influencing your own path.

You're lighting the way for others.

The world doesn't need more people playing small.

It needs people brave enough to be their whole, untamed, unapologetic selves.

So here's to you—the lion who remembered.

The leader who roars, not to dominate, but to awaken.

Lead on. Your presence is the revolution.

