

6. As a leader, you can't help your team if you don't help yourself.

The previous five insights focus on how you can help your team. This last one is all about you. The common mindset of leaders around managing their energy and time is, "I am too busy to take time for myself." That's a recipe for burnout.

Instead, effective leaders invest in themselves. They organize their time, prioritize, and keep commitments. They also make time for relationships, fitness, sleep, and rest. As a result, they thrive personally, model time and energy management for the team, and get better results.

Insight Exercise

The 5 Energy Drivers

Rate yourself in the following areas, on a scale from 0 as "never" to 10 as "always." Where your energy comes up short, commit to improve. You owe it to yourself and your team.

Sleep

I sleep the same amount each night and don't use weekends to catch up on sleep): _____

I get good quality sleep each night: _____

One change I will make to improve: _____

Relax

I have effective coping strategies to deal with stress: _____

My lifestyle supports my ability to manage stress: _____

One change I will make to improve: _____

Connect

I connect regularly with important people in my life: _____

I have relationships at work that I value: _____

One change I will make to improve: _____

Move

I get up and move throughout the workday: _____

I have a consistent exercise program: _____

One change I will make to improve: _____

Eat

I eat nutritious food at every meal: _____

The way I eat provides sustained energy throughout the day: _____

One change I will make to improve: _____

Score per Individual Area

(two questions per Area)

0 – 6	Problem Area
7 – 15	Average
16 – 20	Doing Great

Which driver had the lowest score? Brainstorm one thing you can start, stop, and continue doing this week to improve that driver.

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For additional information about how we can help first-level leaders in your organization, email us at info@franklincovey.lt or visit franklincovey.lt