




# Building Self-Management

Increasing your capacity for self-management requires self-awareness and repetition. Notice and celebrate incremental improvement.

1




**A**

When self-managing to display more courage in speaking up...

**ASK YOURSELF >**

- If I do not say this now, will I later regret not speaking up?



**B**

When self-managing to control your impulse to speak...

**ASK YOURSELF >**

- Does this need to be said?
- Does this need to be said by me?
- Does this need to be said by me now?

# 2

One goal of self-management is to be able to insert a PAUSE prior to "Action".

## HIGH SELF-MANAGEMENT



## LOW SELF-MANAGEMENT



To learn more, listen to episode [#210 How to Grow Your Self-Management](#) of Essential Communications' *The Look & Sound of Leadership* podcast, or read the [transcript](#).