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5 Tips on Effective Networking

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Computer GIVE-AWAY Inside!

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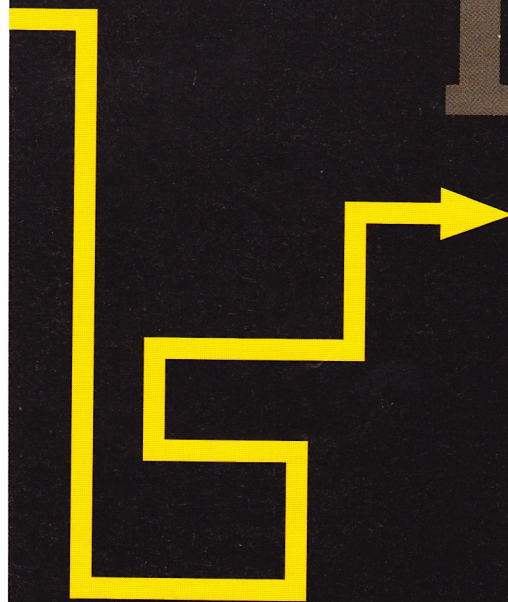
FREE
Business
Magazine!



BE A LEADER...


of those voices in your head!

LEAD



There are so many people and projects that we talk about leading. There is a plethora of material that talks about motivating us to do this, or do that, lose this, gain that, or change. Yet, where in that equation is the concept of leading yourself?

It is only through the process of leading yourself that you can be proficient and effective in the task of leading others. It's true!



Do you talk to yourself? My suspicion is that you just said “yes” (though probably silently, in your head). Thus, you do talk to yourself. The more appropriate question is not “Do you...?” but “How often?” Do you answer yourself? Do you talk out loud to yourself? Do you answer back? How many voices are talking?

We all talk to ourselves. The opportunity is looking at when you talk to yourself, what you say, and does it help lead you through the good times and bad? Is it helping you to lead your life in a better way? Is it helping you to be a leader to others who look to you for guidance?

You see, in books, seminars, meetings, and speeches, leadership is taught.

You do not have to be BORN a leader. One can grow and develop leadership skills but it all starts with the

voices in your head. You see, you can be a leader, even if you are only leading the voices in your head. It is a matter of adopting the right skills and following the rules of the game.

Rule #1:

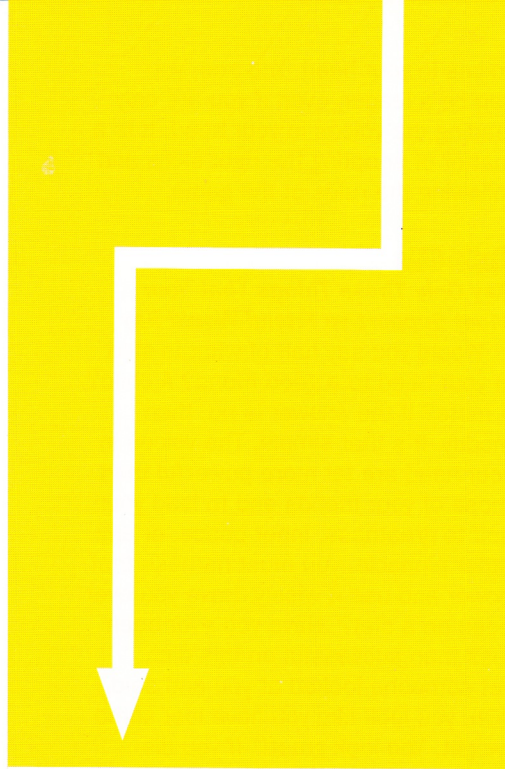
Say Only Those Things That Your Most Supportive Friend Would Say

Would you say half of what is said in your head to a good friend? A child? A mate? If the answer is no, then modify. It's that simple. The voices in your head are far more powerful than those of your friends and to lead yourself to greatness, inner peace, or any other pinnacle, you must harness that power and use it wisely. Have you ever been on a diet? Have you ever been less than successful on this diet, yet someone looked at you and said, “Oh, you look like you have lost some weight. You look great!” If you disagreed, what was the voice inside your head saying? “LIAR!” Oh yeah. Heaven forbid we should just say thank you! From now on, that is what you try.

Rule #2:

Lose the Perfectionism Piece

In reading *Body for Life for Women*, a friend found great solace in the emphasis placed on not eating or exercising perfectly. A major reason for the failure of goals or resolutions is that we start off with a bang with big motivation, yet berate ourselves when we fall off that wagon or go away from our goals. Give yourself a break and lead the strong voice in your mind to forgive falters and deviations from the plan. Things will go exactly as you planned about 8% of the time. The rest of the time, find a new plan and enjoy the ability to do it differently instead of focusing on your inability to do it perfectly. If you really believe that



This is a major issue because some have habits of just being negative. Still more have the habit of destroying their health; some have the habit of sabotaging relationships; and some have the habit of playing the victim. If you are around these people, recognize that they may not realize they are operating out of habit. If you are one of these people, snap out of it and pay attention to what the voices in your head are telling you is appropriate behavior and why. Why do you deserve to be miserable or not deserve to be happy? A leader with a low self-esteem must fight the habit of not liking himself before he can be effectively motivate others.

The rules are simple really. The game is far more complicated. The game is life and the rules are how you live yours. We are all leaders in our own way and to our own team of folks, voices, or others in our circle of influence. Yet the forces against us in that game are far more powerful than the skill of your average board game opponent. They consist of old patterns, behaviors, habits, and voices that if led poorly will lead us down a road that is less successful than what we could be.

You may not have a title at the office that makes you a leader. You may not have a title that makes you head of any household. The truth is a title does not a leader make. Leadership is about the actions, behaviors, motivations, and results of both the leader and those that you lead. You can and should be a leader of the voices in your head. Once you get that under control, you can begin to explore your potential as a leader of others.

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constant perfection is possible, then that is a whole different issue!

Rule #3:

Recognize Your Habits and Consider Changing Those That Do Harm

Do you have any habits? Getting out of bed and brushing your teeth is a habit. Putting on deodorant is a habit. Eating can be a habit. Heck, anything you do in succession with little or no thought is a habit. Some of us have a habitual response when we reach a certain weight or when we hear certain statements that hit our buttons. The trick is to recognize which habits are positive and which habits may be doing more harm than good. You can change a habit over time, if you are willing to work and put forth the effort it will take to do it. Part of you will resist because it is easier to stay the same.