

# WHEN YOU HIKE THE MOUNTAINS: SELF LEADERSHIP

## UNIT 10

### The Lewis and Clark Story

#### Pompey's Pillar

On July 25, 1806, Clark carved his name and the date on a large rock formation near the Yellowstone River he named Pompey's Pillar, after Sacagawea's son whose nickname was "Pompey." The site is now a national monument managed by the U.S. Department of the Interior.

Two days later, at Marias River near present-day Cut Bank, Montana, Lewis and his group encountered eight Blackfeet warriors and were forced to kill two of them when they tried to steal weapons and horses. The location of the clash became known as Two Medicine Fight Site.

On August 12, Lewis and Clark and their crews reunited and dropped off Sacagawea and her family at the Mandan villages. They then headed down the Missouri River—with the currents moving in their favor this time—and arrived in St. Louis on September 23, where they were received with a hero's welcome.



# WHEN YOU HIKE THE MOUNTAINS: SELF LEADERSHIP

## KNOW YOURSELF

## BRINGING YOUR OWN MAP

**Goal: To develop personal healthy habits, personal boundaries and practices for self-care**

**ZOOM CONNECTION (Powwow)**

**Meet in the PYLP ZOOM ROOM at 8 a.m. to 11 a.m.**

*"I had written hundreds of memos during my 26 years at the company, and all had shared a common thread. They were about self-examination in the pursuit of excellence, and a willingness not to embrace the status quo. This is a cornerstone of my leadership philosophy." -Howard Schultz*

### FIVE THINGS MENTALLY STRONG PEOPLE DO



They enjoy their time alone.  
They hold themselves accountable for their actions



They celebrate the success of others.  
They surround themselves with greatness.



They have great health habits. From sleep to how they eat, they own their mind, body & spirit.



They embrace and celebrate change.  
They know that change is constant with life.



They invest time and energy into the present.  
They're able to focus on the tasks at hand.

As a leader, especially in enduring crises, you can model the importance of maintaining mental and physical health by committing to self-care strategies for leaders.

## **HIGHLIGHT THE AREAS YOU WOULD LIKE TO WORK ON.**

### **Five Self-Care strategies for leaders in stressful times:**

1. **Practice self-awareness** – this mean you can:

- a. Become aware of feelings and what they're teaching you.
- b. Gather feedback to look at yourself through others' eyes.
- c. Learn your strengths and weaknesses to identify what you're doing well and what could be improved.
- d. Be mindful of how you present yourself to others.
- e. Welcome alternate viewpoints by being open to new ideas.
- f. Keep a journal so you can track your progress over time.
- g. Be sure to follow your values in not only what you say but what you do.

2. **Set boundaries** – Here are four ways to set boundaries for yourself as part of your self-care strategies.

- Know your limits so you can set your boundaries at work.
- Be direct in stating your boundaries to avoid confusion.
- Seek support from family, mentors and teachers or tap into private resources available in your community
- Create a schedule that suits your preferences to keep things normal as much as possible, even when operating under crisis conditions.

Defining your limits can help you manage stress, take care of your physical well-being and create healthier relationships in both your professional and personal life.

### **3. Take care of your physical and mental health**

Leaders with healthy routines and habits often model desired leadership behaviors with self-control, especially their ability to control your emotions. Below are ways to take care of your physical and mental health include:

- Plan your day the night before to reduce stress at the start of your day.
- Take breaks from work to walk around, stretch your legs and clear your head. A little exercise – even just a lap around your building – can go a long way.
- Make sure you get enough sleep and eat a diet of healthy food.
- Automate as many decisions as possible to reduce “decision fatigue.”
- Disconnect from work by picking up a hobby, connect with friends and family or spend time in nature.
- Practice relaxation or meditative techniques to rest your mind.

4. **Give yourself Grace** - Giving yourself grace means not putting so much pressure on yourself to be all things to all people. Instead, focus on being flexible in the face of ever-shifting situations.

Find the time to give yourself grace. Make it a priority to carve out places in your busy schedule and find a quiet space where you can feel at peace and reflect.

5. **Give others Grace** – Check in with others in your team. When leaders feel run down, exhausted or emotionally drained, they're vulnerable to more than the health risks associated with stress. A chronically stressed leader could unwittingly trigger the spread of dysfunctional workplace dynamics across an entire organization that can limit employees' ability to think creatively and develop innovative solutions.

Source: <https://www.insperity.com/blog/self-care-strategies-for-leaders/>

## ON YOUR OWN:

# readwritethink SING

Listen to this song “Itanong mo sa mga Bata” by Glaiza De Castro.  
Learn the song! Sing it!



Ikaw ba’y nalulungkot  
Ikaw ba’y nag-iisa  
Walang kaibigan  
Walang kasama

Ikaw ba’y nalilito  
Pag-iisip mo’y nagugulo  
Sa buhay ng tao  
Sa takbo ng buhay mo

Ikaw ba’y isang mayaman  
O ika’y isang mahirap lang  
Sino sa inyong dalawa  
Ang mas nahihirapan

Masdan mo ang mga bata  
Masdan mo ang mga bata  
Ikaw ba’y walang nakikita  
Sa takbo ng buhay nila

Masdan mo ang mga bata  
Ang buhay ay hawak nila  
Masdan mo ang mga bata  
Ang sagot ay ‘yong makikita

Ikaw ba’y ang taong  
Walang pakialam sa mundo  
Ngunit ang katotohanan  
Ikaw ma’y naguguluhan

Tayo ay naglalakbay  
Habol natin ang buhay  
Ngunit ang maging bata ba’y tulay  
Tungo sa hanap nating buhay

Masdan mo ang mga bata  
Ang aral sa kanila makukuha  
Ano nga ba ang gagawin  
Sa buhay na hindi naman sa atin

Itanong mo sa mga bata  
Itanong mo sa mga bata  
Ano ang kanilang nakikita  
Sa buhay na hawak nila

Masdan mo ang mga bata  
Sila ang tunay na pinagpala  
Kaya dapat nating pahalagahan  
Dapat din kayang kainggitan

Masdan mo ang mga bata  
Masdan mo ang mga bata  
Ikaw ba’y walang nakikita  
Sa takbo ng buhay nila

Masdan mo ang mga bata  
Ang buhay ay hawak nila  
Masdan mo ang mga bata  
Ang sagot ay iyong makikita



# ON YOUR OWN: Picture Metaphors

What comes to your mind when you see the following pictures?  
Why? Write your thoughts below.



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## ON YOUR OWN: WATCH IT!

Watch the video “The Secret of Becoming Mentally Strong” by Amy Morin. 

### Take notes while watching:

[illegible]



## **REMINDER:**

Let us Powwow in the PYLP ZOOM ROOM

### **Group Discussion:**

**What makes you strong?**

**What makes your community strong?**

## **LET'S PLAY TOGETHER: ICE BREAKER**

### **NAME MEANING**

What name do you want to be called?

How were you given this name?

Do you like it?

What does it mean to you personally?





This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# ON YOUR OWN AROUND YOUR COMMUNITY

Do one of the activities:

1) Go for a Walk/Run for 20 minutes. Bring a Friend with you.

Take a Picture and post this on your Facebook Page.

Title: I Went Walking Today / Running Today

2) Or you can also do some reflection on “How I Rank Myself In Qualities Of Being A Leader” by filling out the form below.

	I definitely have this quality	I'm pretty good at this	I need to work on this	I need help in how to do this
1. <u>Enthusiasm</u> : I have energy, a positive attitude, and am motivated.				
2. <u>Prepared</u> : I assess the situation, understand the audience, know how to prepare, how to report				
3. <u>Communicate well with others</u> : effective speaker, able to work with all kinds of people, tactful, good listener.				
4. <u>Caring</u> : I am sensitive to others, I accept others for who they are, compassionate, good sense of humor.				
5. <u>Creativity</u> : I can express ideas, can come up with helpful suggestions, I try to brainstorm for new ideas.				
6. <u>Problem-Solver</u> : I can tackle problems, am resourceful, I think through difficulties.				
7. <u>Character</u> : I act in an ethical manner; honest, not led astray by peer pressure.				
8. <u>Adaptability</u> : can cope with unexpected, can accept change.				
9. <u>Dependability</u> : I am reliable, others can trust me, I make good on my promises. Keep on task.				
10. <u>Cooperation</u> : work well with others (even those I may not like).				

Source: <http://www.enetlearning.org/wp-content/uploads/2015/05/10minuteleadershiplessons.pdf>

# About the Session Today

NOTE TO SELF: Use this to write notes to Yourself.

## HANDOUT

### *Post-Training*

1. My expectations were met by . . .

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2. I need to work on . . .

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3. I was surprised to discover . . .

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4. I commit to improving these skills . . .

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# PYLP Checklist

Check the following boxes below to complete this module.

- ☐ I have read all the material presented on self-leadership.
- ☐ I have listened to the song “Itanong mo sa mga Bata”.
- ☐ I have completed the Picture Metaphors exercise.
- ☐ I have watched the video on “The Secret of Becoming Mentally Strong” and taken notes.
- ☐ I have participated in today’s group session.
- ☐ I have completed the “Imagine It Together” exercise.
- ☐ I completed one of the activities under “On Your Own Around Your Community”.
- ☐ I have completed the post-training handout about the session today.



**COLOR ME!**



Source: <https://themeriwethers.org/>