



I want us
to delve
deeply
into our
own hearts
so that we
can truly
lead from
within.

Diane Grassilli, RSM
(1949 - 2006)
Sponsor | Leader

There are many benefits of self-awareness. With self-awareness, we can discern our gifts and uncover our vulnerabilities. We can note attitudes we carry and assumptions we hold. Being familiar with ourselves can help us find humility within and appreciate humanity in others.

Self-awareness is an essential skill for leadership.

We lead from within when our motives are tethered to our values. We seek to “assume good intentions” in others and to “have good intentions” in ourselves. We can consider how often our impulses reflect values we choose. We lead with integrity when our “why” emerges from principles of which we are proud.

We lead from within when our actions express our commitments. Commitments help shape both the identity we embody and the behavior we enact. Committed to justice, we might pay particular attention to those most vulnerable; committed to collaboration, we might seek partners rather than act alone. When faithful to our promises, leading becomes a way to reveal our character.

We lead from within when our decisions are made with awareness of limits and limitlessness. With self-knowledge, we are more likely to know what we do and do not control. We learn to accept that which we cannot influence and free ourselves from exhaustive worry. Seeing our own hearts, we also can know the breadth of our love, the expanse of our potential, and the depth of our vision. We then focus our life’s energy on that which we can affect.

Knowing ourselves becomes a solid foundation for greatness.

What might I discover about myself today? How are my actions an extension of my spirit?