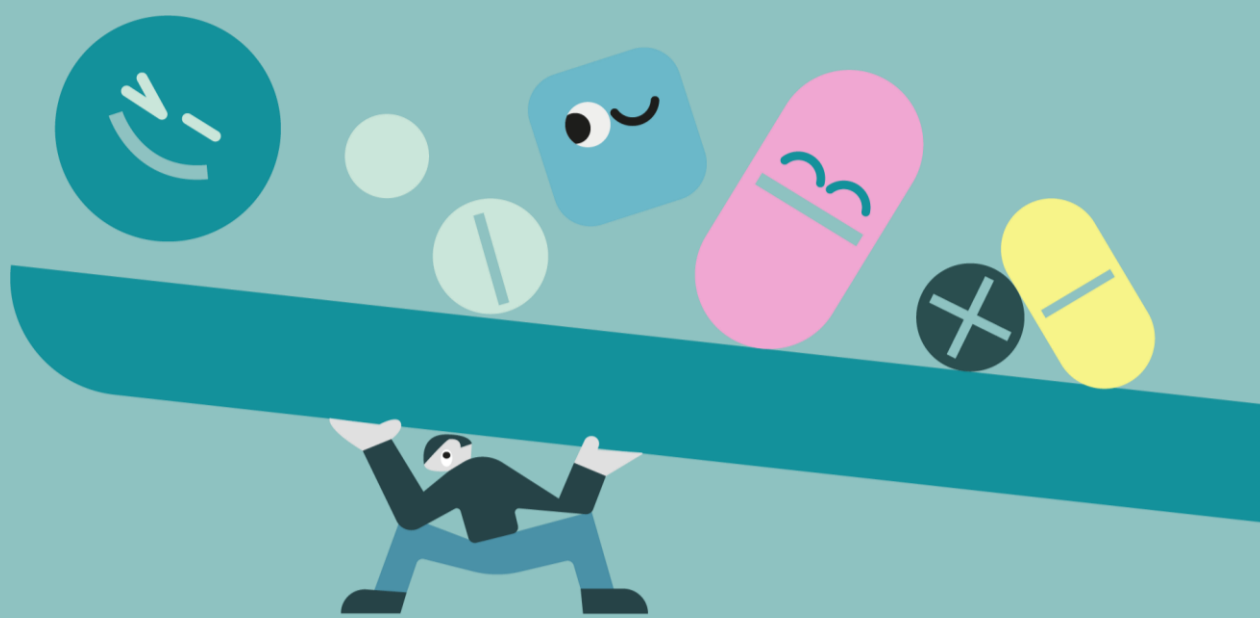


Leadership Dispensary

The strongest leaders build from the inside out



Leadership isn't just for your boss – it starts with managing yourself first. Especially when you're stretched thin and everyday feels like controlled chaos.

Pick one area to strengthen:

Self-Awareness

Know your triggers and patterns

Self-Regulation

Stay composed under pressure

Self-Reflection

Learn from your decisions

Try one simple practice:



Self-Awareness

2-minute journal, ask yourself "What am I feeling right now and why?" before major decision



Self-Reflection

End each day by reflecting on what went well and what you'd do differently, and jot quick lessons on a notes app.



Self-Regulation

Pause-and-breathe before reacting, creating a personal "reset ritual" (stretch, walk, or drink water) when stress peaks.

Check in weekly. Adjust. Repeat.

Master one area, then add another. Self-leadership isn't extra work – it's what elevates you beyond your current capabilities and prevent burnout.



Learn about [Self-leadership \(p.12-13\)](#)



Check out [past issues on PLDS Webpage](#)



Complete this quiz to [claim CPE points](#)

Look out for **ISSUE 02** of our series on achieving your professional goals!