



# Extreme Leadership Self-Leadership Part 4

Extreme Leadership is selfless, courageous influence that inspires  
\_\_\_\_\_ greatness in others.

Whatever we focus on we \_\_\_\_\_ into our lives.

If I \_\_\_\_\_ keep the good stuff in, it keeps the bad stuff flushed out.

## **Discussion Questions:**

For the next 3-5 minutes evaluate the questions below, then share your responses.

On a scale of 1-10, how self-disciplined are you to lead yourself?

1 2 3 4 5 6 7 8 9 10

Why did you give yourself this rating?

What benefits would you receive if you improve your rating?

Who do you know that has self-discipline?

What specific actions can you apply immediately to improve your rating?