

LEADING with HONOR

Leadership Lessons from the Hanoi Hilton



Coaching: KNOW YOURSELF

Lesson 1

The expanded coaching materials are provided to help readers implement the lessons taught in the book. Use them for individual or group development.

William Shakespeare offered some great advice through Polonius' farewell address to his son Laertes saying, "This above all: to thine own self be true..."¹ The coaching in this book is designed to help you become more aware of your true self. Begin that process using these questions.

As you *Consider Your Purpose*, respond to these questions and write down your most honest answers:

1. What were you truly created to do?

2. What are your primary goals in life?

3. If you were about to die, what regrets would you have as you look back over your life?

4. Forgetting the past and looking only to the future, in one sentence, what would you like your legacy to be?

Look at your responses. Do you see gaps or corollaries?

¹ Hamlet I, iii

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Write down what you've learned about *yourself* and anything you may want to change.

As you *Connect with Your Passion*, respond to these questions and write down your most honest answers:

1. What activities are so satisfying that you look forward to doing them?

2. What types of projects excite you so much that they feel more like play than work?

3. What types of things do you learn quickly?

4. When do you feel most like you are "in the zone"?

5. What types of environments make you feel perfectly at home?

Look at your responses. What areas combine most or all of your passion related elements? And, does your passion relate more to a ***setting, activity, field of work*** or all three?

Write down what you've just learned about *yourself* and anything you may want to change.

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As you *Clarify Your Unique Personality*, respond to these questions and write down your most honest answers:

1. What are your innate traits—your natural strengths and struggles?

Look at your responses. How do these impact your career and leadership choices?

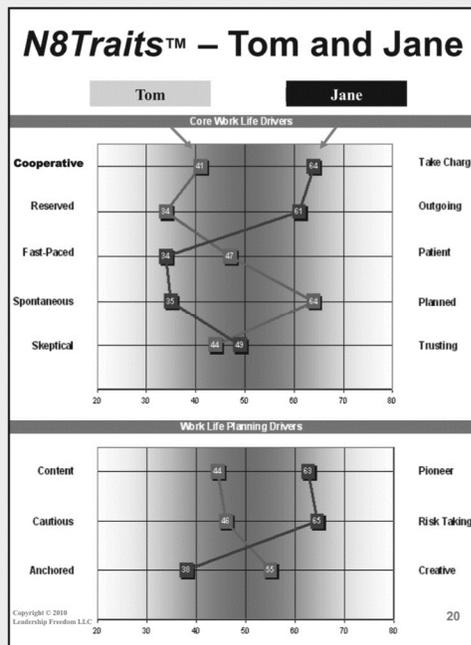
Write down what you've just learned about *yourself* and anything you may want to change.

TAKE THE NEXT STEP IN YOUR LEADERSHIP JOURNEY

LeadingWithHonor.com has tools and resources to help you and your team lead with honor –

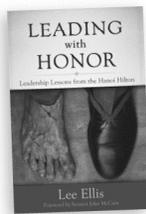
The **N8Traits™ Profile** reveals your authentic self, for working at your very best. You'll discover your natural “go-to” behaviors, providing powerful information for self-management, building relationships, and leading others.

You will discover your strongest behavioral talents and the key influencers you are most likely to use in making leadership and life decisions. The report includes your key strengths and struggles and your relationship essentials. Additionally, you'll receive beneficial suggestions on how to relate to others more effectively to improve your leadership, communications, and teamwork.



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