

## SELF-REGULATION: A LEADERSHIP SKILL THAT UNLOCKS YOUR FUTURE

*A Compelling Why Youth Empowerment Handout*  
Adapted from MindTools.com

Self-regulation is the ability to manage your emotions, control your impulses, and make choices that move you toward your goals. It's a core leadership skill that helps you stay focused, stay grounded, and stay in control of your story.

### 1. Lead With Integrity

Your actions set the tone. When you live your values, you build trust and influence your environment.

*"People tend to treat you how you treat them."*

**Leadership Move:** Choose the harder right over the easier wrong.

### 2. Be Open to Change

Change is an opportunity to grow. Leaders who embrace it adapt faster and stay ready for what's next.

**Leadership Move:** Ask, *"What can this teach me?"*

### 3. Know Your Triggers

Self-awareness helps you respond constructively rather than react without thought. Notice what frustrates or overwhelms you so you can navigate it with intention.

Example: You might "snap at classmates when you feel overwhelmed."

**Leadership Move:** Name it so you can manage it.

### 4. Practice Self-Discipline

Persistence separates achievers from quitters. Keep going even when it's tough, or you're not in the mood.

**Leadership Move:** Focus on how proud you'll feel when you finish.

## 5. Reframe Negative Thoughts

Your thoughts shape your actions. You choose which voice to feed.

**Leadership Move:** Use affirmations like:

- *I've done hard things before.*
- *I can figure this out.*
- *I'm capable and growing.*

## 6. Stay Calm Under Pressure

Pressure reveals leaders. Step back, breathe, and reset.

Try this: Breathe in for five seconds, out for five – repeat five times

**Leadership Move:** Protect your calm so you can make better decisions.

## 7. Think Before You Act

Your choices shape your reputation and opportunities. Pause before reacting – especially if you've been here before.

**Leadership Move:** Apply the 24-hour rule – wait a day before responding. Even a 5-minute pause can avoid a life-changing mistake.

## 8. Believe in Yourself

Confidence comes from trusting your ability to grow. Remember past wins and surround yourself with people who lift you up.

**Leadership Move:** Choose to believe you can succeed.

## YOUR LEADERSHIP TAKEAWAY

Self-regulation is a skill, and skills can be built. When you lead with integrity, stay open to growth, manage your emotions, and believe in your potential, you unlock the power to shape your future.

### **This is The Compelling Why:**

Helping you discover your purpose, strengthen your character, and lead your life with intention.