

**10 DAYS FREE SELF- LEADERSHIP PROGRAM FOR WOMEN IN MALE
DOMINATED INDUSTRIES.
PRESENTED BY TINYIKO MOTILENI, LEADERSHIP AND BUSINESS COACH**

You are welcome! To Day 6 of 10

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(Presented by Tinyiko Motileni - Leadership and Business Coach, Thought Leader of the subject)

Tools to assist you settle during the 1st 10 days in office as a female leader/worker

Thank you for taking time to work on yourself as a female leader/worker. Day 1 and 2 were helping us understand what we as leaders are capable of controlling before we can lead other people. Now day 3, 4 and 5 are all about knowing yourself. In day 6 we learn to assess your mental strength in order to grow your mind. You can only be the best version of yourself and lead others if you know yourself well (self-leadership).

Let's carry on doing the work that we are called for.

Day 6 of 10: Self Mental Strength Assessment

Why is it important to know how much are you using of your mental strength to enhance your mental growth?

- Mental strength needs to be captivated all the time.
- You need your mental strength to grow your mind
- As Robert Sharma said everything starts in the mind it is very important to keep using our mental strengths to enhance the mind growth.

Exercise 6

Knowing yourself

How to assess your mental strength?

- Write 1 goal that you need to change in your life, that is on the higher level than where you are currently it can be getting something new like a car or a house, changing positions at work, leaving a job for a business, anything.
- Then write down what do you need to do in order to start the journey of achieving that goal.

This program is part of my own knowledge and my 20 years of experience in male dominated industries.

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- Find out why haven't you started with the journey to achieving that goal.
- Write down reasons why will you not be able to achieve that goal.
- In the scale of 1 to 10 where 1 is goal impossible to achieve and 10 is goal achievable, position your decision on the scale.
- Now write down the actions that can help you to achieve your goal and you are able to follow up on those actions.
- Again, In the scale of 1 to 10 where 1 is goal impossible to achieve and 10 is goal achievable, position your decision on the scale.
- Compare the 2 scales.

My suggested results explanation is that:

If your position on the scale is less than 6 then you need to cultivate your mental strength through a personal development coaching process. Where you can be able to discover why are you not able to reach what you want.

If your position is 7 upwards then you need to start coming out of your comfort zone and do take tough decisions on yourself that can help you to strengthen your mind, like starting to take the next step into achieving that goal. Group coaching can also be ideal for you.

A leader isn't someone who forces others to make him stronger; a leader is someone willing to give his strength to others that they may have the strength to stand on their own - Beth Revis, author (Discprofile.com)

Video

Check my Face Book video to understand more about the self-mental strength assessment (the eagle story) as female leader/worker in order to get through your daily tasks.

<https://www.facebook.com/groups/187265873034832/>

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Thank you for taking time to work on yourself in order to become a great female leader in male dominated industries!

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