

Self Management

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REFLEXIVE SELF-CONSCIOUSNESS



Self-Management

The practice of handling, managing, and controlling your own emotional states.



Introduction

First competency:
Self Control

Introduction

Second competency:
Transparency





Introduction

Third competency:
Adaptability

Introduction

Fourth competency:
Achievement

Introduction

Fifth competency:
Initiative

Introduction

Sixth competency:
Optimism

Introduction

Back to Brent!

Self Control

Our ability to manage our emotions











she took care of her younger
brothers and sisters and
spoke English.

own. She taught herself English.
Grandma was able to
speak English at night.



WITH A NEW INTRODUCTION BY THE AUTHOR

THE ROAD LESS TRAVELED

25TH
ANNIVERSARY
EDITION

A New Psychology of
Love, Traditional Values
and Spiritual Growth

M. SCOTT PECK, M.D.

THE
ROAD LESS TRAVELED

M. SCOTT PECK

The Road Less Traveled

Delaying
gratification

Acceptance of
responsibility

Dedication to truth

Maintaining
balance



ASSESSMENT

Explain a time you took your frustrations out on others...

Do you keep your opinions to
yourself?

Do you self-edit before
speaking?

Do you try to talk yourself out
of your bad moods?

Do you care about other
peoples feelings?

Do you say things that you later
regret?

Do people make side-handed
comments about you being
inappropriate?

Are you too sensitive?











EVERYTHING IS HARD WORK

START RIGHT NOW

FORGIVE AND RIDE THE WAVE
OF SUFFERING

Transparency

Transparency

The quality of being upfront and candid.

Vulnerability

Bearing your soul

FEAR OF REJECTION
FEAR OF FAILURE



STRIKE A BALANCE



ASSESSMENT

Do you hide away your
feelings?

Do you fear rejection and/or
fear failure?

Do you expose yourself so
much that others change the
subject?

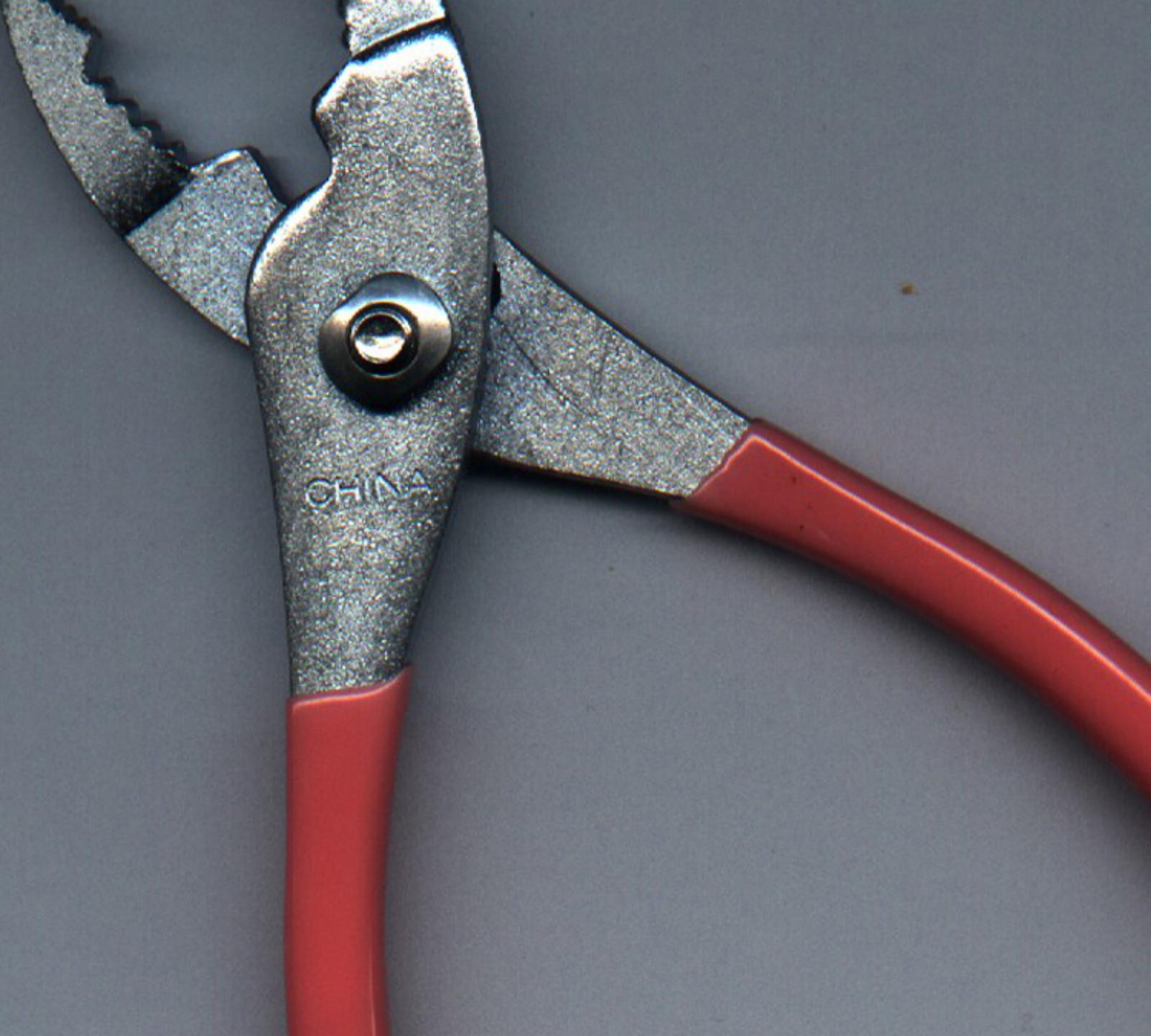
What can you do to change
when that happens?

Do you set healthy boundaries?

What benefits will you gain
from being transparent?

What risks are you willing to
take?

Do you hide?



W. Edwards Deming

Plan

Do

Check

Act

Adaptability



Adaptability

Remaining versatile so you can adjust to change.

ASSESSMENT

Do you enjoy meeting new
people?

Are changes to your
surroundings unsettling?

Can you deal with changing
plans?

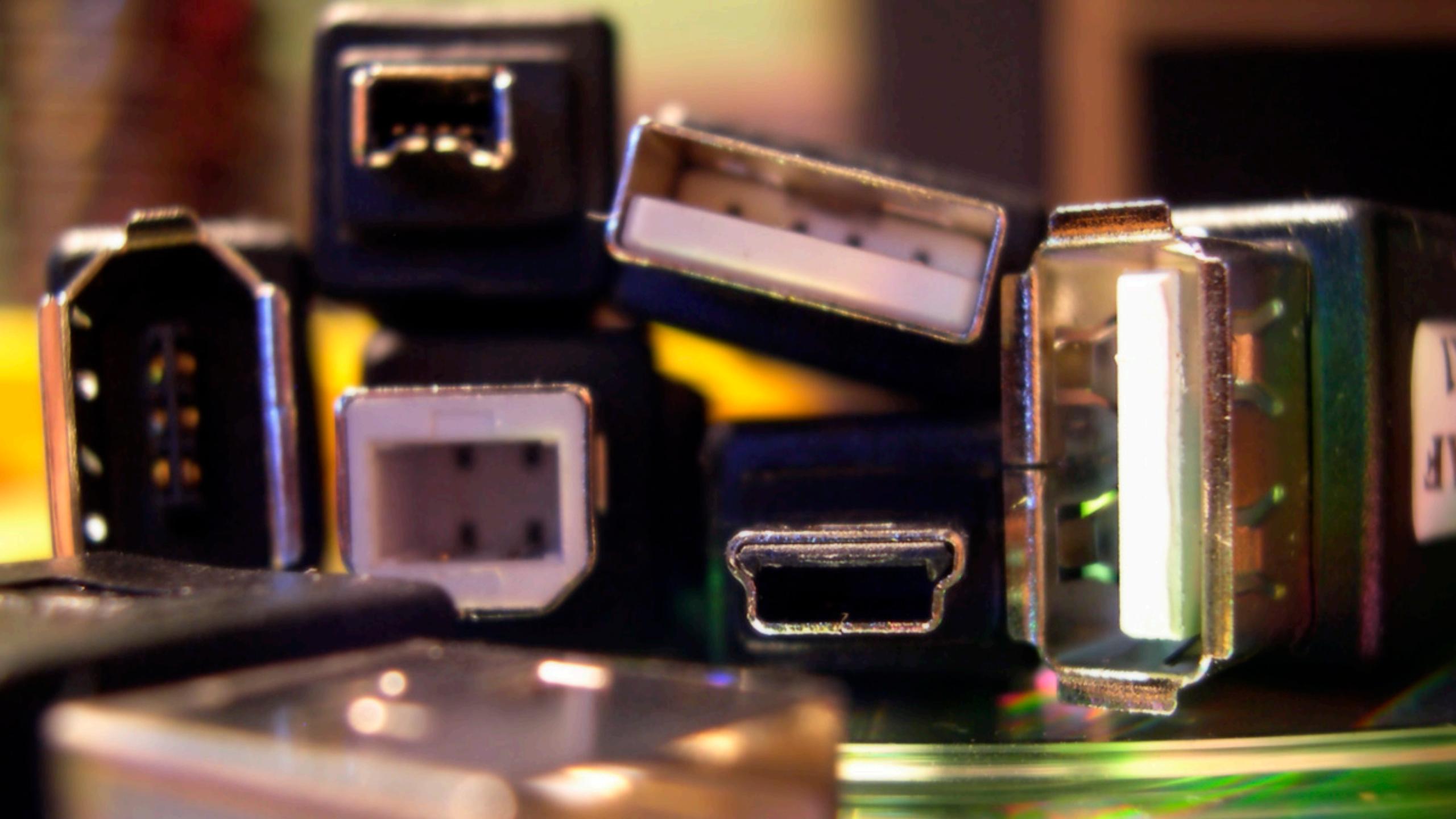
Do you like to pick up new
technologies or stay in the
same one?

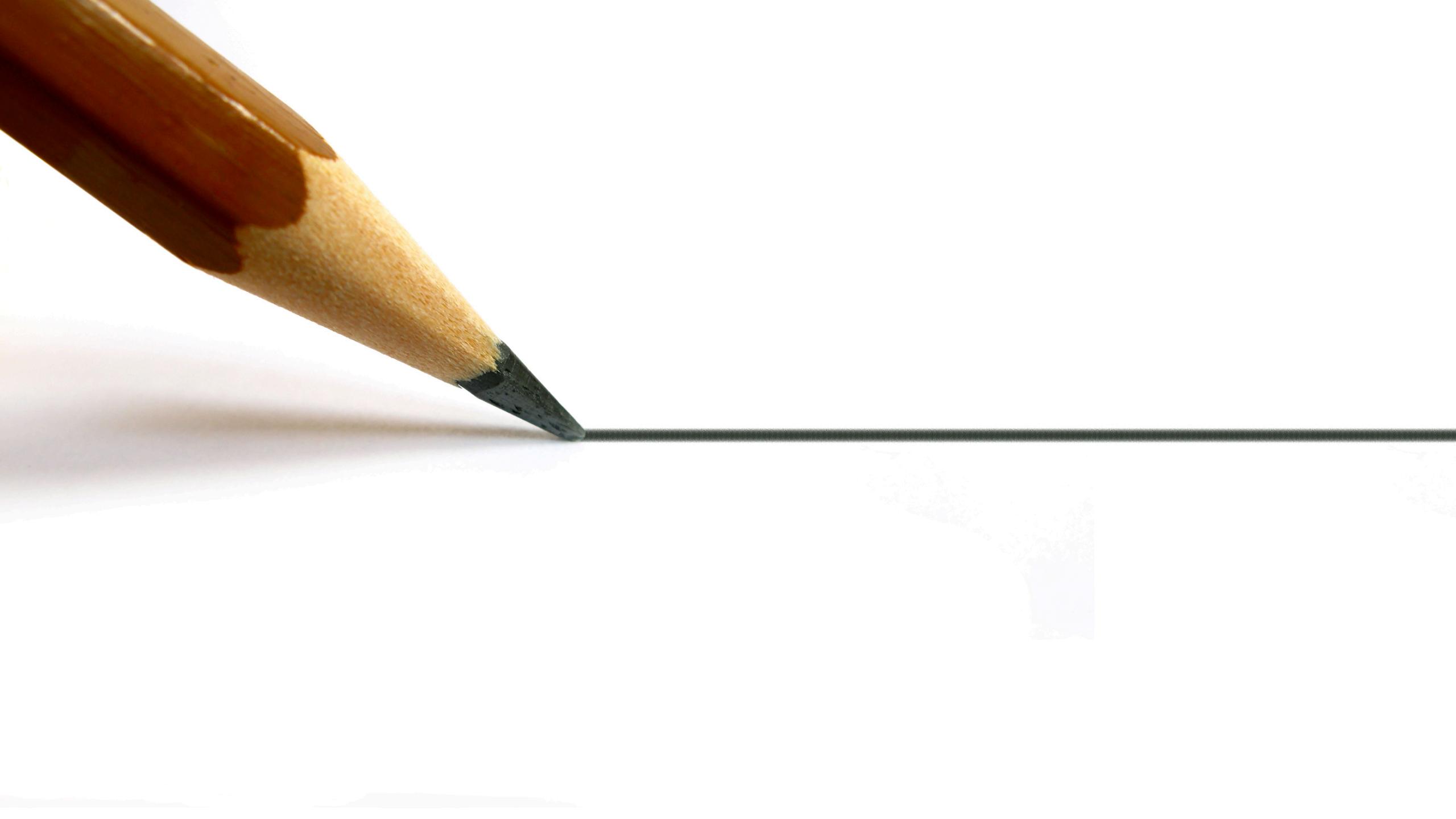
Do you want to be versatile?

Are you comfortable with
others moving around?

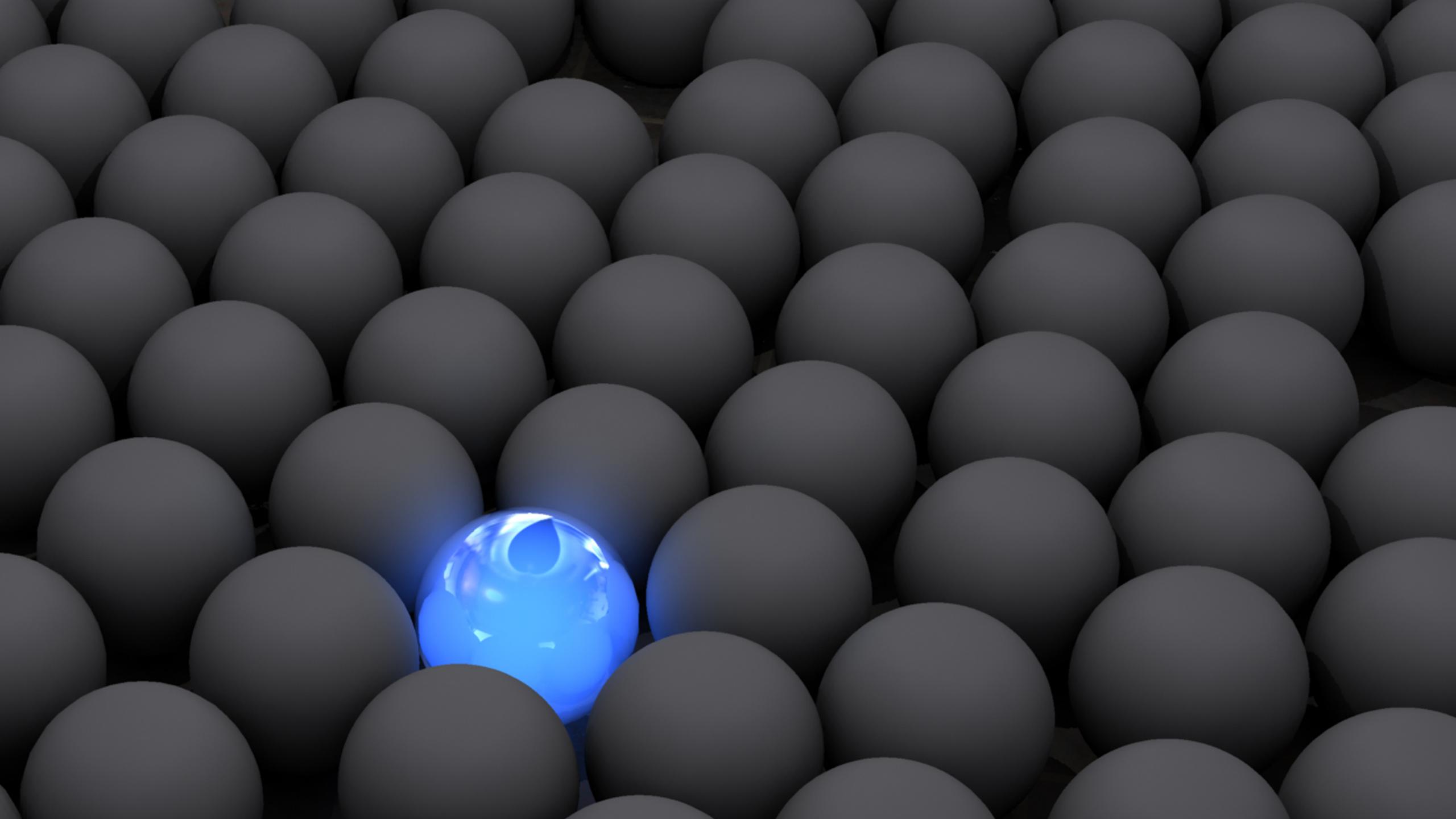
(e.g. promotions or organizational changes)

Do you like others to lead?











Achievement



Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's a day you've had everything to do and you've done it.

— Margaret Thatcher



Achievement

Setting a goal and reaching it!

ASSESSMENT

Do spend time planning
around what is important?

What do you want to be when
you grow up?

Are you tired of feeling
defeated at the end of the day?

Do you dread starting the day
with piles of work?





Basic Process for Achievement

Annually review
values, beliefs, and
roles

Set objectives and
assign a timeline

Review weekly and
daily & adjust as
needed

Initiative

Initiative

Doing things without being told.

You persevere; you act rather than react.

Seize opportunities.









WAY
OUT







Optimism

Optimism

The practice of focusing on the positive events of life rather than the negative ones.



ASSESSMENT

In uncertain times do you
expect the best?

Do you feel like if something
can go wrong it will?

Do you enjoy your friends?

Is it important for you to keep
busy?

Do you not expect things to go
your way?

Do you upset easily?

Can you rarely count on good
things to happen to you?

Do you expect more good
things to happen than bad?



N.L.P. Anchor

A connection between a stimulus and an emotional response.



















Summary

Self Management

Summary

Reflexive self-consciousness

Summary

Self-control: our ability to manage our emotions

Summary

Transparency: being upfront and candid

Summary

Adaptability: our ability to go with the flow

Summary

Achievement: feeling accomplished

Summary

Initiative: stepping out in front to achieve

Summary

Optimism: staying positive

Summary

Self-assessments & tools

SOCIAL AWARENESS