

This is issue #1 in a new series with content on leadership and mindset.

A leader can be a better contributor, learn to leverage whatever is encountered and enjoy the leadership journey or experience by managing mindset and being resilient.



Court Leadership and Mindset

MINDSET AREAS IN THIS SERIES



About this Series on Court Leadership and Mindset

Being a leader implies that one has acquired and mastered the knowledge, skills, and abilities to deal with any situation that arises. We quickly learn that additional mindset skills may be useful - attitudes, perspectives, and awareness actions.

These competencies may help us react to and leverage how we experience events, increase stamina, decrease stress, and expand satisfaction.

In this issue, self-awareness and self-regulation are examined.

This Issue: Self-Awareness and Self-Regulation



"Knowing yourself is the beginning of all wisdom."

Aristotle

- Awareness
- Curiosity
- Evaluation
- Perception

Self-awareness involves:

- | | |
|---|--|
| <ul style="list-style-type: none">• Knowing about yourself• Knowing what is important and what is valued• Knowing what motivates• Understanding the story of your life• Evaluating where strengths and weaknesses lie• Asking where learning is needed• Considering skills, practices, and habits• Knowing when to lead and when to sit back or listen | <ul style="list-style-type: none">• Stepping back to consider goals• Making observations on your superpower• Evaluating spontaneous reactions to situations• Evaluating differences between how you see yourself and how others see you• Asking if self-perceptions are accurate• Soliciting feedback and inviting discussion• Considering when, how and best environments for productive work |
|---|--|

Self-regulation involves:

- | | |
|---|--|
| <ul style="list-style-type: none">• Determining changes and skills needed• Identifying what you need to say or do differently• Focusing on extra awareness or continuous attention• Working to get better rather than to improve on or overcome a weakness | <ul style="list-style-type: none">• Using a support system to assist with difficulties• Employing strengths to overcome weaknesses• Managing triggers that spark reactions• Assessing which changes to make for modifications• Using self-knowledge and openness to growth |
|---|--|

Consider:

- ✓ Embracing learning and challenges
- ✓ Engaging with a coach or trusted mentor and creating a support network
- ✓ Getting regular feedback and asking curiosity questions
- ✓ Asking yourself about which steps to take to better know yourself
- ✓ Paying attention to how you talk to yourself (the "voice in your head")
- ✓ Taking the time to understand yourself and your values
- ✓ Capitalizing on your strengths
- ✓ Overcoming any limitations
- ✓ Allowing vulnerability

Resources

E. Anderson, Learning to Learn, Harvard Business Review (HBR), March 2016; M. Buckingham, D. Clifton, Now Discover Your Strengths, 2001; P. Drucker, Managing Oneself, HBR, March-April 1999; E. JE, 8 Soft Skills Every Leader Needs in 2026, LinkedIn; B. George, P. Sims, A. McLean, D. Mayer, Discovering Your Authentic Leadership, HBR, February 2007; D. Goleman, M. Nevarez, Boost Your Emotional Intelligence with These 3 Questions, LinkedIn, August 16, 2008; H. Mackay, Complacency is the Kiss of Death, June 22, 2026; H. Mackay, Make Observation Your Superpower, June 29, 2026; H. Mackay, The Only Person Who Can Limit Your Potential is You, June 1, 2026