Staying Positive in Your Leadership Position

Leadership has its benefits and its challenges. Staying positive can be difficult, especially during the challenging times. However, it is essential for a leader to stay positive because your attitude will be apparent to and impact the way everyone else reacts.

Self-Care

Self-care is essential. Leaders have to be responsible for others and if they are not physically and mentally prepared, everyone is at risk.

Physical self-care strategies include:
Ø Get adequate rest.
Ø Maintain proper nourishment.
Ø Tend to any ailments promptly.
Ø Exercise regularly.

Mental self-care strategies include:
Ø Develop and practice coping mechanisms.
Ø Have positive outlets.
Ø Get and stay organized.

Problem Solving

Leadership includes the responsibility for solving problems. Being able to think positively about a problem and organize a solution will help you maintain a positive leadership attitude. You must take on the “glass is half full” frame of mind. Don’t think of the problem as a problem, but as an opportunity for improvement. Always remember that there is more than one way to tackle any situation. Finding the best solution is easier if you follow these organized steps:

1. Define the Problem. Developing a definition of the problem will help you have a clearer idea of the obstacle you are looking to overcome. A problem definition should be clear and concise. It should include pertinent details about the issue. The problem definition provides the key to the desired outcome. Defining the problem in terms of the desired outcome helps keep a positive focus on finding a solution and prevents you from becoming overwhelmed by the problem itself.
2. **List All Possible Solutions.** This is an area where you can brainstorm. Your solution brainstorm should be a free flow of ideas.

3. **List Positive and Negative Outcomes of Each Solution.** It’s helpful to make a two column list for each solution. Write all of the benefits (positive) of the solution in one column and all of the downfalls (negative) of the solution in the other. Positive outcomes should include any consequence that will lead you closer to the desired outcome. Negative outcomes should include any consequences that will prevent you from reaching your desired outcome or cause harm.

4. **Analyze the lists you have developed in order to determine which solution is best.** The best solution is the one that will lead you to the desired state with minimal to no negative consequences. A good rule of thumb is to eliminate options that have more negative than positive consequences. After this elimination, evaluate the positive and negative elements of each remaining solution and choose the one that is best suited to complete your objective.

5. **Implement the Chosen Solution.** Implementation may require some planning of its own. You have to make sure you have all of the necessary resources available in order to implement your solution. Having all necessary resources available will increase your chances of success. If you do not have the resources readily available, you should make a plan to obtain what is necessary before you move forward.

6. **Evaluate the Results.** Whether you found that you reached your desired outcome or not, it can be helpful to reflect on the results. If you were able to reach your desired outcome, you may discover ways in which you can use these steps for future decisions. You may feel a sense of accomplishment that you have reached your goal. If you were not able to reach your desired outcome, you may be able to uncover reasons why your decision was not successful and you can make changes that may yield better results on your next attempt.

Every leader will face hurdles along the way. If you take the time to define your destination and carefully analyze the options that will take you closer to your destination, you are more likely to succeed. If you are not successful on your first attempt, don’t give up. You can always reevaluate your decisions and find a new path to success.