

The Art of Leading Oneself

Video Series Discussion Guide

Purpose

Provide Airmen a guide to initiate critical thinking and group discussion/interaction before and after viewing on of “The Art of Leading Oneself” videos. Click on this link to view the videos [The Art of Leading Oneself video series](#).

Description

Professionalism is about learning to lead oneself. In these videos, Airmen tell their personal stories of how they exhibited professionalism through incredible resilience, drive and determination to face their challenges head-on. Although they each faced a different kind of adversity and challenge, their commitment to themselves, their families, and the Profession of Arms, each of these Airmen became something bigger than themselves and are motivating others to do the same. These actions relate directly to the core value of Excellence in All We Do!

Employ

BEFORE VIEWING the video, lead the following discussion by asking:

- What does the term “Professionalism” mean to you?
- Do you feel the Air Force has prepared you well to face adversity? What about giving you the drive and determination to achieve a difficult goal?
- Think of some examples where you’ve faced difficulties in your life or were pushing yourself towards significant achievement?

AFTER VIEWING the video, lead the following discussion

- How do you think you would have reacted under similar circumstances?
 - Do you believe the art of leading others comes through the art of leading oneself?
 - What does “leading oneself” mean to you?
 - Why is it important to lead oneself?
 - What are some things you can start doing today to more effectively lead yourself?
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The intent of leading oneself is to listen to your inner voice to help you know what is truly important. Furthermore, this discussion should help with determining how to use your feelings to assess what are your must fundamental values, principles and talents and then using those assets to push you toward accomplishing personal objectives.
