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The Art of Self-Leadership: A Guide to Developing Character, a Must-Read for College Students and Aspiring Leaders, Challenges Readers to Focus on Personal Growth and IntegrityPersonal LaptopLeaders are disciplined about what they store in their mind and heart. Garbage in Garbage outImage Eight-Pop QuizLeaders experience tests as they mature. All of life is a preparation for the futureHow I responded to each test either became a tombstone or a stepping stone for my growth. Image Nine-Emotional FuelPersonal network is emotional fuel: role models, heroes, mentors, inner circle, and accountability partnersLeaders must make sure their emotional tank is full before they lead othersImage Ten-Effort Over TimeIs time more valuable than money? You can always get more money, but you can't get more time. Manage your time wisely to achieve moreEasy to confuse activity with accomplishment. Image Eleven-Discipline BridgeBuilding character without discipline is like building a bridge without crossing itDiscipline helps you get to where you need to go. Image Twelve-The Half Hearted KamikazeKamikaze pilots are only useful if they are committed to their missionConvictions-We must be willing to die for our commitment.Image Thirteen-Focus on the PassengersWhen life goes bad, people blame someone else for the problem. You must think about where you are going and about the well-being of those in your care. February 21, 2024Reading this book has changed some things in my life already. After reading this book and all the things it has taught me to do and how to overcome things is incredible. Some good things about this book are that it talks about helping kids with good habits and bad habits. The bad thing is that there was a kid who lied to get popular. July 27, 2022The author uses simplistic logic and false equivalences in his black and white approach to leadership. For instance, he says that leaders must be responsible for their attitudes and destination in life, but he doesn't provide enough research or examples to support this claim.This book feels like someone just giving their opinion with anecdotal points devoid of research, empathy or examples that aren't extreme. January 27, 2020After reading the Habitudes book number one, Images that Form Leadership Habits and Attitudes The Art of Self-Leadership, I have learned so many new skills. Each day I got to read a habitude and learn new things about leadership, but I also got to activate what I learned that day. I realized that I need to work on my character rather than my skill, because character matters most. I also learned the importance of self-encouragement and setting the atmosphere for others to follow. I believe this book has information that anyone can learn from. April 30, 2018I read Tim Elmore's Habitudes book as a part of a Leadership course I had the option to take this semester. I loved the simplicity of teaching 13 leadership lessons through images - and it all comes back to the fact that leaders MUST lead themselves before they can lead others. It would be great to include this in a discipleship process for helping people move from follower to leader in an organization. December 26, 2020Habitudes approaches character growth through pictures which gave me a deeper understanding of myself. I was sharpened as a person by learning about good habits and bad habits. Habitudes: A Leadership Journal with Practical Advice habits are important because they can't be changed overnight. If you want to change something in yourself or others, it takes time and effort it is very simple yet effective book that teaches a lot about leadership and personal growth. The writer uses examples from nature to help illustrate key concepts such as the importance of self-leadership and humility habits are the foundation for good behavior. If we have bad habits, we can't expect to do good things. Renowned as a master of leadership development, Dr. Elmore has left an indelible mark on various sectors worldwide, including the prestigious Kansas City Royals Baseball team. Furthermore, multiple government offices in Washington D.C. have incorporated his curriculum and training programs, underscoring their effectiveness. As a sought-after speaker, Elmore seamlessly transitions from academic settings to corporate environments, employing captivating storytelling techniques, visual aids, and leadership principles to empower professionals. His client roster boasts notable companies like Delta Global Services, Chick-fil-A Inc., The Home Depot, The John Maxwell Co., HomeBanc, and Gold Kist, among others. Elmore's dedication to nurturing future leaders extends beyond the United States, with courses on leadership and mentoring offered at nine universities and graduate schools across the country. His vision to equip young professionals globally has led him to share his insights in over thirty countries, including emerging markets such as India, Russia, China, and Australia. Dr. Elmore's expertise on navigating generational diversity and understanding emerging generations has garnered significant media attention, featuring prominently in publications like The Wall Street Journal, Forbes.com, Investor's Business Daily, Huffington Post, MSNBC.com, and more. He has also made notable appearances on CNN's Headline News and FOX & Friends, discussing parenting trends and offering advice to a wider audience.

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