

Personal Reflection Exercises...

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In order to be successful at what I do, I have to accept help from others.

Collaboration and teamwork are the springboard where new ideas bounce off. Therefore, the quality of my work improves when I receive input from others.

In order to accept help from others, I must let go of pride, recognizing that others can have ideas just as good or better than my own. As long as we work toward the same goal, I benefit from the expertise of my colleagues.

I work hard to perfect the skill of identifying talent in those around me. I listen to others and watch out for their strengths so I can delegate appropriately. When I delegate, I am free from worry because I trust those with whom I work.

I delegate because I cannot do everything efficiently on my own without wearing myself out. I preserve my health and renew my strength when I maintain a manageable workload.

I need others to help me achieve my goals. Delegating the small stuff allows me to focus on the big picture.

Success is sweeter when shared with others. ***When I get to the top of the mountain I want to have someone with whom to share the view.*** The relationships formed along the way are as worthy of celebration as the success itself!

Today, I relinquish control of my affairs and accept the help of others. I enjoy time to rest and play when the workload is shared amongst a team of capable people.

Self-Reflection Questions:

1. Do I accept help from others?
2. What task am I holding on to that I need to delegate?
3. How will my life improve once I allow others to help?