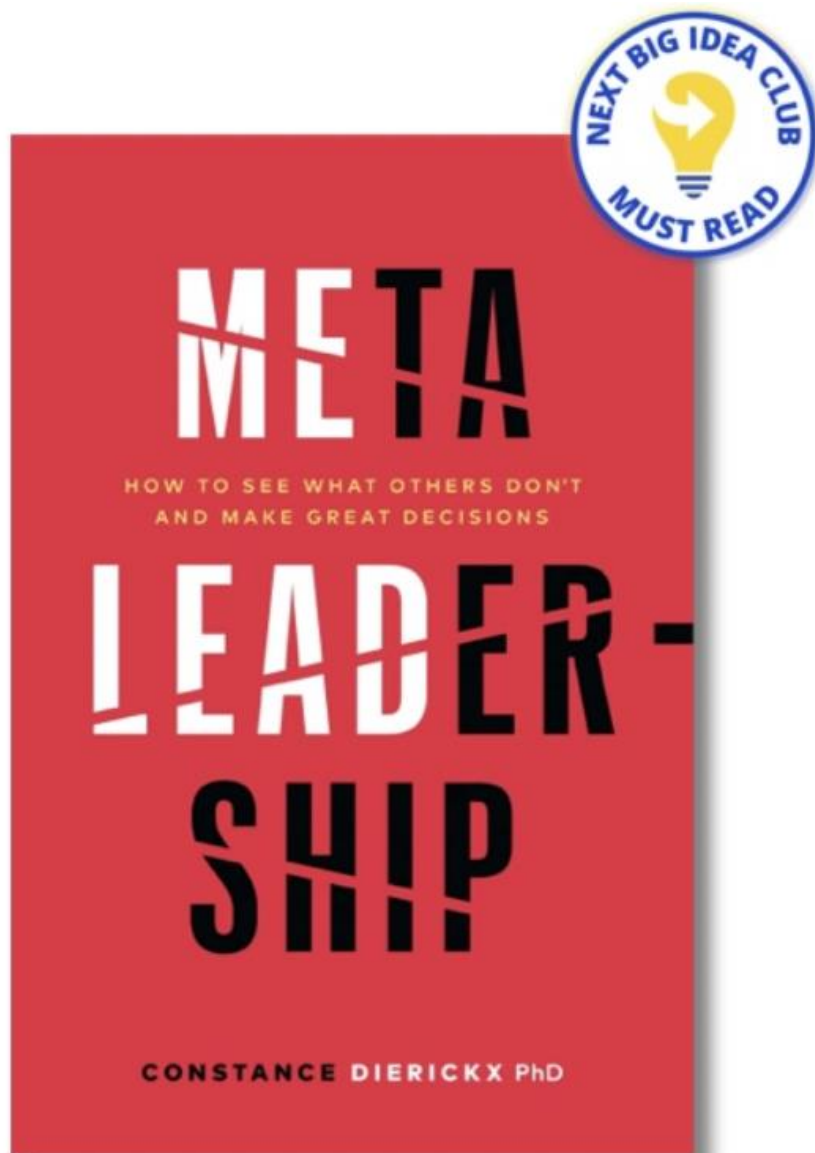


Meta-Leadership: How to see what others don't and make great decisions

Your Meta-Leadership Self-Assessment



17 Questions To Help You Make Great Decisions When It Matters Most

In our professional lives and personally, we are challenged to make crucial decisions while awash in a massive amount of input. Unfortunately, sometimes the sheer volume and variety of information can lead to distortion. Inevitably, others will willfully attempt to mislead us, and some may tell us outright lies.

My book [*Meta-Leadership: How to see what others don't and make great decisions*](#) offers a new paradigm to guide us to make life's most important decisions with clarity, courage, and justifiable confidence.

Meta-Leadership inspires the questions that follow. This self-assessment will inspire you to think about your career and life in new and helpful ways. You can purchase *Meta-Leadership* [here](#) in hardback, Kindle, or Audible. The Audible version contains a special bonus conversation I had with Mark Levy, an innovation expert extraordinaire!

You can access more information and ideas in the articles I've written for *Harvard Business Review*, *Forbes*, *Chief Executive Magazine*, and my LinkedIn newsletter.

Every one of us makes decisions every day, no matter our role or title; some are easy and don't require analysis or deep consideration. But when it matters most, leaning back and thinking about our thinking, emotions, and behavior habits can yield significant benefits for the present and future. I hope these questions will prompt your thinking and lead you to create the future you want for yourself and others.

Lead on!

Constance Dierickx

3. Where do you usually focus when making an important decision? Your thoughts, advice from others, what has worked in the past, etc.

4. What have you noticed about your habits of thinking that tend to work well and, conversely, which tend to steer you wrong?

5. How did you go about making the best decision you've ever made?

6. How do you create the right conditions to make crucial decisions? For example: Whom do you turn to? Where do you seek information? How do you silence the voices that are not supporting my best self, even if they are yours?

Emotion

The research is in! Normal people cannot divorce emotion from their decisions. Emotion affects our thinking and behavior and is also prompted by our thoughts and behaviors. Denial of the role of emotion is our enemy, but acceptance allows us to use it to good effect.

1. How have potent emotions affected your decisions? Write down an example of when sentiment was in the driver's seat for good and a time when it took over and led to a wrong decision.

5. We have all put off difficult decisions, and sometimes, it is the right thing to do. But when done habitually, we miss out on opportunities. How have you employed postponement? Think about when you do so consciously and to good effect or when it's been problematic.

Behavior

A critical part of making significant decisions is taking the right actions to make them real. Knowing what to do is different from doing it. This part of the paradigm is essential if the work you do to think clearly and use emotion skillfully is to bear beautiful fruit.

1. You want to be someone people can count on to fulfill your commitments. It is a laudable trait. But are you making the right commitments? Consider both significance and quantity.

5. Being committed to continuous learning opens us up to opportunities to soak up information, inspiration, and insights (even when it looks like we aren't doing anything). Name some of your favorite memories about times when you learned something when you weren't expecting it:

6. Learning from disciplines different than our own allows us to see connections, patterns and think strategically. What means do you use to create a breadth of knowledge?

The modern world is full of amazing ways to become informed, educated, and misinformed. Our brains are a marvel and help us not only survive but thrive. Yet, the human mind is tricky; our memory is not a literal recording of events; our decision-making is subject to cognitive mistakes, the social and interpersonal context, and emotion has a bi-directional effect on our thoughts and actions.

Fortunately, we can use the Meta-Leadership paradigm to help, whether leading many people, a few, or ourselves to fulfill our dreams. To get the whole story, you can purchase [Meta-Leadership](#). You might also enjoy my other books, High-Stakes Leadership and The Merger Mindset.

My website, constance@constancedierickx.com, has additional resources, and I have published articles on my blog for over ten years.

Best wishes!

Adapted from Meta-Leadership: How to see what others don't and make great decisions by Constance Dierickx, Ph.D., The Decision Doctor® (Page Two, 2023.)