

STOP: WHAT WOULD HELP, IF YOU JUST STOP?

Next Level Journal: Accelerating Personal Development

Common Executive Challenges in Interpersonal and Leadership Behavior

1. Winning too much

The need to win at all costs and in all situations – when it matters, when it doesn't, and when it's totally beside the point

2. Adding too much value

The overwhelming desire to add your two cents to every discussion

3. Passing judgment

The need to rate others and impose your standards on them

4. Making destructive comments

The needless sarcasms and cutting remarks that you think make you sound sharp or witty

5. Starting with “No”, “But”, or “However”

The overuse of these negative qualifiers secretly says to everyone; “I’m right. You’re wrong”

6. Telling the world how smart I am

The need to show people you’re smarter than they think you are

7. Speaking when angry

Using emotional volatility as a management tool

8. Negativity or “Let me explain why that won’t work”

The need to share your negative thoughts even when you weren’t asked

9. Withholding information

The refusal to share information in order to maintain an advantage over others

10. Failing to give proper recognition

The inability to praise and reward

11. Claiming credit that we don’t deserve

The most annoying way to overestimate your contribution to any success

12. Making excuses

The need to reposition an annoying behavior as a permanent fixture so people excuse you for it

13. Clinging to the past

The need to deflect blame away from yourself onto events and people from your past; a subset of blaming everyone else

14. Playing favorites

Failing to see that you are treating someone unfairly

15. Refusing to express regret

The inability to take responsibility for your actions, admit you're wrong, or recognize how your actions affect others

16. Not listening

The most passive-aggressive form of disrespect for colleagues

17. Failing to express gratitude

The most basic form of bad manners

18. Punishing the messenger

The misguided need to attack the innocent who are usually only trying to help you

19. Passing the buck

The need to blame everyone but yourself

20. An excessive need to be "me"

Exalting your faults as virtues simply because "That's just who I am"

21. Goal obsession

The force at play when YOU get so wrapped up in achieving your goal(s) that you do so at the expense of a larger mission

My Stop List

- 1.
- 2.
- 3.

