

REFLECT

IS BETTER THAN

NEGLECT

Reflect is Better than Neglect – from [Leadership Wisdoms](#)

Letting things go is a decision – a choice. When we decide to ignore or set aside things we don't want to face into, it is conscious and defining.

Better to reflect on our options and make concrete decisions that will move things along, for neglecting challenges just because we don't want to face into them will not make them go away. They will fester and get worse. Others will notice and lose faith. They will be less inclined to follow.

To consider seemingly intractable challenges requires a perspective on the world that moves forward. Taking time to reflect on a challenge that may seem difficult is much better than neglecting an issue just because you don't like it. We all have such challenges, so everyone has overcome something they didn't want to do.

By neglecting a difficult situation, a leader will be seen to be weak. Others will provide similar scenarios and expect nothing, damaging any trust. And trust is the only way to work with people in a team to ensure they are productive, motivated and creative.

When a leader takes up a difficult challenge, they model the behaviours they would want from everyone they care for. Those in their team; those in their home lives. They model and others follow, sometimes in a wider remit too.

Where intractable challenges face leaders, reflecting, seeking opinions and then taking positive action is far better than the neglect which can damage their character so much more.

5 Steps to Reflecting

1. Reflect on 3 issues you have that are proving difficult to resolve. Things you have neglected because they are awkward.
2. What new information do you need before you take action. Where and when will you find that? What is the imperative for you?
3. Take one step of action towards the challenge today. Yes, now!
4. Note progress steps you will take over the next week. Identify a date by which you want the issues to be resolved and make a plan.
5. Reflect further on the progress you made here. Learn from it to avoid neglecting big challenges again

How will you **reflect more**? How will you start to progress big challenges?

About Martin

Martin Haworth is a leadership coach and trainer based in Gloucester England. He coaches individuals one-to-one developing their leadership skills, on their personal development and career planning. He also works with organisations helping them deliver effective leadership throughout their organisation in a kind, supportive and motivational way. martinhaworth.com

More

