



## **LEADER VS VICTIM**

Most of us have felt victims at one point or another. Perhaps this was due to circumstances that were completely out of our control. Perhaps we knew deep down that we didn't want to feel as a victim, but didn't know how to change it. Perhaps we felt that we were born victims and endured past experiences that confirmed our victim status for life. But perhaps we also felt the need to do better, be better and change our personal or professional circumstances, only to be frozen by doubt and fear. And then perhaps there was a time when you wanted something so badly that you rose above your own fears and followed suit. What enabled you to do so? And if you succeeded in doing so, how could you also apply the same courage and determination to other areas in your own life?

Do you consider yourself a leader or a victim? What is your understanding of both concepts? In what areas of your life do you feel you are succeeding? What are those areas you know you could do better and yet you are unable to change? Are you happy being a victim or a leader? Would you like to change but don't know how? Have you ever even considered the possibility that you could change?

This is where coaching can help you create the life you want. But, if given the opportunity to change, would you want to?

I am here to tell you that you don't have to be or feel like a victim. You have the ability to become a leader in any area you choose to. You are the very person who dictates whether to assume a leader or a victim's role. The one person with the most influence over you is simply yourself. You have the ability to support or block your own growth, despite any other external influences presented.

Firstly let me start by telling you that leaders are not born, they are made. Leaders are not just those leading and influencing others. Leaders have the ability to lead themselves. True leaders lead from within.

Today's leaders are those who know who they are and what they want, and those who have the courage to pursuit those things they want in life.

**"A leader is one who knows the way, goes the way, and shows the way." – John Maxwell**

Today's leaders are not just those leading top corporations. Today's leaders are everywhere... teachers choosing to bring the best in youth, personal trainers choosing to help people become fit and healthy, coaches choosing to help people unlock their true potential, parents choosing to bring their children up as strong and confident individuals, artists choosing to remind everyone that beauty is all around us, spiritual leaders choosing to show the path to inner peace and strength, individuals choosing to better themselves, ... the list goes on and on.

**"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." – John Quincy Adams**



Today's leaders own and are in control of their own lives. They embrace change and welcome the opportunity to learn when faced with mistakes or set-backs. Because leaders understand that mistakes are opportunities for learning and growth.

Leaders embrace their past and understand that today they are stronger and wiser because of those times they endured pain, suffering or failure. They don't feel a product of their past. They do not have to justify to anyone but themselves. They do not respond to anyone but themselves. Leaders make choices. They choose to take control of their lives. Because they know that the only person that can do that is themselves.

Victims allow their thoughts to take over their life. Their thoughts determine their behaviours. A victim will display behaviours such as being overweight, smoking, heavy drinking, depression, drugs, low work performance, stress, long periods of TV watching, lack of desire to change or improve or relationship issues, etc.

Leaders take control of their thoughts. They watch and are aware of any thoughts that don't serve them, and don't engage in dialogue with them or believe what they say. Because they understand that if they don't take control of their thoughts, their thoughts will control their life.

Leaders create new stories to help them create the change they want to see within themselves. Because leaders understand that any thought, any belief, any behaviour that doesn't serve them right can be changed for an improved new one that will serve them better. Because the leader acknowledges that anything is possible.

Leaders are aware of their eating habits, respect their bodies and the environment that surrounds them, care for others with no hidden agenda, have a healthy work-life balance, perform highly in their jobs, look forward to waking up and seizing the day. Leaders engage in proactive and positive initiatives rather than getting caught up in hate and negativity. Because leaders understand they have the choice.

Leaders have vision. They know what they want, and in doing so they create actions to lead them to achieve their vision. And they enjoy their daily actions as they know it is bringing them closer to their goal.

Victims take things personally and make assumptions. Victims blame everything and everyone for their unhappiness and lack of action. In many cases, society welcomes victims, and victims embrace other victims with sympathy. In today's society victim's stories are well received, as people sympathise with the victim's stories.

A leader rises up from oneself and societal conditioning. A leader is not concerned about what others think. It doesn't need reassurance or acknowledgement from others. Because a leader already knows what is right in his/her heart. A leader is driven by internal forces and inner courage. A leader communicates clearly and dispels any assumptions or misunderstandings. A leader takes responsibility for their own mistakes and the wrongful actions of others within their influence.

Victims feel the fear and stop. They stop breathing, they stop action. They freeze.



Leaders feel the fear and do it anyway. They breath deeper, they know that fear is a precursor of change and do it anyway. Leaders know that just starting those things they fear most will allow them to keep learning and growing and the fear will dissipate.

Leaders are driven by their inner desire of continual growth and personal development. They are aware of what surrounds them and are proactive in responding to any changes.

Victims react and blame and rely on external factors to help them make decisions. Victims never feel satisfied, they move from one project to the next, procrastinating and never fully engaging in seeing anything through.

But leaders use critical thinking and understand the purpose that leads them into taking action in the first place.

Victims don't want to admit that they are victims. But there is nothing wrong with admitting it. I was a victim most of my life. I was possibly the biggest victim anyone could be. But victims are not bad people, not at all; they've just lost their way mostly due to circumstances out of their control. But the minute a person admits of being a victim... that's the most powerful moment, because it is in that instant they realise the source of their suffering and through that clarity, they are empowered to make a choice on whether to continue to live the same way, or to step out of it and choose to do different. That's how leaders are grown. Leaders look inside themselves and acknowledge there is a way out, something strong and powerful that nobody or nothing can touch. And if they manage to stay in touch with that inner strength then they will be on the way to become true leaders.

And then before they know it, others take notice and are inspired by their self-leadership ability and so what once started as self-leadership later becomes outer leadership. They undergo a transformation from victim to leader to role model, and many are motivated by their actions, which in turn promotes and empowers others to follow suit.

## **REFLECTION**

Today's leaders come in the shape of organizational leaders, mothers, fathers, carers, healers, pioneers, athletes, scientists, animal lovers, environmentalists, politicians, and many more. Today's leaders look like you. And you have the potential to be a leader if you haven't become one yet.

*So, are you a victim or a leader?*

*If you identified yourself as a leader, in which ways are you leading your life?*

*And if you identified yourself as a victim, in which ways are you playing the victim's role? What behaviours and thoughts can you identify about yourself that hold you as a victim?*

*With this new insight on self-leadership, what would the benefit be to evolve from being a victim to becoming your own leader? What would the outcome be?*

*What effect could your self-leadership have on others? Who are you currently leading?*

*Can you identify leaders in our society? And victims?*

*Who are your role models? Why?*

*As a leader, if you could influence anyone, who would that be? Why?*

## SELF-APPLICATION

### PART I

#### LEADER vs VICTIM AWARENESS WHEEL



Each section on this wheel represents your Leader side and your Victim side. Look at each side independently and give yourself a score of 1 to 10 on how much of a leader or a victim you feel you currently are. Draw a line on each side to represent your current score.

*How did you score yourself?*

*Where there any surprises?*

*Are you satisfied with your current score?*

*What would you like to acknowledge yourself for?*

*Which thoughts or behaviours did you identify in your Victim's side?*

*Is there room for improvement? In which ways do you think this could be achieved?*


The key in this exercise is to become aware of your Victim / Leader current status, and to create a plan to decrease your victim side and increase your self-leadership ability. This is a great tool to create a proactive development plan to help you grow and develop.



## PART II

I am asking you to make a decision right now, as to whether to become a leader or continue to be a victim. The choice is yours. The power is within you. Leaders are not born; they are made through hard work. Anyone can be a leader. You can be a leader. All I ask from you is to make a choice.

If you consider yourself a victim and would like to transition into a leader, name the top three steps that you are prepared to commit to in order to get into self-leadership action:

	I WILL...	BY WHEN....	SUPPORT / RESOURCES
1.			
2.			
3.			

If you completed the above action plan, congratulations, the leader within you has just awakened!

**“You have to believe in yourself, that's the secret. Even when I was in the orphanage, when I was roaming the streets trying to find enough to eat, even then I thought of myself as the greatest actor in the world.” – Charlie Chaplin**