

## 12.4 REFLECTION AND ACTION WORKSHEET

### Obstacles

#### Reflection

1. When it comes to helping people who are having problems, how do you view your own abilities? Are you comfortable with setting goals and giving directions to others?
2. One of the central responsibilities of a leader is to help his or her followers become motivated. This means helping them feel *competent*, helping them meet their *expectations*, and helping them *value* what they do. How would you apply these three principles in a leadership situation?
3. As you reflect on the *obstacles* discussed in the chapter, which obstacles would you be most and least effective at addressing? Why?

#### Action

1. To be an effective leader requires that you *clarify the goal* and *define the path* to the goal. What specific things could you do in an upcoming leadership situation to clarify the goal and define the path for others?
2. As you look at your results on the Path-Goal Styles Questionnaire, what scores would you like to change? Which styles would you like to strengthen? How can you make sure you exhibit the most effective style the next time you are leading a group?
3. People vary regarding their need to be helped. Some want a lot of assistance, and others like to be independent. Are you prepared to adapt your leadership to be helpful to those who need it? Discuss.