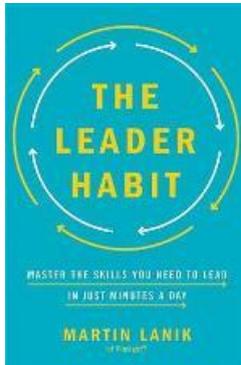


PM WORLD BOOK REVIEW



Book Title: ***The Leader Habit: Master the Skills You Need to Lead in Just Minutes A Day***

Author: **Martin Lanik**

Publisher: AMACOM

List Price: \$25.00 Format: Hardcover, 256 pages

Publication Date: April 2018 ISBN: 978-0814439340

Reviewer: **Montrae C. Jemison** Review Date: May 2018

Introduction

Everyone has an aspect of themselves that makes them a leader and a leader whom wants to be more influential with a lasting impact. Therefore, we seek self-awareness through self-development or leadership training. **The Leader Habit** is a structured guide for creating new habits utilizing the Leader Habit formula. The book is broken down into four parts:

- How It Works
- Build Your Leadership Skills
- Exercises That Develop Your Skills
- Encourage New Skills In Others

“Whether you consciously realize it or not, you are constantly responding to cues around you with numerous well practiced habitual responses. Habits save you mental effort and allow you to achieve more at work and in life.”

Overview of Book’s Structure

The Leader Habit uses a lot of examples and stories at the beginning, which were very interesting, yet I found slowed me getting to the “meat” of discovering the formula. There are 22 core leadership skills that the author and his team used to develop the Leader Habit Formula. They are categorized by either getting things done or focusing on people.

The author also wants the reader to discover their personality traits out of six choices in order to assist with developing the micro-behaviors to whichever of the 22 Core leadership skills you have chosen to use with the formula.

The Leader Habit formula wants you to practice a new habit for only 5-minutes a day to help those of us that procrastinate and need a quick way to sustain something new.

Highlights

The Leader Habit capitalizes on the 22 core leadership skills and your personality traits. When it comes to ‘getting things done’ and ‘focusing on people,’ a leadership skill category is given. Each category contains 3-5 leadership skills that are defined and then an explanation as to why the skill is important, next are telltale signs that you need to improve the skill and the personality traits that are aligned with the skill. The 5-minute leader habit exercises follow the category.

Example : Set of leadership skills—Leading Change

- Skill: Sell the Vision
 - Why the Skill is important
 - Telltale signs you need to improve the skill
 - Personality Traits Aligned with the Skill
 - 5-Minute Leader Habit Exercises
 - ✓ Paint a vivid picture.
 - ✓ Think long term (three to five years).
 - ✓ Make the vision personally relevant.

Highlights: What I liked!

I like that the book doesn’t promise an overnight or a weeklong transformation. I look forward to having my leader habits become an ingrained part of my style just because I took the time to work on one habit, for five minutes, and 66 days. I also enjoyed the set up for the leadership skills and the chains of micro-behaviors which creates the new habit.

Who might benefit from the Book?

The book is targeted to anyone who doesn’t realize that they have created bad leader habits typically due to the environment, i.e. job burnout, no self-actualization or self-awareness. If you are looking to feel empowered by utilizing a different approach to leading for impact, this is the book.

Conclusion

The Leader Habit states that it will take 66 days to create a new habit that will be sustained utilizing the Leader Habit Formula. When we create a new habit that’s associated with the way that we naturally think, we’ll be more receptive to the behavior. Practicing daily will make the challenging leader habits effective. The idea is to create the automaticity that turns behaviors into habits using everyday cues.

For more about this book, go to:

<http://www.amacombooks.org/book.cfm?isbn=9780814439340>

Editor's note: This book review was the result of a partnership between the publisher, PM World and the [PMI Alamo Chapter](#). Authors and publishers provide the books to PM World; books are delivered to the PMI Alamo Chapter, where they are offered free to PMI members to review; book reviews are published in the PM World Journal and PM World Library. PMI Alamo Chapter members can keep the books as well as claim PDUs for PMP recertification when their reviews are published. Chapter members are generally mid-career professionals, the audience for most project management books. If you are an author or publisher of a project management-related book, and would like the book reviewed through this program, please contact editor@peworldjournal.net.

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Montrae Jemison is a Military Veteran. She is tenacious, energetic, and a global traveler. She has spent the last 10 years of her career as an Instructor and Training and Development Coordinator in the healthcare sector. She is currently pursuing a graduate degree in Cybersecurity.

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