



The Art of Leadership in the PPSC

4. Delaying Gratification

Purpose:

This exercise is intended to guide you through a reflection on several important yet introductory aspects of leadership. The topics being discussed in this exercise will be revisited and revised (potentially) in a later module. Please:

- Complete the questions below (no more than 250 words per question)
- Discuss them with your group members
- Be prepared to discuss with the larger group at the upcoming in-person session

Here are the questions:

1. What do you think are the main challenges inherent in delaying gratification?
2. How can you personally overcome these challenges?
3. Name three things you can do to enhance your capacity to better delay gratification.

Actions	Prep Work Required	Timeline	F/U with Group
1.			
2.			
3.			

