

THE LEADERSHIP LAB: REAL LEADERSHIP ON TOUGH DAYS GUIDED JOURNALING



LEADERSHIP IS NOT MEASURED ONLY BY PEAK PERFORMANCE — IT'S REVEALED IN PERSISTENCE, PRESENCE, AND PURPOSE. SHOWING UP IMPERFECTLY, WITH INTENTION AND CARE, IS NOT A FAILURE OF LEADERSHIP; IT IS OFTEN THE TRUEST FORM OF IT.

dive deeper

WHERE DID YOU LEARN THAT LEADERSHIP MEANS CONSTANT AVAILABILITY, ENERGY, OR EXCELLENCE?

- WHO BENEFITS FROM THAT BELIEF?
- WHO IS HARMED BY IT?
- WHAT HAS IT COST YOU?

RECALL A TIME YOU SHOWED UP WHEN YOU DIDN'T FEEL READY OR STRONG.

- WHAT MATTERED MORE THAN PERFECTION IN THAT MOMENT?
- WHAT DID OTHERS ACTUALLY NEED FROM YOU?
- WHAT SURPRISED YOU ABOUT THE OUTCOME?

HOW DO YOU RESPOND WHEN PLANS CHANGE, ENERGY DROPS, OR OUTCOMES ARE UNCERTAIN?

- WHAT FEELS HARDEST TO RELEASE CONTROL OVER?
- WHERE MIGHT FLEXIBILITY CREATE SPACE FOR SOMETHING MEANINGFUL?

WHAT DOES IT MEAN FOR YOU TO LEAD AUTHENTICALLY: NOT POLISHED, NOT PERFORMATIVE, BUT REAL?

- WHAT PARTS OF YOURSELF DO YOU HIDE?
- WHAT WOULD IT LOOK LIKE TO LEAD FROM HONESTY INSTEAD?