

THE LEADERSHIP LAB: RUNNING ON FEAR GUIDED JOURNALING



LEADERSHIP ROOTED IN FEAR IS EXHAUSTING AND UNSUSTAINABLE. BUT LEADERSHIP GROUNDED IN HONESTY, SHARED RESPONSIBILITY, AND COLLECTIVE IMAGINATION CAN CREATE SPACE FOR SOMETHING DIFFERENT. HOPE DOESN'T COME FROM CERTAINTY; IT COMES FROM SHOWING UP TOGETHER.

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HOW HAS PROLONGED UNCERTAINTY AFFECTED:

- YOUR LEADERSHIP STYLE?
- YOUR BODY AND NERVOUS SYSTEM?
- YOUR ABILITY TO REST OR PLAN?

WHAT FEELS MOST UNSUSTAINABLE RIGHT NOW?

WHEN FEAR SHOWS UP IN YOUR LEADERSHIP:

- HOW DOES IT INFLUENCE YOUR DECISIONS?
- DOES IT MAKE YOU REACTIVE, CAUTIOUS, OR WITHDRAWN?
- WHAT DOES IT COST YOU — PERSONALLY AND PROFESSIONALLY?

WHERE DO YOU SEE SCARCITY SHAPING LEADERSHIP DECISIONS?

- WHO HAS POWER AND VOICE?
- WHO IS EXCLUDED?
- HOW DOES THIS MIRROR NONPROFIT AND COMMUNITY SYSTEMS?

WHAT WOULD IT LOOK LIKE TO LEAD WITH OTHERS RATHER THAN ALONE?

- WHAT WOULD SHARED STRATEGY MAKE POSSIBLE?
- WHAT WOULD CHANGE IF EGO AND HIERARCHY WERE SET ASIDE?