Lead with Intention

REFLECT ON HOW YOU WANT TO LEAD

Leadership happens in everyday moments: listening, making decisions, offering support, and setting an example. Use these pages to choose how you want to show up.

Name: _____ Date: _____

01 Picture the leader you want to be

Think of a leader you respect. What qualities do you admire? Choose three you want to practice in your own way.

02 Notice your impact

How do you want people to feel after working or speaking with you? Describe one everyday behavior that could help create that experience.

03 Build on what you already bring

When have you helped someone feel heard, supported, or capable? What strength did you use, and how could you use it more intentionally?

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PUT YOUR INTENTIONS INTO PRACTICE

04 Choose one moment that matters

Where could you lead with more intention this week? Choose a specific conversation, decision, meeting, or opportunity to support someone.

05 Make room for listening

In that situation, whose perspective do you need to understand? Write one open question you can ask before offering advice or deciding what comes next.

06 Make one clear commitment

Choose one small action you can realistically follow through on this week.

This week, I will...

I will do this by...

I will know I followed through when...

Come back and reflect: What happened when you tried it? What did you learn, and what would you adjust next time?