

Leadership Reflections

Use this space to reflect, refine, and reconnect with the kind of leader you aspire to be. Whether you're guiding others or leading your own life, these prompts are designed to bring insight, clarity, and intentional growth.

1. What kind of leader do I want to be—and am I showing up as that today?

Reflect on alignment between your vision and your current actions.

2. Where have I led with confidence recently—and what helped me do so?

Celebrate the moments where your leadership flowed naturally.

3. What challenges am I facing as a leader, and what might they be here to teach me?

Shift from frustration to growth. Challenges = refinement.

4. How do I hold space for others while still honouring my own needs and boundaries?

You can lead without overextending.

5. Who or what inspires the way I lead?

Explore the qualities you admire—and how you're embodying them.

6. How do I respond under pressure, and how would I like to respond?
Awareness of your patterns helps you lead with more intention.

7. What does empowered leadership look like without control or perfectionism?
Redefine leadership as service, presence, and trust—not just getting it all “right.”

8. What ripple effect do I hope my leadership creates—and am I planting the seeds for that today?
Leadership is legacy. Start with your impact in the now.

Return to this journal weekly or after key moments in your leadership journey. Growth doesn't come from perfection—it comes from reflection.