

Reconnecting with Leadership Purpose

This reflection space is for leaders who may be feeling disconnected, uninspired, or unclear in their role. Use these prompts to reconnect with your values, strengths, and sense of direction—without judgment.

1. How am I feeling about my role and responsibilities right now?
Emotionally, mentally, energetically—what comes up?

2. What's been draining my motivation or sense of clarity?
Name patterns, people, pressure, or inner narratives.

3. What part of my work feels the most misaligned or disconnected?
Be honest. You're safe here.

4. What moments in the past have made me feel fulfilled and effective as a leader?
Think of even the small wins.

5. What strengths or qualities do I bring that may not be fully seen—or that I may be downplaying?

6. What does “being in alignment” feel like for me as a leader?
Describe it in energy, rhythm, or action.

7. What’s one area of my role I’d like to re-engage with more intentionally?

8. What’s one boundary, support, or change I need to make that would help me reconnect to my leadership energy?

9. What am I ready to release that no longer serves the leader I’m becoming?

10. What’s one intention I can carry into the next week to begin showing up more aligned—with myself, and with my team?

This is a beginning, not a fix. Your awareness is the most powerful leadership tool you have. Come back to this as often as needed.