

A 10-minute reset for clarity and growth.

1. Focus of the Week:

- What leadership challenge or opportunity was at the top of your mind?

2. Key Wins:

- List 1–2 moments you're proud of this week.

3. Lessons Learned:

- What worked? What didn't? How will you adjust next week?

4. Team Pulse:

- How did the team seem this week — energy, focus, collaboration?

☐ Energized ☐ Steady ☐ Stressed ☐ Disconnected

5. Next Week's Intentions:

- One behavior or mindset to emphasize next week. Also think of daily intentions for the week.

"Leadership grows through reflection — not reaction."

