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SELF-LEADERSHIP WORKSHEET

guiding your inner leader

> **Leadership is not about being in charge. It's about taking care of those in your charge.**
>
> **– Simon Sinek**

The journey to authentic leadership is a voyage that begins with the self. The best leaders have mastered the art of leading themselves before they lead others. It's a resonating truth that echoes the wisdom of many who have walked the path of leadership before us. In this spirit, I'd like to introduce you to this Self-Leadership Worksheet, designed as a roadmap to navigate your personal leadership journey.

This worksheet is designed to help you explore key elements of self-leadership: values, goals, emotional intelligence, self-care, learning, feedback, and celebrating successes.

Part 1

Discovering Your Core Values

Your personal values are the compass that guides your actions and decisions.

What are the top 5 principles that you hold dear?

Part 2

Plotting Your Goals

Goals give us a sense of direction, a target to aim for. What are the 3 short-term goals (to be achieved within the next year) and 3 long-term goals you want to set for yourself?

Short-Term Goals:

Long-Term Goals:

Part 3

Fostering Emotional Intelligence

Emotional intelligence allows us to manage our emotions and empathize with others. Reflect on a situation where your emotional response could have been better.

How can you improve for next time?

Situation:

Improvement:

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Part 4

Crafting a Self-Care Routine

Self-care is the fuel that keeps us going. What does your ideal self-care routine look like? This could encompass nutrition, exercise, sufficient sleep, mental health practices, and more.

Routine:

Part 5

Cultivating a Learning Mindset

Learning is a continuous process. What are the 3 new skills or areas of knowledge you aspire to develop or improve upon?

Part 6

Seeking Constructive Feedback

Feedback is a gift that allows us to identify areas of improvement. Can you identify 2-3 individuals who can provide you with constructive feedback on your leadership skills?

Part 7

Celebrating Personal Successes

Successes, no matter how small, deserve celebration. What are 3 recent accomplishments you're particularly proud of?

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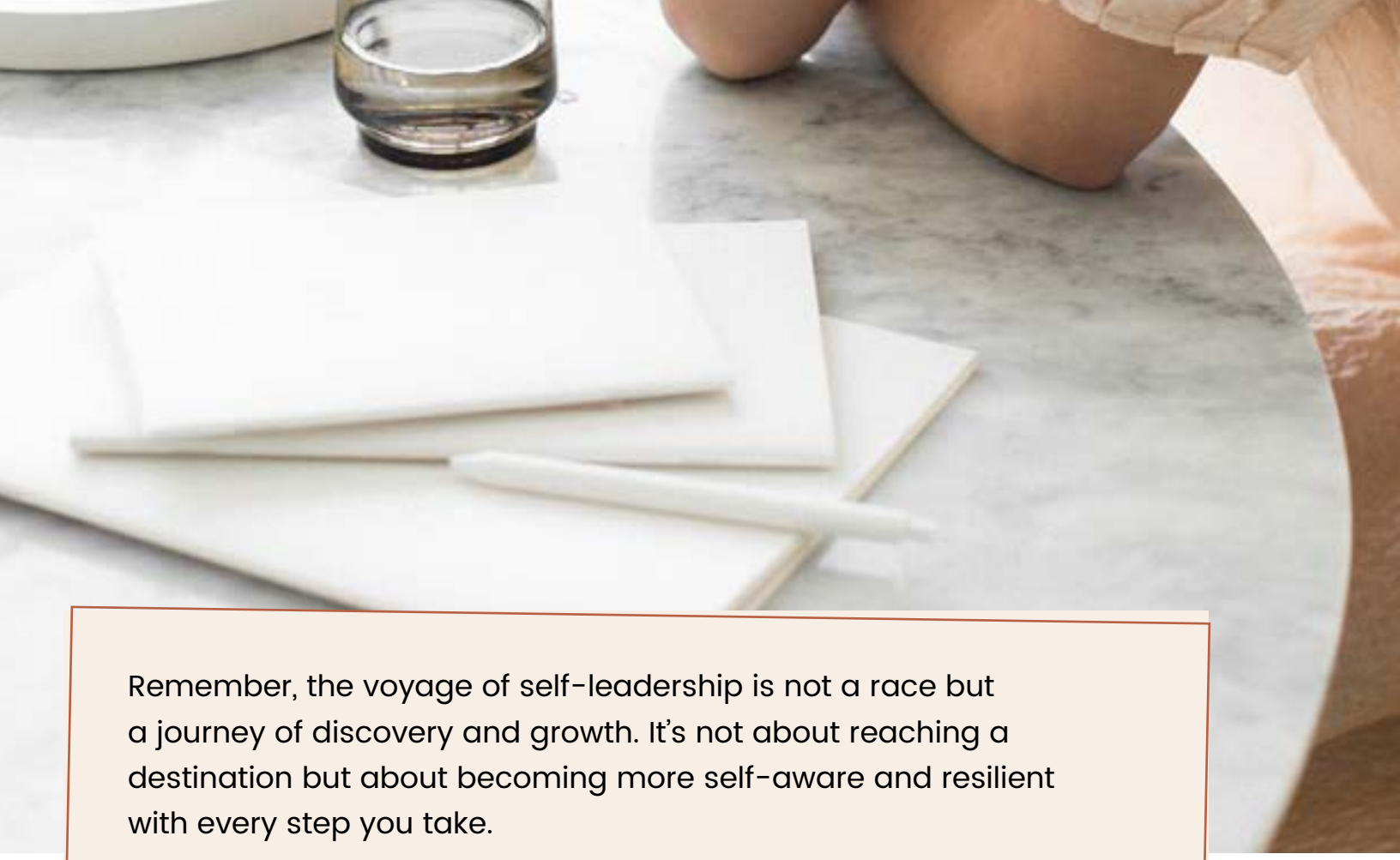

Remember, the voyage of self-leadership is not a race but a journey of discovery and growth. It's not about reaching a destination but about becoming more self-aware and resilient with every step you take.

This worksheet serves as a compass, guiding you towards deeper understanding of yourself. It's a tool designed to be revisited, updated, and reflected upon, as you continue to grow and evolve in your leadership journey.

RECOMMENDED BOOK

"The Leadership Gap: What Gets Between You and Your Greatness"

by Lolly Daskal