Embracing Healthy Leadership Rhythms



SELF-REFLECTION & INTENTIONALITY

Self-Reflection

FORWARD PARTNERS DATE

Self Reflection & Leadership Health

SELF REFLECTION

Look back at the last week or two to reflect on your challenges, achievements, and impact.

What has been your biggest win?

What has been your biggest challenge?

Who have you impacted positively?

Who has impacted you positively?

LEADERSHIP HEALTH

Healthy leaders are spiritually, physically, and emotionally oriented toward health.
Think about your previous week and give each a rating based on the questions.

	UNHEALTHY			NEEDS IMPROVEMENT				HEALTHY		
Spiritually Healthy Are you seeing purpose and impact in your daily life and leadership?	1 Not At All	2	3	4	5 Some Days	6	7	8 Most Days	9	10 Every Day
Emotionally Healthy Have you been communicating and leading with empathy and grace?	1 Not At All	2	3	4	5 Some Days	6	7	8 Most Days	9	10 Every Day
Physically Healthy Are you valuing and modeling good rest and healthy habits?	1 Not At All	2	3	4	5 Some Days	6	7	8 Most Days	9	10 Every Day

(_____ + _____ + _____) /3 = ☐ **Leadership Health Total**

Spiritually **Emotionally** **Physically**

MOVING FORWARD

Based on your reflection, what are your next intentional steps forward in your life or leadership?

Which healthy leadership tools do you need to review and deploy to help you move forward this week?

- ○ Personality Profile
- ○ Unwinding Disempowered Stories
- ○ Guiding Values & Purpose
- ○ Engage Your Circle
- ○ Green Light Habits
- ○ Intentional Rest Plan

Develop the rest of these tools in our Leadership Foundation Course.
ForwardPartners.net/Foundation

Wins & Challenges

Positive Impact

Leadership Health

FORWARD PARTNERS DATE

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Moving Forward



GREEN LIGHT HABITS


Get up early


Focus on spiritual practices first


Journal

Walk for an hour


Eat a high-protein diet, ignoring the pantry


Drink water all day


Time block every hour

Focus on gratitude


No alcohol during the week


Go to bed early

- [x] Get up early
- [x] Focus on spiritual practices first
- [x] Journal
- [-] Walk for an hour
- [x] Eat a high-protein diet, ignoring the pantry
- [x] Drink water all day
- [-] Time block every hour
- [x] Focus on gratitude
- [x] No alcohol during the week
- [x] Go to bed early



KEEP MOVING FORWARD

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