



10-Minute Daily Leadership Reflection

An opportunity to reflect and appreciate yourself. No fixing or improving.

All too often, we forget or don't make the time to appreciate the good we've done during a day's work. Taking 10 minutes to reflect on your contributions as a leader and what inspired or made you proud of your leadership will nurture your mindset and self-esteem. It's time you gave yourself some self-appreciation.

Date:

Two moments or situations when I was proud or happy with my leadership today were...

One of my strategic priorities that I focused on today was...

The progress I made on this priority was...

One person I coached/mentored today was...

My coaching/mentoring will help her/him...

One person I recognized today was...

I recognized her/him for...

I stretched into my leadership today by...



Helping ambitious leaders strategically transform their leadership, inspire team performance, and thrive in their lives.

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