

# The Inner Journey

This guided reflection is designed to help you explore your inner landscape as a leader—your strengths, stories, mental models, and motivations.

Take your time. Sit somewhere quiet. Approach this with curiosity, not judgment.

## Begin With Centering (2 minutes)

Close your eyes. Take three slow breaths. Ask yourself: “What kind of leader do I want to be—both for myself and for others?” Write down the first words or images that come to mind.

## What Story About Yourself Has Shaped How You Lead?

Consider early career experiences, family expectations, or moments of challenge.

- ✓ Which stories have empowered you?
- ✓ Which may be limiting you?

## What Patterns Do You Notice in How You Respond Under Pressure?

For example: Do you withdraw? Take control? Move too quickly? Seek perfection? What triggers that pattern?

## What Mental Model Guides Your Understanding of Leadership Today?

Examples might include:

- ✓ “Leaders must have all the answers.”
- ✓ “People need direction, not autonomy.”
- ✓ “If I don’t push hard, nothing gets done.”

Are these models serving you—or is it time to update them?

## What Natural Strengths Do You Bring to Your Leadership?

How have these strengths helped you create impact or connection? What is a recent example where you led from a strength?

## Every Strength Has a Shadow Side

Choose one of your strengths. Ask yourself: “How might this same strength create unintended consequences when overused?” What would balance look like?

## Who Do You Serve as a Leader?

Make a list: your team, clients, organization, community, family, future self. What does each group need most from you right now?

## Where Do You Share Power With Others—not Power Over Them?

Identify one relationship or situation where you could share more decision-making, trust, or ownership.

## What Unique Contribution Do You Feel Called to Make as a Leader?

This is your purpose—your why. Write freely for 3–5 minutes without editing.

## What Unique What is One Belief About Leadership You Are Ready to Release? Do You Feel Called to Make as a Leader?

And what belief are you ready to embrace instead?

## What is One Behavior You Commit to Practicing This Week That Reflects the Leader You Want to Become?

Choose something small but meaningful—consistent actions build transformation.

## Close With This Question

Ask yourself: “If I led from my strengths, grounded in purpose, and guided by service, what would become possible?” Write the answer as a vision statement for your future leadership.

