

LEADERSHIP BEING AWARENESS REFLECTION

INSTRUCTIONS:

Part 1: Developing self-awareness is crucial to a leader's positive development. Look at the questions below and rate yourself (without judgment) on a scale of 1-10 for each area (10 – being “all the time”, 1 - being “never”)

Part 2: Which areas, if given some attention, might have an impact on how you show up as leader? Add an asterisk beside the areas that you feel you might have the most growth potential.

Vulnerability – I am willing to emotionally expose myself, be uncertain, be okay with relaxing the “knowing” muscle

Intention – I show up with purpose

Authenticity – I am real, and aligned with my values

Collaborative – I am a team player

Communication – I am a proactive communicator and listen deeply

Self-awareness – I am willing to look at and explore self

Consistency – I am consistent in thought, word, and deed

Openness – I am willing to explore new ideas and directions that aren't my own

Transparency – I proactively provide information to aid understanding

Trust – I trust myself, my colleagues, my board, my shareholders, and my relationships