

**"The price of greatness is responsibility."  
Winston Churchill**

**Reflection and Impact exercises**

By consistently engaging in reflection practices you can cultivate greater self-awareness, enhance your ability to positively influence your teams, and create a more supportive and empowering work environment. By committing to the practices below and making daily changes you are committing to becoming a better leader and will be more connected to your team.

**Reflective Journalling:**

- At the end of each day, take a few minutes to journal about your interactions with your team. Reflect on how your level of presence, communication and mindset impacted your leadership style and the overall team dynamic.

Ask yourself:

- How did my mindset influence the way I approached challenges today?
- Did my energy levels affect my ability to connect with and support my team?
- Were there moments when I could have responded differently or shown more empathy?
- Could I have been more present with my team?
- Write down any insights or observations and consider how you can use this awareness to improve your leadership tomorrow.

**Team Impact Assessment:**

- Take a step back and assess the impact of your leadership on your team. Consider factors such as morale, motivation, and productivity.

Ask yourself:

- How did my mindset and energy levels impact the team's atmosphere and performance?
- Did my actions and decisions align with the values and goals of the team?
- Were there any missed opportunities to empower or recognize team members?

- Use this reflection to identify areas for growth and development in your leadership approach. Write down any insights you have gained and reflect on how you may make the changes needed.

**Continuous Improvement:**

- Commit to making small adjustments based on your daily reflections. Set goals for cultivating a positive mindset, managing your energy effectively, and enhancing your impact as a leader.
- After doing the reflective and team impact exercises, make some notes on some specific changes you could make tomorrow.

•

**Remember that self-awareness is an ongoing practice. Embrace each day as an opportunity to learn and grow as a leader.**