



7 SELF-LEADERSHIP QUESTIONS

NAME:

DATE:

HOW TO USE THIS GUIDE:

For leaders like you and I to be at our best, we have to make time to perch. In this intentional state of reflection, we can check-in, understand our needs, learn more about ourselves and think about how we are showing up in the world. Use this guide as a structure for your reflections. You can do this at the end of each day, week, month... etc. There is no obligation. It is for you to use as and when you wish.

You can reflect on all 7 questions or you can focus on answering 1 question. In this structure you will find freedom. Just find what works best for you.

The intention is always to learn more about ourselves and others and to use those insights to show up better for ourselves and those we lead.

There is the option to give a score out of 10 (with 10 representing being at your best and 1 being plenty of room for improvement). You can supplement the 7 core questions with additional questions such as what is going well? And what is the one thing I will do differently?

Q1: HOW AM I LOVING?

/10

Q2: HOW AM I LIVING?

/10

Q3: HOW AM I LEADING?

/10

Q4: HOW AM I THINKING?

/10

Q5: HOW AM I SHOWING UP?

/10

Q6: HOW AM I SERVING?

/10

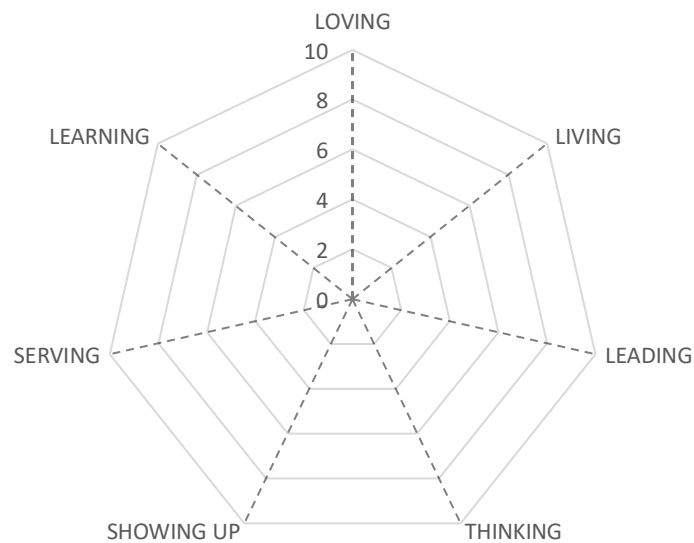
Q7: WHAT AM I LEARNING?

/10

CHART YOUR SCORES



MAP YOUR SCORES



Hopefully this exercise has served you well. Please do share this ABTY resource with anyone who you think will benefit from it too.

One final reminder. It is important to approach self-reflection with an open heart and mind. Less judgment, more curiosity and a willingness to learn and improve.

If you have any questions or feedback, please email me: ryanbhartley@gmail.com

Thank you!

KEEP LEADING YOURSELF
RYAN