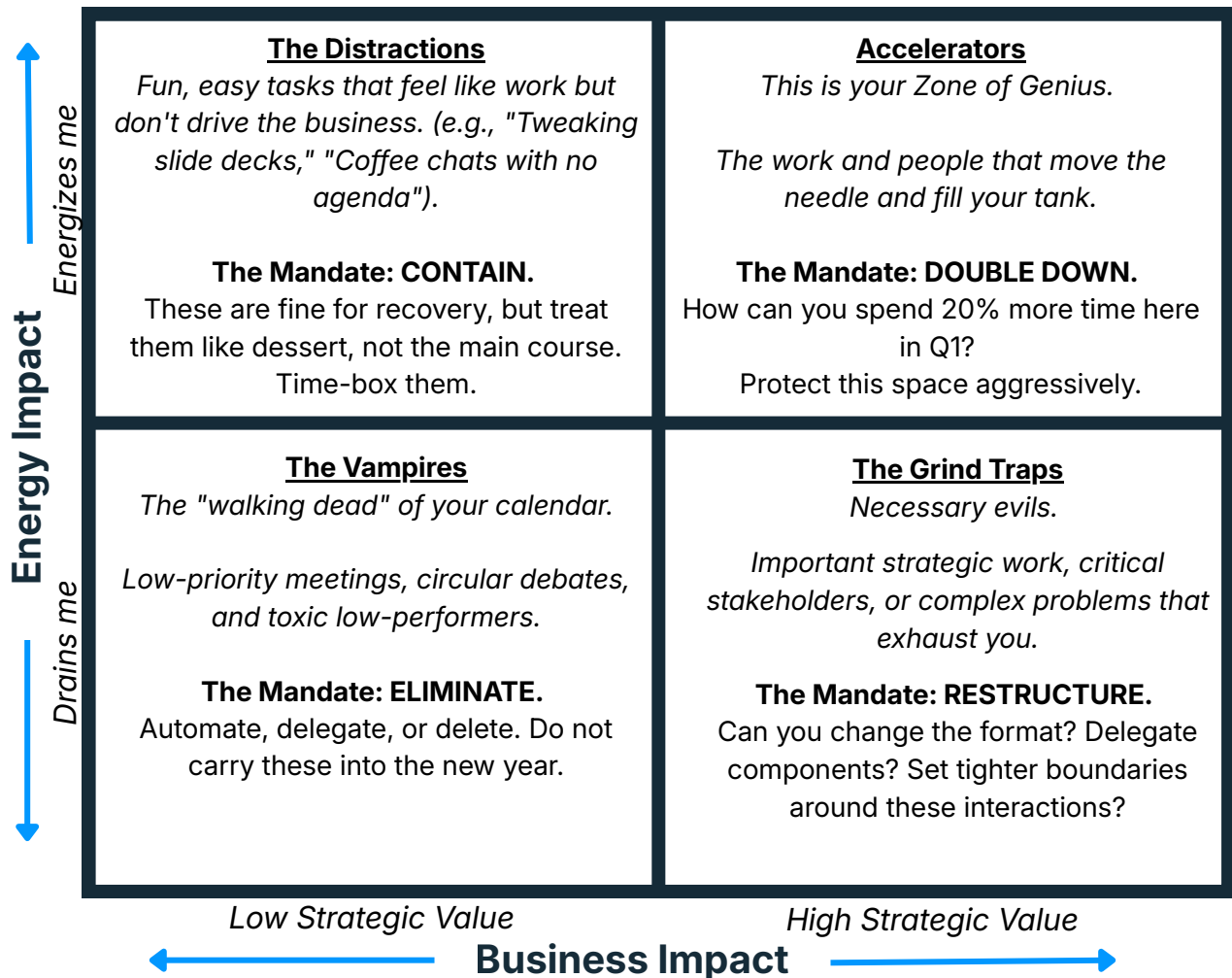


The Leadership Capacity Audit: Stop the Invisible Energy Leaks in Your Work.

Your calendar tells you where your time went in 2025. This diagnostic tells you where your energy went. You cannot execute a Q1 plan on a depleted battery.



INSTRUCTIONS: THE 15 MINUTE AUDIT PROTOCOL

- Scan** (5 Mins): Open your calendar for the last 30 days. Scan the entries. Don't analyze time; notice your immediate visceral reaction to the event or person.
- Plot** (5 Mins): Drop the top 10–15 recurring items / people into the relevant quadrants above. **Be ruthlessly honest.**
- Act** (5 Mins): Identify ONE "Vampire" to kill this week. Identify ONE "Grind Trap" to restructure before January 1.

Insight without action is just overhead

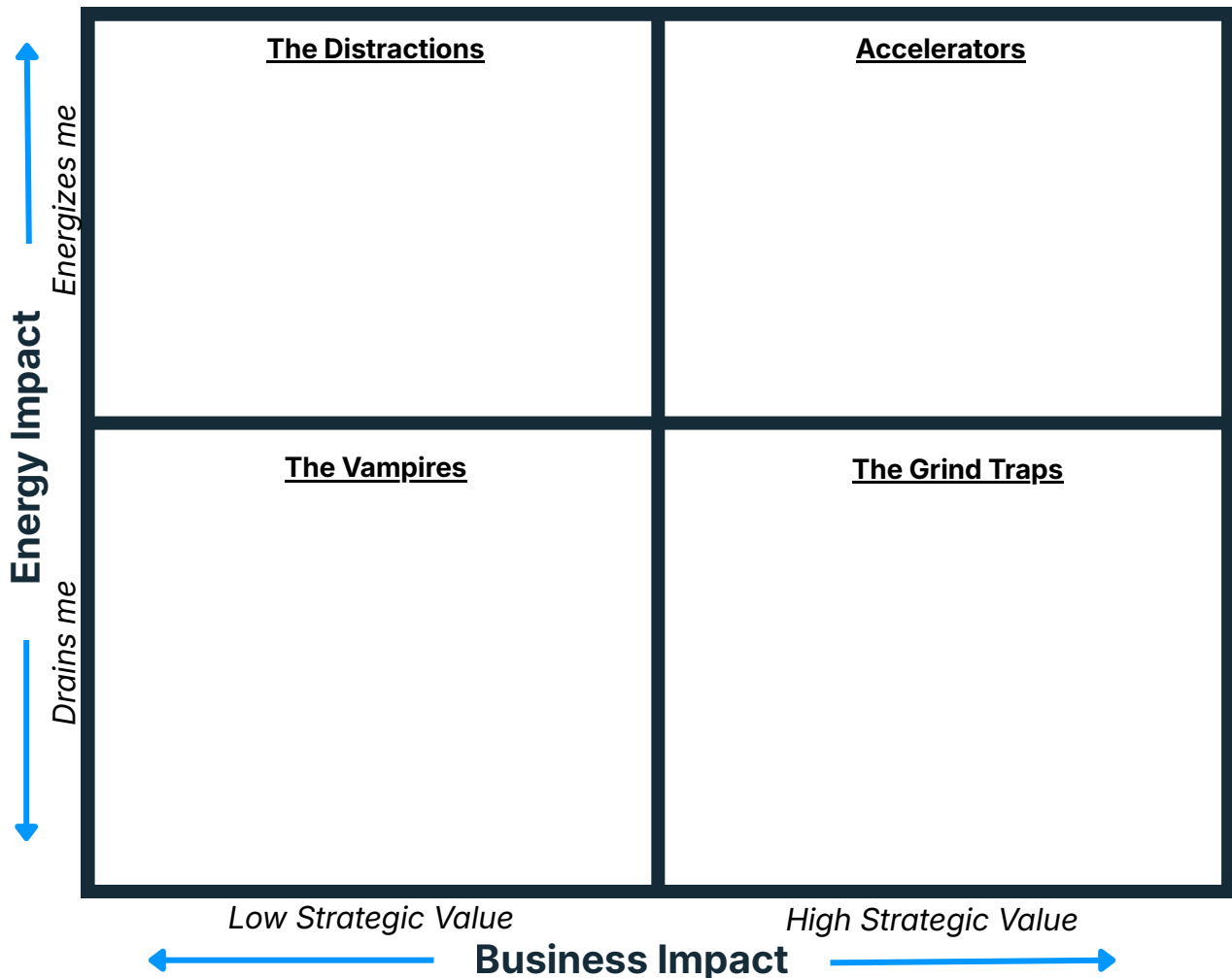
The hardest part of this audit isn't identifying the "Vampires" or "Traps"- it's having the difficult conversations required to fix them.

If you are a transitioning leader looking for the scripts, strategies, and support to restructure your role for sustainable high performance, that is where I come in.

www.RobbinsNextGen.com

The Leadership Capacity Audit: Stop the Invisible Energy Leaks in Your Business.

Your calendar tells you where your time went in 2025. This diagnostic tells you where your energy went. You cannot execute a Q1 plan on a depleted battery.



INSTRUCTIONS: THE 15 MINUTE AUDIT PROTOCOL

- Scan** (5 Mins): Open your calendar for the last 30 days. Scan the entries. Don't analyze time; notice your immediate visceral reaction to the event or person.
- Plot** (5 Mins): Drop the top 10–15 recurring items / people into the relevant quadrants above. **Be ruthlessly honest.**
- Act** (5 Mins): Identify ONE "Vampire" to kill this week. Identify ONE "Grind Trap" to restructure before January 1.

Insight without action is just overhead

The hardest part of this audit isn't identifying the "Vampires" or "Traps"- it's having the difficult conversations required to fix them.

If you are a transitioning leader looking for the scripts, strategies, and support to restructure your role for sustainable high performance, that is where I come in.

www.RobbinsNextGen.com