

The Leadership Habit Tracker

A weekly worksheet to help you turn great leadership intentions into consistent behaviours

Emotional Intelligence (EQ)

- Started one meeting with a check-in question
- Named my emotional state before responding in a tense moment
- Listened without interrupting at least once deliberately

Growth Mindset

- Asked one learning or curiosity question
- Reframed one challenge (“What’s the opportunity here?”)
- Welcomed or requested a piece of feedback

Strategic Vision

- Linked a decision or task to the broader strategy
- Simplified a message or direction into one sentence
- Delegated to develop someone, not just to get work done

Leadership Energy / Reset

- Ended the day by noting one thing that worked

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What reinforced these habits this week?

(Prompts: routines, reminders, environment, people, anchors...)

What blocked these habits this week?

(Prompts: stress, unclear expectations, rushing, emotional triggers...)

Scoring - Count your checkmarks

0-15: Awareness Stage | 16-30: Building Momentum | 31-50: Consistent leadership practice | 50+: These habits are becoming identity-level.

Progress isn't perfection. It's repetition.

Stakeholder	Support (1 - 5)	Confidence (1 - 5)	Current Status	Planned Action
Example: Chairman	4	4	Ally	Keep closely informed; share wins early
<i>Example: CFO</i>	2	4	<i>Potential Partner</i>	<i>Schedule 1:1 to align on investment priorities</i>