



The 7-Day Leadership Recalibration

A quiet reset for leaders carrying real responsibility.
One prompt per day. No hype. No hustle.

Day 1 — Stop the Drift

What's costing you energy that you've been avoiding naming?

Day 2 — What's Actually Yours to Carry

What responsibility have you taken on that isn't yours anymore?

Day 3 — The Story Running the Day

What thought keeps repeating that may not be true—or helpful?

Day 4 — Reclaiming Margin

Where do you need space before you need answers?

Day 5 — The One Conversation

What conversation are you avoiding that would immediately reduce pressure?

Day 6 — Lead Yourself First

If you led yourself the way you lead others, what would change?

Day 7 — Lock the Lesson

What's one thing you refuse to un-learn from this week?