



Today Plus One: Leadership Growth Journal

Reflect. Grow. Lead on Purpose.

Date: _____
Daily Focus: _____

1. Gratitude & Wins

What are three things I am grateful for today? What leadership wins did I experience?

2. Challenges & Lessons Learned

What obstacles did I face today? What did I learn from them?

3. Leadership Action Plan

What are the key decisions or actions I need to take tomorrow to grow as a leader?

4. Self-Reflection & Growth

How did I show up as a leader today? What is one area I can improve on?

5. End-of-Day Reflection

What is one key insight from today that will help me grow 1% better tomorrow?

"Small, daily improvements lead to massive growth. Keep leading with purpose!"

How the day went ...

Because of today, I will ...

