

## Daily Leadership & Well-Being Reflection

*A simple daily practice for clarity, focus, and growth*

**Date:** \_\_\_\_\_

**Mood:** \_\_\_\_\_

### Leadership Moment

*What's one leadership action you took today that you're proud of?*

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### Well-Being Check

*How did you care for your mental, physical, or emotional well-being today?*

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### Gratitude

*What's one thing you're grateful for today?*

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### Tomorrow's Intention

*What's one mindful action you'll take tomorrow?*

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