

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?*

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

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

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