

LEADERSHIP DOESN'T HAVE TO BE LONELY

These three strategies are designed to help you combat the quiet isolation that often comes with leadership. Use this worksheet to reflect and take action.

1. Stay Human on Purpose

Leadership doesn't require you to become less of yourself. But the pressure can trick you into thinking it does. Here's how to stay human, on purpose:

- Join a peer space like ATD, SHRM, or LeadX with Kevin Kruse.
- Start a leadership circle with 3–5 peers for monthly conversations.
- Create a 'Monday Minute' ritual: Ask yourself, 'What does human-first leadership look like for me this week?'

Join a peer space like ATD, SHRM, or LeadX with Kevin Kruse. List 1-2 peer spaces you will join.

1. _____

2. _____

What other human-first leadership habits will you try? Create a SMART goal to help you stay committed to this action.

2. Close the Gap Between You and Your Team

After promotion, things shift. People filter more. Trust needs to be rebuilt. Here's how to bridge the distance:

- Hold a 'New Chapter' team meeting and co-create communication norms.
- Schedule monthly 1:1 Connection Rounds: 'What's bringing you energy?'
- Use LinkedIn communities or Slack groups to stay supported yourself.

What actions will you put in place to bridge the distance between you and your team? Create a SMART goal(s) to help you stay committed.

3. Build Emotional Maintenance Into Your Leadership Routine

Leadership is emotional labor. And burnout is real. Here's how to manage your emotional energy:

- Block a 'CEO of Me' hour each week for journaling, meditation, or rest.
- Start a Feelings File — voice memos or journaling tough leadership moments.
- Open your team meeting with a vibe check: 'What's your headline today?'

Reflect: What's one way you will care for yourself while caring for others?
Document how you will stay accountable to this action.