

THE HEALTHY LEADERSHIP SELF-CHECK

Are Your Leadership Habits Helping People Thrive?

A free leadership reflection tool from A Heart to Serve

Healthy workplaces do not happen by accident. They are shaped by leaders who communicate clearly, treat people fairly, address concerns responsibly, and understand how their behavior affects others.

Use this self-check to identify what you are doing well and where your leadership may need greater intention.

INSTRUCTIONS

Place a check beside the response that most accurately reflects your current leadership practices.

COMMUNICATION

1. I communicate expectations clearly and provide employees with the information they need to succeed.

☐ Consistently

☐ Sometimes

☐ Needs attention

2. I listen without interrupting, becoming defensive, or dismissing an employee's concerns.

☐ Consistently

☐ Sometimes

☐ Needs attention

3. I address problems directly instead of allowing confusion, resentment, or workplace tension to grow.

☐ Consistently

☐ Sometimes

☐ Needs attention

RESPECT AND FAIRNESS

4. I apply workplace expectations consistently rather than showing favoritism.

☐ Consistently

☐ Sometimes

☐ Needs attention

5. I correct performance concerns privately, respectfully, and with specific examples.

☐ Consistently

☐ Sometimes

☐ Needs attention

6. I recognize employee contributions and do not take dependable workers for granted.

☐ Consistently

☐ Sometimes

☐ Needs attention

WORKPLACE WELL-BEING

7. I pay attention to signs of excessive pressure, poor morale, conflict, and employee burnout.

☐ Consistently

☐ Sometimes

☐ Needs attention

8. I create an environment where employees can raise legitimate concerns without fearing punishment or retaliation.

☐ Consistently

☐ Sometimes

☐ Needs attention

9. I respond appropriately when an employee requests support, clarification, or a workplace accommodation.

☐ Consistently

☐ Sometimes

☐ Needs attention

ACCOUNTABILITY

10. I acknowledge my mistakes and take corrective action when my decisions negatively affect others.

☐ Consistently

☐ Sometimes

☐ Needs attention

YOUR LEADERSHIP REFLECTION

One leadership strength I want to continue:

One leadership habit I need to improve:

One action I will take during the next seven days:

YOUR NEXT STEP

Leadership improvement begins with honest reflection - but reflection must lead to action.

A Heart to Serve helps leaders and organizations strengthen communication, workplace culture, employee well-being, accountability, and service.

Explore the [Workplace Wellness Strategy Session](#) and leadership-development services at [AHTSHub.com](#).

A Heart to Serve

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Empowering Hearts. Equipping Minds. Inspiring Service.

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