

The Intentional Woman Leader

*Before you can be a great leader of others, you have to be a greater leader of yourself.
Lead With Direction. Influence With Integrity. Serve With Purpose.*

1. Leadership Self-Check

Check the statement that feels most true:

- ☐ I'm leading from vision, not reactivity
- ☐ I'm leading from values, not pressure
- ☐ I'm leading from service, not ego
- ☐ I'm leading from curiosity, not assumptions

Where am I not being the best leader of myself in this season?

2. The Performance Triangle

(Inspired by Coaching for Performance)

Capability – My current strengths and skills:

Potential – Abilities I'm not fully stepping into:

Interference – Ego habits or patterns to release:

3. My Leadership Impact

How is my leadership impacting others?

What would my team most hope I grow in?

Remember: Powerful leadership comes from tiny, intentional moves.

4. Ego-Free Leadership Reset

Habits I commit to embodying more intentionally:

- ☐ I listen to understand before I respond
- ☐ I own mistakes without defensiveness
- ☐ I choose service over spotlight
- ☐ I release the pressure to know everything
- ☐ I stay curious instead of controlling

5. Leadership Gap Identifier

Leadership areas I want to strengthen:

Where I'm not showing up fully as a leader:

Shifts I need to make:

Impact if I make these shifts:

6. Leadership Phrase / Theme for This Season

Phrase or theme to guide my leadership this season:

7. Openness: If I had guidance, accountability, and direction to step fully into my leadership, what would open up for me personally and professionally?

The hardest person to lead is always yourself. — John C. Maxwell



LIVINGINTENTLYCOACH.COM

for women who want for themselves and their lives