THE MINDFUL LEADER CHECK

GAUGE YOUR CURRENT LEADERSHIP HEALTH BY HONESTLY ASSESSING YOUR BALANCE, GROWTH, AND BOUNDARY PRACTICES.

	always	sometimes	never
Articulate the purpose of my leadership title.	☐	☐	☐
Set and communicate boundaries for my time.	☐	☐	☐
Take time off to rest and recover.	☐	☐	☐
Look for the "truth" to eliminate feelings of anxiety.	☐	☐	☐
Use my influence to ensure others "win".	☐	☐	☐
Forgive quickly after a conflict or disagreement.	☐	☐	☐
Give my full attention when someone speaks to me.	☐	☐	☐
Daily habit of speaking encouraging statements.	☐	☐	☐
Actively seek out new knowledge or experiences.	☐	☐	☐
Delegate tasks to others to build their skills.	☐	☐	☐
Contribute my gifts to initiatives (for free).	☐	☐	☐
Feel fully refreshed after my scheduled breaks.	☐	☐	☐
Maintain device-free periods.	☐	☐	☐
Clearly identify what I want to see transformed.	☐	☐	☐
Connect with new people to relate and influence.	☐	☐	☐
Allow a supportive community into my inner circle.	☐	☐	☐

Mindful Leadership: Impacting and Influencing