

This Week's
Date Range

The **10** Minute Leadership Habit™

This Week's Top Three Priorities and How to Prepare

- 1
- 2
- 3

10-Minute Reflection & Action

Plan ahead to overcome
interruptions or resistance

MON
Time: _____

TUE
Time: _____

WED
Time: _____

THU
Time: _____

FRI
Time: _____

How will you sustain energy, commitment and passion?

Incorporate a contemplative practice.

How will you hold yourself
accountable?

Check-in Date/Time:

What are you cultivating that will
increase the impact you are having?

Leadership Habit Actions

PAUSE

Reflect on how your thinking
influences choice, choice
influences action, and your
actions create outcomes and
deliver results.

BUILD A HABIT

Application

Put into practice what you're
reading & studying. Bring it to
the situations you encounter.

Repetition

Daily Investment! Like
pennies in a piggy bank add
up to a significant prize.

Reinforcement

From mentors, peers,
coaches, and through what
you are reading.