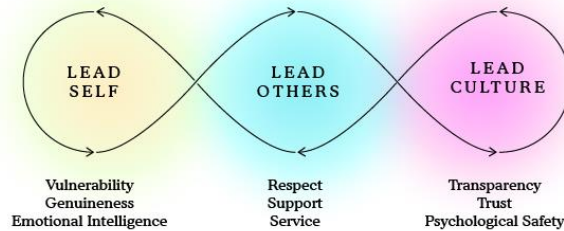


Lead Self Toolkit



Leadership begins with *leading yourself*. Heart-centered leaders practice self-awareness, reflection, and courage.

They take the time to know their strengths and blind spots, to regulate their emotions, and to live in alignment with their values. By creating inner clarity and resilience, they model genuineness and show others that leadership is not about perfection but about presence.





Heart-Centered Leadership Self-Check

Heart-centered leadership isn't about perfection; it's about awareness and intention. This self-check is designed to help you pause, look inward, and notice how you show up as a leader each day. As you read each statement, think about consistency. Be honest with yourself because this isn't a test, it's a mirror. The goal is to notice patterns in your behaviour so you can lead with more clarity, compassion, and purpose.

Statements (Rate yourself from 1 (rarely) to 5 (always)):

- I listen to understand, not just to respond.
- I admit when I'm wrong and encourage others to do the same.
- I create space for every voice to be heard.
- I show transparency in my decisions.
- I support others' growth by removing barriers.
- I demonstrate compassion in how I lead.

Reflection: When you've finished, take a moment to reflect. Notice where you feel strong and where your leadership might need more attention. Ask yourself what small, practical steps you can take to grow in those areas.



Leader's Weekly Reflection

Leadership is a daily practice, but growth happens when we take the time to step back and notice how we've shown up over time. At the end of each week, pause for a few minutes to reflect on your impact; how you built trust, supported others, and led with intention. This simple ritual helps you recognise progress, realign your focus, and carry forward what matters most.

Prompts

- This week I built trust by...
- I supported someone by...
- I learned from...
- I could have shown up differently by...

Looking Ahead

Next week, I will lead with intention by...

Reflection isn't about self-criticism - it's about awareness. Each week gives you new insights into how your leadership affects others. By recognising your strengths and learning from your challenges, you strengthen the heart of your leadership practice, one week at a time.





Gaslighting Survival Plan

You cannot control a gaslighter's behaviour, but you can control how much space they occupy in your mind. These steps are not about winning a power struggle; they're about reclaiming your ground and protecting your peace. When you trust your memory, stay anchored in fact, and set firm boundaries, you begin to shift the balance back to yourself.

1. **Keep Notes** - capture key points without obsession.
2. **Check in with Others** - seek validation with trusted people.
3. **Follow up in Writing** - confirm agreements, stay neutral.
4. **Know Your Boundaries** - decide what's non-negotiable and hold firm.

