A ONE-PAGE WORKSHEET

YOU ARE CAPABLE OF MORE.

LEAD BEFORE YOU ARE ASKED

Leadership starts with how you lead yourself

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LEADERSHIP STARTS WITH HOW YOU LEAD YOURSELF

> *Confidence is not built in big moments. It is built in kept promises.*

THE IDEA

Most people think leadership begins when someone gives them responsibility. It begins much earlier. Long before anyone recognizes it, leadership shows up in the choices you make when nobody is watching. Whether you prepare or procrastinate. Whether you follow through or let something slide. Every promise you keep to yourself is a deposit, and every one you skip is a withdrawal. The account it affects is not your reputation with other people. It is whether you believe yourself the next time you make a plan.

WHAT IT IS NOT

This is not about taking on more responsibility or putting your hand up for everything. It is also not about being hard on yourself when you slip. The size of the promise was never the point. Keeping one small promise this week rebuilds more than finishing one big thing, because you are rebuilding the evidence that you do what you say.

WATCH FOR IT HERE

- The thing nobody owns that everybody can see.
- Telling people a date will slip before it slips.
- The area you avoid while leading well everywhere else.
- The small promise nobody would notice you broke.

WORK IT THROUGH

Where are you leading well elsewhere but not leading yourself?

What have you known you should do but keep waiting to feel ready for?

How is self-trust built or broken by the small promises you keep, or do not keep?

What standard do you need to hold yourself to so you become someone you can fully trust?

ONE ACTION THIS WEEK

Make one promise to yourself this week and keep it, no matter how small. Then notice what it does to the next one.

WHO WILL ASK ME ABOUT IT, AND WHEN