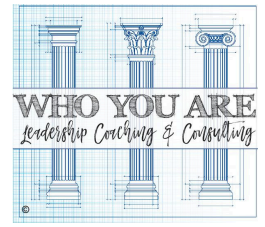


INDIVIDUAL: Reflect & Relaunch

Phase #1: Post Covid-19



REFLECT

A. What were my WINS?

1. _____
2. _____
3. _____

B. What were my LOSSES?

1. _____
2. _____
3. _____

C. What were my LEARNS?

1. _____
2. _____
3. _____

D. What was MOST CHALLENGING?

1. _____
2. _____
3. _____

E. How did I lead myself WELL?

1. _____
2. _____
3. _____

F. What am I known for?

1. _____
2. _____
3. _____

RELAUNCH

A. What will I START doing?

1. _____
2. _____
3. _____

B. What will I STOP doing?

1. _____
2. _____
3. _____

C. What will I CONTINUE doing?

1. _____
2. _____
3. _____

D. What is my “critical inch” for SELF LEADERSHIP as I begin this new Chapter?

1. _____
2. _____
3. _____