



The Intentional Leader

A REFLECTIVE GUIDE



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The pace of change and the pressure of chaos tempt us to move at a break-neck speed. We make quick decisions and execute our task list with vigor. The trouble with urgency and tasks is that they rarely leave space for reflection.

The role of reflection in leadership has never been more critical because it holds the power to bolster creativity and differentiate our influence in a way competency alone cannot achieve.

This guide is designed to help you reflect on your current reality and help prioritize the quality of your leadership. The following questions will help you evaluate three major areas that impact our influence.

Presence

What is it like right now on the other side of you? How would your answers change across your circles of influence?

Presence Challenge: Choose three key relationships from different circles of your life, ask them to give you feedback and listen without responding or justifying your actions.

Ask them to answer these questions:

What is it like on the other side of me right now?

If you could ask me to work on one thing that would improve our relationship, what would it be?

What is one piece of feedback you wish I would take action on?



List the names below and give yourself a deadline for the conversation.

Who?

By When?

1.

2.

3.



Habits

Are your habits and practices in line with your personal values and goals?

If not, why?

Habits Challenge: What is one good habit that you are struggling to develop or one bad habit you are struggling to break? Get clear—how is that habit impacting your influence? What personal value are you struggling to uphold?

Take Action: We value what we pay for. Find a professional coach or group and pay them to help you break through the bad habit or establish the new healthy habit. Willpower would have delivered if you were going to do it on your own.

Examples:

“I’m struggling to make space in my calendar to write my book.”

Paying to join a mastermind or writers group would increase accountability and provide necessary structure to move toward that goal.

“I’m struggling to feel my best and prioritize my health. It’s impacting my overall mood and productivity.”

Paying a personal trainer or nutritionist may provide the necessary structure and accountability needed to navigate the bad-habit reality. If paying is not an option, finding a partner or public club and committing to change together is often a great way to make a time investment toward change.

Commit:

I need to start/stop

_____.

The resource I need is

_____.

I plan to take action on this by

_____.

I plan to be accountable to

_____.

for taking action.



Direction

Where is the current direction of your life leading you? Is it where you want to go and will you be satisfied when you get there?

Direction Challenge: If we don't know where we are going, any road will do. Many seasoned leaders can tell you stories of regrets and "should have been" scenarios. The opportunity that intentional reflection provides is to shed inhibitions and choose the vision we have for the lives we live.

Begin with the end in mind. What is the vision you have for the end of your life? *Write a living eulogy.* What would you want people to say about you if you got to attend your own celebration of life service (funeral)? What kind of legacy do you want to leave? How would you want your most important relationships to describe your impact?

Take Action: What changes, if any, do you need to make in the direction of your life to align your current reality with your preferred future? What is the first step?

Reflection:

I realized _____
_____.

Because of this 'aha':

I will start
_____.

I will stop
_____.

I will continue
_____.

We will not drift toward intentionality. Intentional leadership begins with the choice to understand our reality and then do something about it. One intentional choice built upon another leads to an intentional life.

WISDOM FOR YOUR WAY.

