Leading Well Strategies



Baseline STRength Check

Purpose: Assess your current practices across all three dimensions to identify your go-to strengths and growth opportunities.

STATE: How am I feeling?

How well do I regulate and care for my physical state?

Rate yourself High-Medium-Low:

- **High** = I have go-to tools I use regularly to build and regulate my state
- **Medium** = I know some tools but don't use them consistently
- **Low** = I don't have tools for in-the-moment regulation

My STATE rating: _____

2-3 STATE tools I'll practice:

Breathwork, Sleep, Nature, Exercise, Light Timing, Hydration, Panoramic Vision, Posture, Nutrition, Movement, Yoga Nidra, Cold, Heat, Cryotherapy, Red Light, Sound

1. _____
2. _____
3. _____

TRAIT: Who am I becoming?

How intentionally do I develop my mind and mindsets?

Rate yourself High-Medium-Low:

- **High** = I regularly work on my mindset and emotional growth
- **Medium** = I think about it but don't practice consistently
- **Low** = I avoid this work; it feels uncomfortable or unnecessary

My TRAIT rating: _____

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2-3 TRAIT tools I'll practice:

Gratitude, Meditation, Strengths, EFT (Tapping), Therapy, Coaching, Self-Hypnosis, Journaling, Mood Tracking

1. _____
2. _____
3. _____

RELATE: What's my why?

How actively do I invest in relationships, purpose, and communication?

Rate yourself High-Medium-Low:

- **High** = My relationships and sense of purpose are strong and intentional
- **Medium** = I maintain relationships but don't prioritize deepening them
- **Low** = I'm isolated or going through the motions; connection feels hard

My RELATE rating: _____

2-3 RELATE tools I'll practice:

Purpose, Meaning, Mantra, Values, Relationships, Psychological Safety, Communications, Emotional Intelligence

1. _____
2. _____
3. _____

Reflection

1. Which dimension scored highest? (My go-to dimension) _____

2. Which dimension scored lowest? (My growth opportunity) _____

3. Why do I avoid that dimension?

_____