Leading Well Strategies



Ongoing STRength Check

Purpose: Build consistent awareness across all three dimensions through regular check-ins at different frequencies.

STATE Check-In (Daily)

Frequency: Daily (ideally same time each day, morning or mid-day)

The Question: *"How am I feeling right now, and what can I do to shift it if needed?"*

Quick Assessment:

Right now, my body feels:

☐ Energized and grounded

☐ Okay, but could use support

☐ Depleted, stressed, or disconnected

If you need to shift it, choose ONE STATE practice:

- 3 deep breaths
- 5-minute walk outside
- Drink water + stretch
- Adjust posture (open chest, shoulders back)
- 2-minute movement break
- Step into sunlight

Capture it: (optional daily log)

- Today's STATE: _____
- Practice I used: _____

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TRAIT Check-In (Weekly)

Frequency: Weekly (pick a consistent day and time)

The Question: *"What am I doing to become the person I want to be?"*

Reflection Prompts:

This week, I:

☐ Practiced gratitude, meditation, or journaling

☐ Showed up with intention in difficult moments

☐ Grew in patience, courage, optimism, or presence

☐ Aligned my actions with who I want to become

If you checked fewer than 2 boxes, ask: *"What's one TRAIT practice I'll commit to this coming week?"*

TRAIT practices to consider: Gratitude, Meditation, EFT (Tapping), Therapy, Coaching, Self-Hypnosis, Journaling, Mood Tracking, Strengths

Capture it: (weekly log)

- This week's TRAIT growth: _____
- Next week's commitment: _____

RELATE Check-In (Biweekly or Monthly)

Frequency: Every 2 weeks or monthly (calendar reminder recommended)

The Question: *"How are my actions aligning with my purpose and values?"*

Reflection Prompts:

In the past 2 weeks/month, I:

☐ Invested meaningfully in my key relationships (family, team, community)

☐ Communicated with clarity and empathy

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☐ Made decisions aligned with my values

☐ Contributed to something larger than myself

☐ Felt connected to my purpose

If you checked fewer than 3 boxes, ask: *"What's one RELATE practice I need to prioritize?"*

RELATE practices to consider: Purpose, Meaning, Values, Mantra, Relationships, Communications, Emotional Intelligence, Psychological Safety

Capture it: (biweekly/monthly log)

- How I'm showing up in RELATE: _____
- One action to realign: _____

Integrate: Think STRength Across All Three

Monthly Review (Last day of the month):

Look back at your STATE (daily), TRAIT (weekly), and RELATE (biweekly/monthly) check-ins and ask:

1. **Which dimension am I consistently strong in?** (My go-to)

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2. **Which dimension am I avoiding or neglecting?** (My growth edge)

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3. **What's one way I can integrate all three dimensions this coming month?**

Example integrations:

- Future walk with a colleague (STATE + TRAIT + RELATE)
- Gratitude practice outdoors (STATE + TRAIT)
- Breathwork before difficult conversations (STATE + RELATE)