EXERCISES

Crossing Barriers with Goals

Write a set of goals for yourself that fall under SMART (Specific, Measureable, Achievable, Realistic, Timely). Also make a list of barriers that could affect you as you try to reach those goals, to be aware of those.

What’s Your Week Like?

Track 168 hours in a week to see where your time is being used in a week. Notice time spent on social media and how that can be changed to better manage time. Think about areas you could improve on and then work to make those changes.

Leadership One on One

Think about the direction you want to take as a leader. What are your strengths and areas of growth? Write these down. Over 3-5 months, try to improve in these categories. Take a calendar and throughout the 3-5 months you decide you need, write down “leadership check” on 10 random days. When those days arrive, think about a leadership characteristic you lived out the day. It can be positive or negative. Reflect on it as a way to hold you accountable for improving and growing as a leader.