

The Meaning Audit: *A Practice of intentional leadership*

A Framework for Clarity and Purpose

"Reverence is the foundation of belonging. When we honor the space between us, trust has room to breathe."

The Invitation:

This is not a checklist for your productivity; it is a sanctuary for your presence and impact. Use these five inquiries to strip away the "noise" of doing and return to the reverence of being. Find a quiet space, take a deep breath, and listen to what your life is trying to tell you. True leadership begins with the clarity of one's own internal compass.

The 5-Step Audit

1. The Belonging Check

In my work or life this past week, where did I feel most 'at home' or truly seen? ? What specific conditions made that sense of belonging possible?

2. The Value Alignment

Which of my core values (e.g., Integrity, Compassion, Courage) did I lead with today? Which one felt sidelined by the rush of the world?

3. The Pulse of Contribution

Whom did I support or empower today? How did treating that person with reverence change my own internal energy?

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4. The 'Why' Bridge

Identify one task on your plate that feels heavy or 'meaning-empty.' How can you reconnect this task to a larger purpose or the wellbeing of a person you care for?

5. The Sacred Space

If I stripped away my titles and my daily 'doing,' what part of my 'being' felt most alive and authentic today?

The Reverence Reflection

What part of my journey—or the person standing in front of me—deserves my respect and focused attention today?

Softly and surely,

Bongi

Coach | EQ Practitioner | Logotherapist