

3 Intentional Leadership Rhythm

Design a simple weekly structure that embeds regulation, reflection, and intentional decision-making into how you lead. Complete this on Day 5.

SECTION A — DAILY MICRO-PRACTICE

Before your first meeting each day, I will ask myself:

Suggested: "What is the one outcome that matters most today? What internal state do I want to lead from?"

SECTION B — WEEKLY REFLECTION

Day and time for 15-minute weekly reflection:

The three questions I will answer each week:

Suggested: (1) Where did I lead from intention this week? (2) Where did I default to reaction? (3) What pattern am I ready to evolve?

SECTION C — MONTHLY PATTERN REVIEW

ONE PATTERN I AM OUTGROWING

WHAT I AM BUILDING IN ITS PLACE

SECTION D — DECISION QUALITY CHECK

For high-stakes decisions this month, I will ask:

Suggested: "Am I deciding from reaction or intention? What would I choose if I were choosing freshly? Does this align with the leader I am becoming?"

SECTION E – ACCOUNTABILITY

Who will I share this practice with?

A trusted peer, a mentor, a coach, or a partner. Accountability is not about performance. It is about making the practice real.