

3 Steps From Survival Mode to Intentional Leadership

Step 1: Envision Your Future

What does your world look like when leadership feels good? Write down what you see: how you're showing up, what kind of leader you are, and what has changed. This creates clarity about where you're going.

Step 2: Identify Your Priority Areas

Choose three to five major areas of your life that matter most. If you focused on these consistently, they would move you toward the future you want. Keep the list short: if everything is a priority, nothing is.

Step 3: Build Small Daily Habits

For each priority area, ask: what's one small thing I could do every day that would move me forward? Then do that thing, building repetition and momentum. The smaller you start, the better you sustain the habit.

Plan, Schedule, Choose

- **Plan your day with intention.** Think about how you want to show up and what success looks like today.
- **Schedule the things that matter.** If you don't put it on the calendar, it won't happen.
- **Choose how you show up.** Practice seeing your team as growing and the day as a chance to be at your best.

