

My Leadership Presence Visualization Worksheet



Call to mind 2 or 3 great leaders whom you admire. Write their names below.

What do you see in them? What are the qualities or traits that you admire and respect in them.

Leader's name	The qualities or traits you admire about them

How are you like them? Which of the qualities that you admire IN THEM, have you seen within YOUR OWN leadership?

When or in what circumstances have you noticed it?

High Point Experience

In a sentence or two, describe your high point experience?

What was it about this experience that has it stand out for you?

What did you and the team/group achieve or accomplish together?

What was different or better because of you?

Describe the qualities about your presence during that experience? What was it about YOU that enabled this high-point experience?

Your Present Role

With regards to your leadership presence, what is important for you to be mindful of now, given your present role and present circumstances.

What aspects of your leadership presence are being called for more now?

Write each aspect or quality in the form of an "I am" statement. For example, I am a clear communicator. I am empathetic and seek to understand others' perspectives, etc.

I am _____.

I am _____.

I am _____.

I am _____.

Other notes: