



**A.N.G.E.L FORWARD GROUP**  
“Where People Grow and Leaders Rise.”

## Designing Your Leadership Self-Reflection Practice Guided Writing

Leadership isn't just about what you do, it's about who you are. And becoming a more intentional, impactful leader starts with making space to reflect. This guided writing practice is your invitation to pause, connect with your leadership journey, and build a habit of reflection that supports your growth. You don't need to have all the answers. You just need to show up honestly, with curiosity.

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## Step 1: Set Your Intention

Before you begin, ask yourself:

1. Why do I want to reflect on my leadership?
2. What do I hope to gain or understand more clearly?
3. What am I open to learning about myself?

Your intention can be simple, like “to build confidence,” “to lead with more clarity,” or “to understand my impact.”



## Step 2: Choose Your Rhythm

Consistency matters more than frequency.

Choose a rhythm that works for you:

1. Daily (5–15 minutes): Quick check-ins or thought starters.
2. Weekly (30–60 minutes): Deeper reflection on themes, events, or growth.
3. Monthly (1–2 hours): Big-picture review and intention setting.



## Step 3: Create the Space

Design a ritual that supports your practice. Think:

1. A quiet space, a favorite notebook or digital journal
2. A cup of tea or music that helps you slow down
3. A set time each week that becomes your time

## Step 4: Use the Prompts

Start with one prompt per session. You don’t need to answer them all at once, let the ones that resonate most guide you.

Prompts might include:

1. What kind of leader do I want to be, and why?
2. What moments this quarter challenged me as a leader?
3. Where did I feel most aligned with my values in my leadership?
4. What’s one thing I’d like to do differently next time I lead?
5. Who inspired me this quarter, and what does that reveal about the leader I want to become?



## Step 5: Reflect Honestly

Write without judgment. This space is just for you. You don’t need polished answers, just authentic thoughts. Some days, your entry might be a list, a story, a quote, or a single sentence. That’s all valid.



## Step 6: Revisit and Reimagine

At the end of each month or quarter, look back at what you’ve written. Notice patterns, progress, and areas for growth. Use these reflections to reset your goals and reconnect with your vision for leadership.



## Leadership and Learning Journaling (Getting Started)

Journaling is a powerful tool for leadership growth. It allows you to pause, process, and gain insight into your experiences, values, and goals. Whether you're stepping into a new role or refining your leadership style, writing helps deepen self-awareness and sharpen your ability to lead with intention.

### Steps for Getting Started

Use these simple steps to begin your journaling journey:

#### 1. Create Space for Reflection

Find a quiet time and place with as few distractions as possible. You may want to block out 30 minutes a day or once a week in your calendar to protect this time.

That said, life happens! If your environment isn't perfectly quiet, or if your schedule shifts, don't stress. Reflection is still valuable, even in small doses.

Remember: Some time is better than no time. Five minutes counts.

#### 2. Choose One Prompt per Session

Don't try to tackle everything at once. Pick one journaling prompt that speaks to you today. Trust your intuition, go with what grabs your attention or feels most relevant in the moment.

#### 3. Let the Words Flow

Start writing whatever comes up. Let your thoughts lead the way. Try to write for at least 30 minutes, but if that's not possible, write for as long as you can. The goal is honesty, not perfection.

Tip: You can write long-form, jot down bullet points, or even sketch. This is your space.

#### 4. Reflect on the Experience

When you finish writing, take a moment to reread what you wrote. How do you feel? What new insights or shifts in perspective came up? Just notice, no need to judge or analyze deeply.

#### 5. Honor Your Emotions

Journaling may bring up a range of feelings, excitement, discomfort, clarity, even confusion. Welcome whatever shows up. All emotions are part of the growth process.

If something feels especially heavy or unresolved, consider turning that into your next writing prompt. You might also want to plan ahead for how to care for yourself when tough topics arise.

# Day 1:

## What Does Leadership Mean to You?



Leadership is often defined by titles, positions, and the ability to influence others. But true leadership is more than what others see on the surface. It's about how you show up, your values, and the impact you have on the people around you.

Today, I invite you to reflect on what leadership really means to you, not just in terms of success or achievements, but in the way you approach others, make decisions, and inspire action. Writing Prompt: Take a moment to explore these questions:

1. How do you personally define leadership?
2. What qualities or characteristics do you believe are essential to being a good leader?
3. Who are the leaders you admire most, and why?
4. Consider a leader you respect deeply, what is it about them that resonates with you? What leadership traits do they possess that you'd like to embody?
5. How do you want to be remembered as a leader?
6. When you look back on your leadership journey, what kind of impact would you like to have made on others?
7. What does leading authentically mean to you?
8. How do you ensure that you're leading from a place of integrity and true to your values?
9. How do you feel when you are in a leadership role?
10. Reflect on moments where you've led. What emotions, challenges, or strengths have surfaced during those times?

### Reflection Guidelines:

Don't rush, let your thoughts flow naturally. There are no right or wrong answers here. If you find yourself struggling to articulate your thoughts, take a deep breath, slow down, and just be with the questions for a moment. Keep your reflections simple and honest.

You're building a foundation for deeper exploration.

## Day 2

When you think of leaders you admire, what stands out most about them?



Take a moment to bring one or two leaders to mind, these could be public figures, mentors, colleagues, or even family members. Now ask yourself:

1. What qualities or behaviors make them admirable to you?
2. How do they lead, through their words, their presence, their actions?
3. How do they make others feel?
4. What values do they embody that resonate with you?
5. How do they handle challenges, change, or uncertainty?

Reflecting on what you admire in others can reveal what you value in leadership, and what kind of leader you aspire to be.

As you write, consider how these traits show up (or could show up) in your own leadership journey.

## Day 3:

### What Kind of Leader Would You Like to Be?



Take a moment to imagine your best self as a leader, not based on titles or expectations, but based on your values, your vision, and the legacy you want to leave.

This is your opportunity to dream big and get specific.

#### **Think about:**

1. The energy you want to bring into a room
2. How you want people to feel after working with you
3. The way you navigate challenges or decision-making
4. The values you want to lead with, especially when things get hard
5. The leadership role models you admire, and why

## Day 4

### Reflecting on Your Leadership in Action



Think back to your best leadership experiences, those moments when you felt proud, confident, and fully aligned with your purpose. These are the times when your leadership truly came alive. When you reflect on those moments:

1. What qualities did you naturally embody?
2. What behaviors or actions helped you lead effectively?
3. How did others respond to your leadership?

This prompt is designed to help you identify and reconnect with the strengths that already live within you. These experiences offer powerful insight into your authentic leadership style.

## Day 5

### Reflecting on Your Growth Through Challenge



#### Prompt:

When you think about your most challenging leadership experiences to date, what qualities and behaviors did you demonstrate?

Take a moment to revisit one or two of the most difficult leadership moments you've faced. These could be times of conflict, uncertainty, transition, or pressure. Think about how you showed up, not just what you did, but who you were.

1. What strengths did you lean on?
2. How did you communicate, make decisions, or support others?
3. What values guided your actions?
4. Were there moments you're proud of? Moments you'd handle differently now?

This reflection isn't about judging your past self, it's about understanding the foundation you've already built. Often, our greatest growth is forged in our hardest moments.

**Writing Tip:** Be specific. Describe the situation briefly, then focus on your internal responses, external actions, and the impact they had.



## Day 6

Reflection Prompt: What are some of your most important leadership learnings, to date?



Every leadership journey is shaped by key moments, some inspiring, others challenging. Along the way, we gather lessons that become cornerstones of how we lead, how we show up, and how we grow.

Take some time to reflect on your personal leadership experiences. Think about the highs, the setbacks, the feedback you've received, and the inner growth you've experienced.

### Consider:

1. What experiences have taught you the most about leadership?
2. What have you learned about leading people, making decisions, or handling conflict?
3. What mistakes or missteps taught you something valuable?
4. What lessons have shaped your leadership style or values?
5. Which learning moments do you carry with you into each new challenge?

Write freely. This is your space to recognize how far you've come, and what you've learned along the way.

“Leadership is not about being in charge. It is about taking care of those in your charge.”

- Simon Sinek

## Day 7

What do you want to do differently, in order to be the leader you aspire to be, for yourself and your team?



Take a moment to visualize the kind of leader you truly want to be, not just in title or role, but in character, presence, and impact. Think about how you want to show up for yourself and those you lead. Now ask yourself:

1. What habits, behaviors, or mindsets do I need to shift?
2. What actions or choices haven't aligned with the leader I want to become?
3. What's one small change I can commit to that would make a big difference?

This reflection isn't about perfection, it's about intention. Growth begins when you name what's no longer serving you and consciously choose a new way forward. Write honestly, with grace and courage.

 **Journaling Tip:** Try beginning your reflection with “Going forward, I want to lead with more...” or “One thing I will do differently is...”

## Enhancing Your Practice



Making time for you, your learning, your growth, and your leadership, is one of the most powerful investments you can make. The return? Greater clarity, purpose, confidence, and impact across all areas of your life.

Setting aside time to reflect on your leadership isn't just a helpful habit, it's a critical part of becoming the leader you're meant to be. These prompts are designed to be a mirror and a guide, helping you explore your inner world and leadership in meaningful ways. I hope they offer you new insights, spark fresh thinking, and deepen your connection to your values and vision.

I'll be checking in with you periodically, sharing new resources, and walking with you on this leadership journey. In the meantime, I'd truly love to hear from you! Consider sharing:

1. Which writing prompt resonated most with you?
2. What discoveries or challenges are showing up in your reflections?
3. How are you shaping your leadership practice moving forward?

Drop me a line, let's stay connected and keep the learning going.

**Until then, happy leading, happy learning.**