

# Your Leadership Reflection Journal from Surviving to Leading



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Name: \_\_\_\_\_

## Introduction

Welcome to your reflection journal! This journal is designed to help you transition from simply surviving in your leadership role to stepping into your full potential as a confident and purposeful leader.

Each section is focused on helping you:

- Reflect on your current leadership style.
- Clarify your values, goals, and vision as a leader.
- Build confidence through self-awareness and practice.
- Cultivate the mindset needed to lead with purpose.

Take your time with each prompt, and remember, leadership is a journey, not a destination. Keep your answers honest and open as you embark on this transformative process!

## Section 1: Leadership Foundations

### 1. What does leadership mean to you?

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### 2. Reflect on a leader you admire. Who is a leader you look up to, and why? What qualities or actions do they demonstrate that inspire you to lead?

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**3. Identify your leadership strengths and weaknesses. Write down your current leadership strengths. Then, reflect on areas where you feel you need growth. How can you turn these weaknesses into opportunities for development?**

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"Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others." —Jack Welch

## **Section 2: Developing Confidence**

**4. What challenges have you faced in your leadership journey so far?**

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**5. What self-limiting beliefs are holding you back from leading confidently?**

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**6. Create a 'Confidence Building Plan.' What small, consistent actions can you take to build your confidence in your leadership abilities?**

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"The best way to gain self-confidence is to do what you are afraid to do." — Swati Sharma

### Section 3: Defining Clarity and Purpose

**7. What is your leadership vision? Where do you see yourself as a leader in the next 1-3 years? What goals do you hope to achieve?**

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**8. How do your values shape your leadership? List your core values. How can you ensure your leadership actions align with these values?**

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**9. Set a clear leadership goal for the next 30 days. What is one concrete goal you can focus on that will help you progress in your leadership development? How will you track your progress?**

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"The best way to predict the future is to create it." — Abraham Lincoln

### Section 4: Building Connection and Impact

**10. How do you connect with others as a leader? Reflect on your approach to building relationships with your team or colleagues.**

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**11. What legacy do you want to leave as a leader?**

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**12. How do you empower others? How can you cultivate a culture of growth, trust, and accountability?**

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"Leadership is not about being in charge. It is about taking care of those in your charge." -Simon Sinek

## **Section 5: Reflecting and Moving Forward**

**13. What leadership lesson have you learned recently?**

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**14. Celebrate your leadership progress. What achievements or breakthroughs are you most proud of?**

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**15. Create your leadership affirmation. Write an affirmation statement that reflects the leader you are becoming.**

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"Leadership and learning are indispensable to each other." - John F. Kennedy

Thank you for taking the time to reflect on your leadership journey. The path from surviving to leading is one of continuous growth and learning. Keep these reflections with you, revisit them as needed, and continue striving to lead with purpose, clarity, and confidence. Your leadership matters!

*A Reflection Journal for Aspiring Leaders  
A Guided Journey to Develop Confidence, Clarity, and Purpose*