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THE 1-PAGE LEADERSHIP GROWTH PLAN

Your Weekly Compass
For Purposeful Leadership

Leadership isn't about having all the answers.
It's about asking better questions — of yourself,
and of those you lead.

Over the past three decades, I've learned one
simple truth. The best leaders don't grow by
chance. They grow with intention.

This 1-Page Leadership Growth Plan is an
invitation to pause, reflect, and lead with
greater clarity, courage, and purpose.

Use it weekly. Reflect honestly. Lead mindfully.
And remember... it's not about doing more...
it's about leading better.

Let's grow consciously, not accidentally.



HOW TO USE THIS PLAN

- 01 Block 15 minutes every Friday (or weekend).
- 02 Reflect on your week honestly — the wins, the wobbles, the learnings.
- 03 Set one clear intention for the next week.
- 04 Keep it simple. Don't overthink. Trust your process.

THE 1-PAGE LEADERSHIP GROWTH PLAN

1. MY LEADERSHIP FOCUS THIS WEEK.

What trait or behaviour will I focus on this week?

2. WHAT WENT WELL FOR ME?

What moments made me proud? Where did I show up well this week?

3. WHAT COULD I HAVE DONE DIFFERENTLY?

Any missed opportunities or moments I'd like to handle better next time?

4. WHO NEEDS MY SUPPORT OR ENCOURAGEMENT?

Who could use more of my time, feedback, or appreciation?

5. WHAT AM I LEARNING ABOUT MYSELF AS A LEADER?

What patterns or behaviours am I beginning to notice in how I lead?

6. ONE MICRO-HABIT I'LL PRACTISE DAILY.

A small, repeatable action I'll practise every day to grow as a leader.

7. MY INTENTION FOR THE WEEK AHEAD.

A one-line mantra or mindset to carry into the next week.



WANT TO GO DEEPER?

If this sparked reflection and you're looking for:

- One-on-one coaching to grow as a conscious, people-first leader
- Honest feedback on your leadership habits, mindset, or blind spots
- Support in building a team culture rooted in trust and ownership

Let's connect.

Send me an email:

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Or drop me a message on LinkedIn:

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