

Daily Leadership Habits

Simple practices to center your leadership each day

Lead with Heart, Vision, and Responsibility

Power Pose (2 minutes)

Stand tall, feet shoulder-width apart, chest open, hands on hips or raised in victory. Breathe deeply and say to yourself:

"I am a leader who leads with heart, vision, and responsibility."

Reset Breath (3 deep breaths)

Before any challenging conversation or decision, pause and take three deep belly breaths. Inhale for 4 seconds, hold for 4, exhale for 6.

This centers your focus and calms your nervous system.

Intentional Question (1 per day)

Ask your team one meaningful question to deepen connection:

- What's one thing I can do today to support you better?
- How can we make today's shift more effective?
- What's a win you want to celebrate?