
**Weekly DETOX
And Personal Accountability**

For Subscribed Members

Leadership Story: Taking Inventory

Where have you been and what have you learned? This week, my assignment for you is to begin taking inventory of major areas of your leadership journey that have taught you lessons. These can be tough lessons, or easy ones. Identify “chapters” that have happened to you, such as a difficult assignment, something that backfired on you, or an opportunity that you had which was significant to you at the time or became significant in retrospect. You can jot these here, but you may want a separate page. Don’t worry about what is right or not, just jump in. We will look back at it in a couple of weeks.

Then, as always, take some time to clear your head and set the intention for the week. For this upcoming week, my intention is:

(Could be a work-life balance intent, clarity in purpose, or personal effectiveness)

Reminder: Each week you will get a video and/or audio, and a detox template like this. Get into the habit of what works for you for holding yourself accountable to mentally focus on it. Get comfortable with a pattern that works for you.