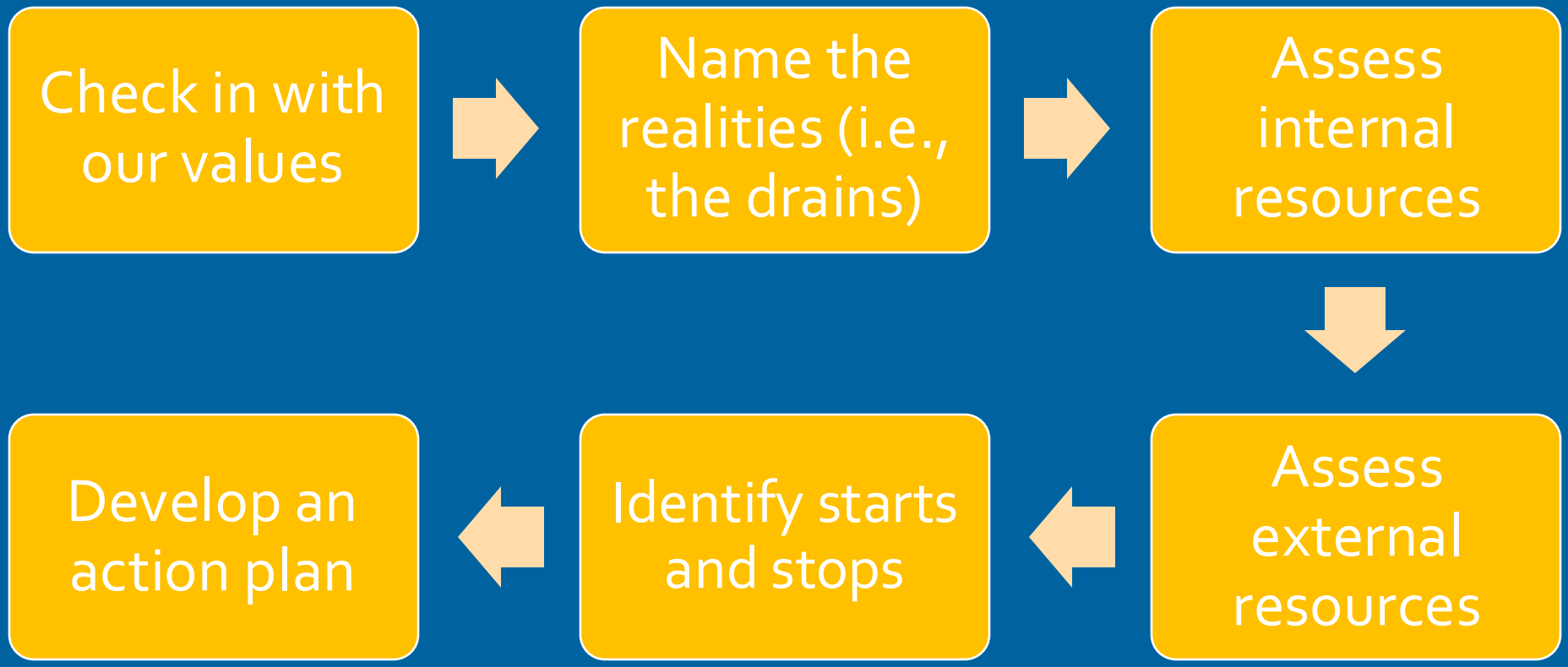
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Resources for Sustainable Leadership: Keeping our Tanks Filled

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Link to Additional Resources

COACHING OURSELVES



STEP 1: IDENTIFY OR REAFFIRM MY VALUES

- How do you want to show up as a leader?
- What values are most important to you as a leader?
- How do you notice these values being operationalized in your life?
- What values are currently missing from your professional life?
- Where do you see opportunities for realignment?

STEP 2: IDENTIFY ENERGY DRAINS

- What's draining our energy?
- What's getting in the way of actualizing our values?
- Notice the patterns (macro/meso/micro; personal/professional).

STEP 3: ASSESS INTERNAL RESOURCES

- What resources/strengths might we activate to help us realign?
- What do I believe are my greatest strengths as a leader? How do I know? Is it time to consider an assessment (e.g., Hogan Assessment) to learn more about myself (strengths *and* growth opportunities)
- What does it look like when I'm operating from your strengths? Cite 1-2 specific examples.
- Where might I need to invest in fortifying my internal resources as I'm able? (e.g., a therapist, a coach)

STEP 4: ASSESS EXTERNAL RESOURCES

- What external resources might we activate to help us re-align? Be sure to include social resources/wellness in the mix.
- What are my sources of safety and security, learning and growth, emotional closeness and confiding, identity affirmation, practical help, fun and relaxation, etc.?
- Who can offer professional support, and what type? Consider filling out a mentoring map.
- Where are the gaps in my resources that might need to be addressed in the long run?
- How can I better leverage the resources I have available to me now?

STEP 5: IDENTIFY STARTS AND STOPS

- What activities am I already prioritizing that fill my tank? That I'd like to continue?
- What activities might fill my tank if I were able to prioritize them? (e.g., journaling for gratitude/contribution/celebration; meditating; crafting; spending time with friends; body movement, etc. Other ideas?)
- Where do I need to say "NO" in order to make room for the right "YES?"
- What constructed stories/scripts might be keeping me stuck?

STEP 6: DEVELOP AN ACTION PLAN

- What 1-2 things would I like to try (starting or stopping) within the next 2 weeks?
- How will I hold myself accountable for doing it?
- How will I know if the strategies are effective?