

- REFLECTION + ACTION GUIDE -

Don't give up

Leading Creative Humans

A moment to slow down, reconnect to your values, and lead creative humans with intention.

*"Creativity is intelligence having fun."
- Albert Einstein*

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A Quick Reflection + Action Guide



1. Check In

What's draining me right now?

What's giving me energy?

2. Motivation Snapshot

Ask yourself:

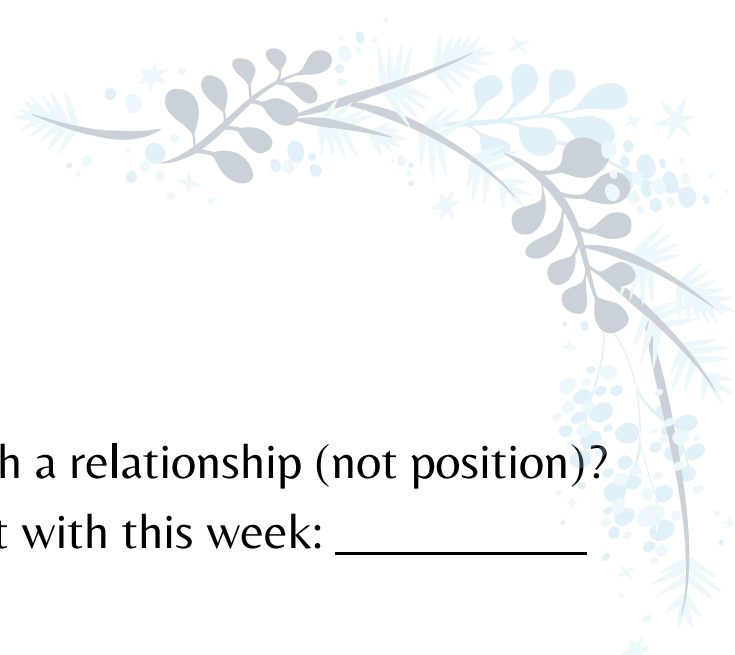
- Where do learners have choice today?
- Do they know why this work matters?
- How will they feel progress?
- One small shift I can make tomorrow: _____

3. Safety Language

Rewrite one phrase you use often:

Example:

“We already covered this.” → “Let’s try a different way.”



4. Followership Focus

Who can I encourage/influence through a relationship (not position)?

One person I will intentionally connect with this week: _____

5. Burnout-Proof Leadership

What am I modeling about:

- Rest
- Urgency
- Worth

6. My One Shift

Language change: _____

Leadership action: _____

Boundary: _____

How I will hold the center this week: _____

Goals

SMART goals worksheet

Specific



Reliable



Measurable



Time based



Achievable



Noted



"A goal without a plan is just a wish"
— Antoine de Saint-Exupéry