
REFLECTION

Returning to Self

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PRACTICAL REFLECTION GUIDE FOR LEADERS

This short reflective tool is designed to help you pause, recentre and reconnect with the part of yourself that leads with clarity, steadiness and intention. It can be used at the start of the week, after a demanding season or anytime you sense you have drifted from your centre.

Take your time. Move slowly. Let your answers surface without pressure.

HOW TO USE THIS TOOL

1. Reconnecting With Your Centre

Take a moment to notice your internal landscape. Then reflect on the following questions:

- What parts of me have I been carrying forward without noticing (include responsibilities, pressures, emotional patterns, or assumptions)
- Where do I feel the strongest sense of alignment in my leadership right now (write about a behaviour, relationship or decision that still feels true)
- Where do I feel the smallest degree of drift (look for subtle signs rather than dramatic ones)
- When in the past month have I felt most like myself (identify the moment and what was present within you).

2. Returning to Your Design

Your design is the unique combination of values, strengths and ways of relating that emerge when you are at your best.

Use the prompts below to reconnect with that design:

- What values feel most alive in me right now (write without editing)
- Where have my values shown up clearly this month
- Where have they fallen into the background
- What behaviour of mine represents who I am at my best
- What behaviour of mine signals I am moving away from myself.

3. Purpose as Direction

Purpose is the long arc of contribution. It is not intensity. It is direction.

Reflect on the following:

- If my purpose is a direction of travel, where is it pointing me right now
- What decisions align with that direction

- What decisions have been pulling me sideways
- What would it look like to move one step closer to that direction this week.

4. Leadership Impact Check-in

Impact is often visible in the emotional climate you create around you.

Use this section for a brief climate scan:

- How have people experienced me recently
- What atmosphere do I believe I brought into my meetings or conversations
- Where did I feel proud of my presence
- Where would I like to reset or begin again.

5. **The Return Plan

One Simple Step**

Returning to yourself is rarely dramatic. It is usually one grounded, human step.

Complete this sentence:

- The most meaningful way I can return to myself this week is to...
(write one simple action that feels real and achievable)
- What support or rhythm will help me hold this action (a quiet moment in the morning, a short walk, three minutes of breathing, a journaling moment, a conversation).

6. A Leadership Promise to Myself

Finish by writing a short, personal promise. Something that feels like an honest return to your centre.

- This week I promise to lead from a place that is... (finish the sentence in your own words).

HOW TO USE THIS RESOURCE

You can:

- print it and complete it by hand
- use it at the start of each week
- use it with your team as a grounding ritual
- bring it into coaching sessions
- revisit it whenever your centre feels harder to access.