



# The Founder's Mirror™ Worksheet

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This 5-minute daily exercise is designed to sharpen your leadership clarity, align your energy, and prepare you to lead with intention—not reaction.

Do this before your first meeting, email, or decision. Every day.

## 1. What signal am I sending today?

Choose one:

- ☐ Static Leadership — I'm reactive, overwhelmed, unclear.
- ☐ Echo Leadership — I'm copying, unsure, looking outside myself.
- ☐ Signal Leadership — I'm grounded, clear, leading from intention.

## 2. What does my team feel when I walk in the room?

Check yourself:

- Am I bringing tension or trust?
- Am I aligned with the mission or stuck in the moment?
- Do I elevate energy or drain it?

## 3. What needs clarity before I create movement?

Write out what needs to be simplified, communicated, or resolved.

Where can I remove confusion today—for myself or my team?

## 4. My 1-Commitment Leadership Move Today:

Today, I will lead with signal by:

(Write one clear action or behavior shift you will commit to today.)

Leadership is a daily choice. This mirror doesn't reflect who you've been — it reflects who you're becoming.

– Leadtainment