February Worksheet
Space Before Momentum

IK-INSIGHTS

February is a short month. The pace is picking up again. Before you move faster, pause here.

Take 10 quiet minutes No fixing. No goal setting. Just noticing.

1. What feels settled right now? (Work, leadership, or life)

2. What feels unresolved or unfinished?

3. Where am I operating on autopilot? What am I doing out of habit rather than intention?

4. What conversations am I postponing? With others/or with myself?

5. Where does my attention really need to go this month? (Not what's loudest - what matters.)

6. One small act of intentional leadership I'll take: Something simple. Something deliberate.

Clarity doesn't arrive through speed.
It arrives through space.

Monthly reflections for leaders navigating growth, change and transition
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