

The Long View - Growing Through Changing Conditions “Sustainable Growth”

Take 10–15 minutes with a notebook, a coffee, or ideally outdoors.

1. What season am I in right now? Which best describes your current reality?

- ☐ Growth
- ☐ Consolidation
- ☐ Recovery
- ☐ Experimentation
- ☐ Transition

Why?

2. What am I expecting from myself? Where might your expectations be out of alignment with your current circumstances?

3. What is already growing? What progress, learning, relationships, habits or opportunities are developing, even if they feel small?

4. What needs nurturing? What requires more attention, energy or patience?

5. What needs less pressure? Where could you ease off slightly? What would happen if you stopped forcing it?

6. Looking ahead to the next 30 days What is one thing you want to:

- Continue?
- Start?
- Let go of?

Final Reflection - What would sustainable growth look like for me over the next month?

Monthly reflections for leaders navigating growth, change and transition www.ik-insights.com kay@ik-insights.com