

## Leader Reflections Worksheet

*This exercise will help you reflect on ways you have proactively helped others navigate change, and explore actions you want to Start/Stop/Continue to help your team move forward.*

### **Part A:**

<p><i>Actions I've taken to help others through change:</i></p>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>
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<p><i>Now, think about a leader or mentor you've worked with. How did that person help you/the team navigate change?</i></p>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>
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**Part B:**

Based on successes of past actions and experiences, capture thoughts about what will you start doing, continue doing, and stop doing:

<b>START DOING</b> <i>(Things that I am not doing that team would benefit from)</i>	<b>CONTINUE DOING</b> <i>(Things that have worked that I should continue)</i>	<b>STOP DOING</b> <i>(Things that I am doing that team would benefit from if I stopped)</i>