

Leadership Goals You Will Stick to in 2019: Healthy Habits to a Better You
Center for Creative Leadership

Activity 1: Leadership Habit

Step 1: Brainstorm a list of leadership goals you want to accomplish in 2019.

Step 2: Next to each goal write N or L.
N (now) = goal you want to work on it in the next 2 weeks.

L (later) = goal for later, important but not a priority in the next several weeks.

**** Cross out everything that's an L****

Step 3: Next to each NOW goal, rate your level of commitment.

1 – Not very committed

5 – Moderately committed

10 – Very committed

Step 4: Everything that is less than an 8, you have two options:

1. Cross it out
2. Modify it to make it an 8

Step 5: If only have 1-2 remaining, great! If not, you get to choose.

STEP 6: Determine your leadership habit (This is a small and specific goal, connected to your ULTIMATE why.)

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Activity 2: Challenge Preparation

My new habit is: _____.

Brainstorm as many ways that you could sabotage your new habit.

What are some ways you could combat, address or trick your brain's clever sabotage?