

# Personal Leadership Audit

Personal leadership begins with strong self-awareness. These questions help you pause, reflect, and realign—so you lead with purpose, presence and impact.

## 9 QUESTIONS TO ASK YOURSELF WEEKLY



**What did I do (and not do) this week that aligned with my core values?** Integrity drives authentic leadership.



**Where did I operate from fear, ego, or insecurity?** Awareness of your inner drivers helps you lead with intention.



**Did I create space for others to speak, contribute, or shine?** Empowering others builds collective strength.



**How did I handle stress or pressure this week?** Your response under pressure sets the emotional tone for your team.



**Where did I avoid a difficult conversation—and what was the cost?** Avoidance erodes trust; courage builds it.



**What feedback did I give, request, or reflect on?** Growth thrives in open feedback loops.



**How did I contribute to (or detract from) the positive team culture?** Every action—intentional or not—shapes the environment.



**Did I take time to recharge and model healthy boundaries?** Self-care ensures leadership sustainability.



**What one shift will I make next week to grow as a leader?** Remember, change happens in small, conscious steps.

Need help turning reflection into real results?  
Let's work together to sharpen your personal leadership edge.  
Contact: [usha@nexustraininggroup.com](mailto:usha@nexustraininggroup.com)