

Authentically Healthy Leadership Worksheet

Before you dive in, take a moment. Breathe. Center yourself.

This isn't just a worksheet—it's your space to reflect honestly. If you rush, you'll miss the power of what this process can unlock for you.

Give yourself permission to slow down. Be real. Be vulnerable. The only way to reconnect with your healthiest leadership is to first get honest about where you truly stand—mentally, emotionally, and spiritually.

Reflect deeply. Write freely. Lean into this moment of alignment.

SECTION 1: Where Am I Right Now?

Sometimes you can be showing up powerfully in the building but struggling in the halls of your own home. Take a moment to check in with yourself.

- What's one area of your life or leadership where you feel burned out or just going through the motions?

- How is that burnout showing up in the way you lead, teach, or serve?

SECTION 2: Reconnecting to the Healthiest Version of You

Let's get intentional about what being the healthiest version of yourself actually looks like—both as a person and as a leader.

- What does the healthiest version of YOU look like—mentally, emotionally, and spiritually?

- As a leader, what does it look like when you're operating in your healthiest space?

SECTION 3: The 3 A's — Anchor. Align. Act.

Anchor — Purpose keeps you grounded.

Your purpose is what holds you steady when the storms of life and leadership hit.

- How would you define your purpose, right here and now?

- What impact do you believe you are here to make?

- What is the legacy you hope to leave in the world?

Align — My thoughts shape my actions.

Your beliefs shape your behavior. If your mind isn't aligned, your actions won't be either.

- What have been the most powerful thoughts—positive or negative—that have been affecting your life and your journey lately?

- Are those thoughts fueling your growth or feeding your burnout?

Act — Legacy is built through daily habits.

Purpose isn't just passion—it's action. What you do daily creates the life and legacy you leave.

- Are there any good habits you've lost sight of that you know you need to get back to?

- Are there any habits you've been meaning to start, but haven't yet? What's been holding you back?

SECTION 4: Resilience, Accountability & Healing

In this space, we embrace honest check-ins, community, and daily healing. Take a moment to think through each of these areas:

Honest Check-Ins:

Why is regularly checking in with yourself important? When and how will you commit to doing this?

Accountability & Community:

Why does surrounding yourself with the right people matter?
How can you create or strengthen your accountability circle?

Resilience & Recovery:

Why is it necessary to build resilience and make space for recovery? What does that look like for you?

Daily Healing:

Why does daily emotional and mental healing matter to you? How will you begin integrating that into your daily life?

SECTION 5: One Commitment

After everything you've reflected on today...

What's one commitment you're making to yourself starting right now?

Practices for Purpose

Grounding techniques to help you refocus, reconnect, and lead from your healthiest place.

Box Breathing

A simple breathing practice that calms your nervous system and resets your mind.

Breathe in for 4 counts, hold for 4, exhale for 4, hold for 4. Repeat.

Use this anytime you feel overwhelmed and need to get grounded.

Countdown Grounding Exercise

Bring yourself back to the present by naming:

5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.

This helps pull your mind out of anxiety and back into the moment.

Journaling

Write down what's on your mind—your wins, worries, and reflections.

Sometimes what you're carrying just needs a place to go.

Let the paper carry it for a while so you can refocus.

Prayer (Connecting with Your Higher Power)

Prayer can be a two-way conversation—either expressing your thoughts, concerns, and emotions to your Higher Power or sitting still and listening for wisdom, learning, and reflection.

Use prayer to release what's heavy and reconnect with purpose.

Affirmations

Speak life into your leadership.

Write or say statements that remind you who you are and what you stand for:

"I am grounded. I am capable. I am leading with purpose."

Your words shape your reality.

The Practice of Gratitude

Every day, name 3 things you're truly grateful for—big or small.

Gratitude helps shift your mindset, especially on hard days.

It reminds you of what's good, even when things feel heavy.

Need Support or Interested in Bringing a Workshop to Your School?

If you have any questions, need support, or would like to bring this Authentically Healthy Leadership workshop to your school or organization, email me directly at:

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Let's continue the conversation on social media. Click the links below

