



Self-leadership Worksheet

Use the prompts below to reflect on the qualities of your inner self and write your responses.

1) List the qualities that you associate with your core self. These can include compassion, curiosity, creativity, calmness, self-confidence, or other traits.

2) Recognize a time when you felt deeply connected to yourself. Describe the situation and how you felt.

3) In the blank space below, write yourself a short note, acknowledging your strengths and offering kindness and support for any of your challenges: