

Reflect, Refine, Reinvest Creating a Self-Leadership Practice

SAIS Women's Leadership Institute

April 2025

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LEADERSHIP CONSULTING

Think of a time when you felt most confident and effective as a leader.

What internal factors contributed to that success?

It doesn't matter who you are or
where you came from. The ability
to triumph begins with you. Always.

Oprah Winfrey

Different Ways We Lead



Leading
up

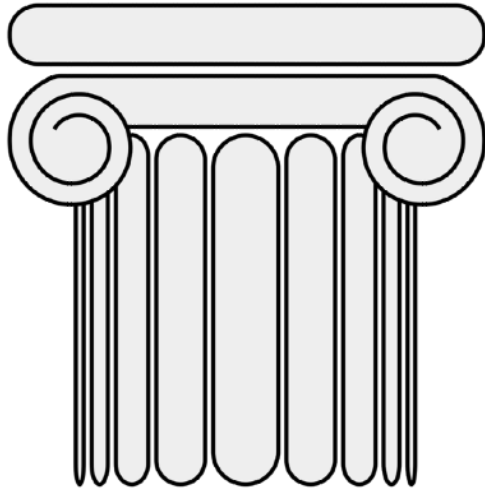
Leading
Down

Leading
Across

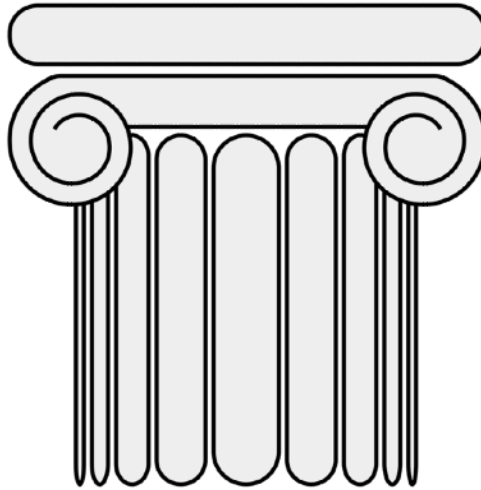
Leading
Yourself

The Three Pillars of Self-Leadership

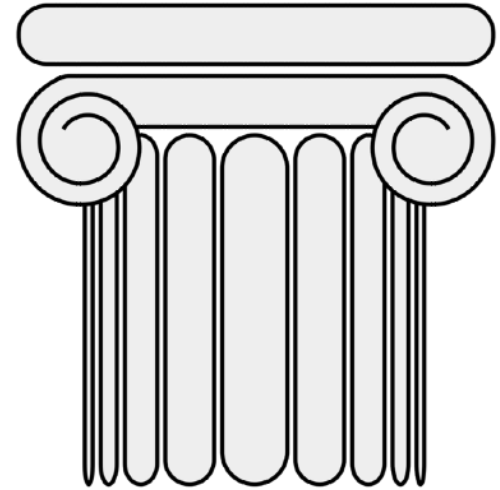
Self-Awareness



Self-Management



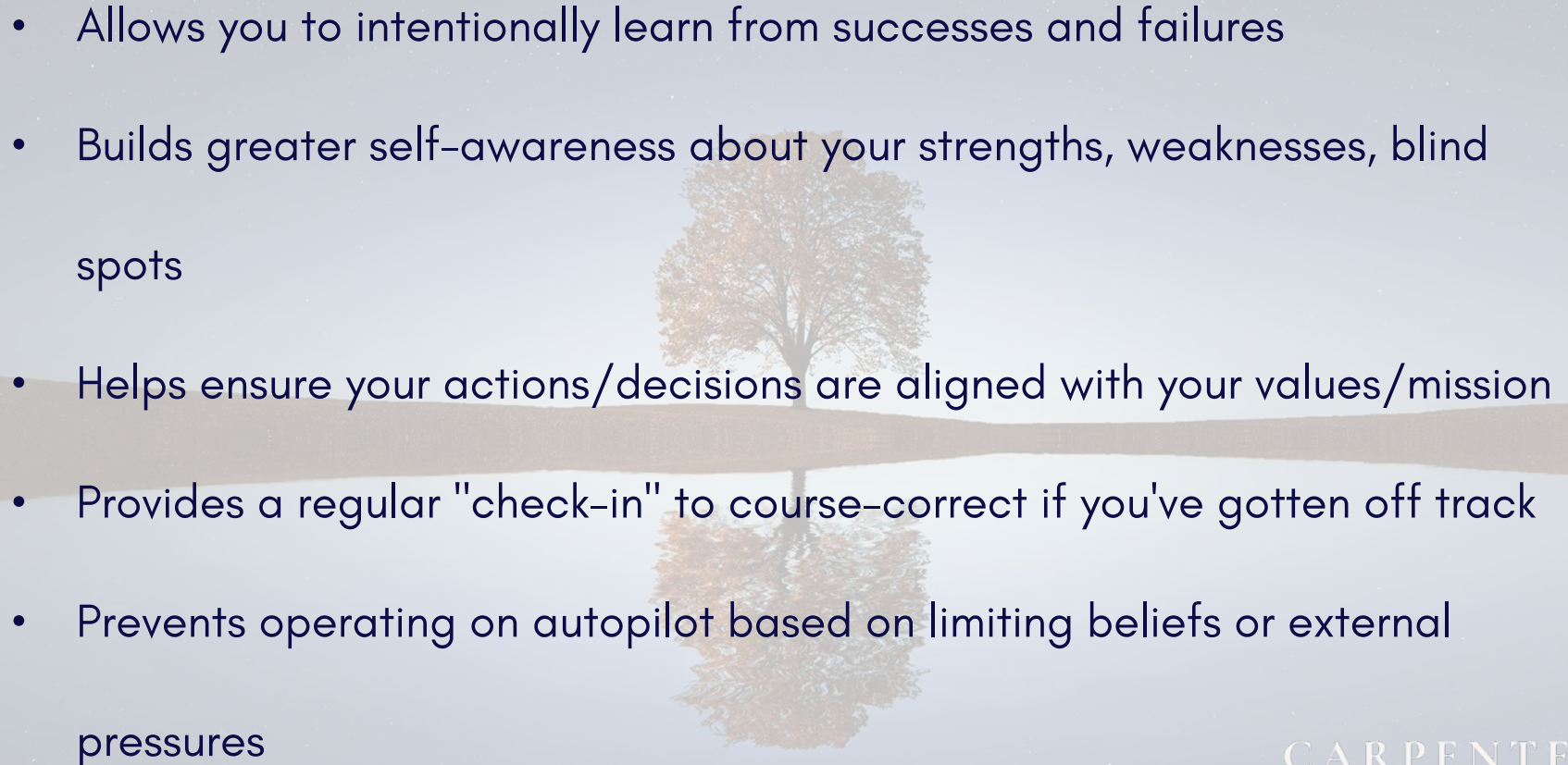
Self-Growth





Why self-reflect?

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- Allows you to intentionally learn from successes and failures
 - Builds greater self-awareness about your strengths, weaknesses, blind spots
 - Helps ensure your actions/decisions are aligned with your values/mission
 - Provides a regular "check-in" to course-correct if you've gotten off track
 - Prevents operating on autopilot based on limiting beliefs or external pressures

Building a Sustainable Self-Reflection Practice

DAILY WINS

Identify and acknowledge one accomplishment each day.
Nothing is too small.

Weekly review/preview

Step 1: Review the past week.

- What were my biggest wins for this week?
- What worked well this week that I should do again next week?
- What was challenging about this week?
- Is there anything I should do next week that will make the coming weeks smoother?

Step 2: Review the calendar for the next two weeks.

- Is there anything on the schedule that doesn't need to be there?
- What should be on the schedule but isn't there?
- Are there any calendar issues that need to be resolved?
- Did previewing the calendar remind me of any tasks?

Monthly
REFLECTION

What did I accomplish this month that I am proud of?

What challenges or patterns am I noticing?

Where do I need to set better boundaries?

What is one area I want to focus on next month?

QUARTERLY RESET

Reflection Questions:

- Am I making progress toward my yearly goals?
- What leadership skills have I strengthened?
- Where do I need to shift focus or energy?
- What is holding me back?
- How do I want to show up in the next quarter?

Activity: Stop, Start, Continue

- **Stop:** What no longer serves my leadership?
- **Start:** What new habits or strategies do I need?
- **Continue:** What is working well and should remain a priority?

YEAR IN
review

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What were my biggest accomplishments this year?

What challenges did I overcome, and what did I learn?

How have my values and priorities shifted?

What leadership skills did I develop?

What do I want to focus on in the coming year?

What do I want to accomplish by this time next year?



Leadership isn't about you.
But it starts with you.

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