

**Moving My Leadership Forward Worksheet**

Use this five-step method to explore becoming the leader you would love to be. This is also an excellent tool for you to use in the Empowerment Dynamic role of Coach, to help colleagues/team mates explore their desired outcomes, current reality and the path between the two.

You’ll find a worksheet on the next page that steps you through the process.

**1. VISION**

**3. ASSETS**

**4. CHALLENGES**

**5. FIRST STEPS**

**2. CURRENT REALITY**

Spend some time reflecting on the following questions. Capture your ideas in the space provided. Feel free to make more extensive notes in a journal or elsewhere.

1. **My desired outcome:** Thinking about the Leaders I Admire exercise, my work so far with Emergenetics® (and other exploration I’ve done), who would I love to become as a leader? How might I describe the leader I intend to be?
2. **My current reality:** Where am I now in relation to my leadership goal(s)? What are my strengths? What would I like to develop?
3. **My assets:** What assets do I have that I might leverage to achieve my goal(s): people, professional opportunities, life experience, etc.?
4. **My challenges:** What challenges do I face, and how might I turn them into/reframe them as opportunities for learning and growth, e.g. “I tend to play the Rescuer (DDT). This is an opportunity to develop my skills as a Coach (TED)?
5. **First steps:** What are the first steps I will take toward achieving my goal? Please be specific: include a detailed description of what you will do by when and resources you will need, including anyone who might help you stay accountable to taking the action you outline here. Example from #4 above: I’ll sign up to be a JPO cohort coach.

**Step 1:**

**Step 2:**

**Step 3:**

**Step 4:**

**Step 5:**