

AUTOPILOT LEADERSHIP AUDIT



INTERRUPT THE HABITS THAT NO LONGER SERVE YOUR LEADERSHIP

THINK Awareness Before Action

- Where am I defaulting instead of deciding?
- What assumptions am I making that I haven't questioned lately?
- Where has comfort replaced curiosity?
- What am I tolerating that quietly drains my energy or credibility?

SAY Language Under Pressure

- What do I say to myself when things feel heavy or uncertain?
- What phrases or tone show up when I'm tired, rushed, or stressed?
- Where might my words unintentionally create pressure, confusion, or hesitation?

DO Behavior & Patterns

- What leadership behaviors feel automatic rather than intentional?
- Where am I over-functioning, avoiding, or staying silent?
- What habit made sense in the past but no longer fits who I am now?

One action I will take in the next 7 days:

Leadership behavior to strengthen:

Habit or behavior to disrupt this month:

Power doesn't come from doing more. It comes from choosing with intention.