

Inner Leader

Check-in



HIGH VOLTAGE
Leadership

A guided reflection

to help you
discern
what's **yours**
to keep and
what's just
noise.



Use this template whenever you're feeling overwhelmed by advice, stuck in indecision, or disconnected from your inner wisdom.

This is where you shift from “I should” to “I know.”

Part 1

Pause & Notice

Before diving in—breathe. Place one hand on your heart, one on your belly. Get still.

What decision, idea, or piece of advice are you trying to process? Describe it in one sentence:

How does this feel in your body right now? Circle all that apply.

- ☐ Tight chest
- ☐ Knotted stomach
- ☐ Heavy shoulders
- ☐ Open heart
- ☐ Deep breath
- ☐ Calm or neutral
- ☐ Other: _____

Part 2

Separate Data from Direction

Where did this advice come from? (Mentor, podcast, consultant, social media, etc.)

Does this person understand my business, vision, and values?

- ☐ Yes
- ☐ No
- ☐ Not sure

Is this advice aligned with the kind of leader I want to be?

- ☐ Yes
- ☐ No
- ☐ Needs adjustment

Part 3

Ask Your Inner Leader

Now, listen inward. Get quiet. Ask:

What feels aligned here?

What feels off or resistant?

What part of this feels true for me—not just someone else?

Is this coming from my Sage (wisdom, calm, values-aligned) or my Saboteur (fear, urgency, comparison)?

☐

Sage

☐

Saboteur

☐

A bit of both

Part 4

Values & Vision Check

**Which of my core values does this decision support?
Write 2–3 values you hold as a leader.**

**How does this decision impact my team, my culture,
and my long-term vision?**

Part 5

Choose & Release

What action do I feel most called to take right now?

Even if it's "wait" or "ask more questions"

What advice, pressure, or “should” am I ready to let go of?

How will I support myself as I move forward?

Examples: talk it through with a trusted peer, take a walk, meditate, check in tomorrow, etc.

Bonus Reflection

A Message From Your Inner Leader

Take 1-2 minutes to close your eyes and ask: “What do I need to hear right now, from my own inner wisdom?”

Write it here:

Lead From the Inside Out

Keep this template close and use it as often as you need. Over time, it becomes less about silencing the noise and more about strengthening your own voice—the one that already knows the way forward.

Your inner leader has always been there. This is just how you remember to trust her.

Lindsay

