

Leadership Workbook: Chapter 1 - The Struggle

This workbook accompanies Chapter 1 of **The Struggle**. It is designed to help you reflect on your leadership challenges, embrace vulnerability, and begin transforming struggles into strengths. Complete each exercise thoughtfully and revisit your responses as you grow.

Exercise 1: Leadership Struggles Inventory

Reflect on recent challenges you've faced as a leader. Use the table below to capture your experiences and insights.

Leadership Challenge	How I Responded	Emotions Felt	Reflection
<div>Describe the challenge...</div>	<div>How did you respond?</div>	<div>What emotions did you feel?</div>	<div>What did you learn from this?</div>
<div>Describe another challenge...</div>	<div>How did you respond?</div>	<div>What emotions did you feel?</div>	<div>What did you learn from this?</div>

Exercise 2: Vulnerability Mapping

List your vulnerabilities or fears as a leader and reframe them as strengths or opportunities for growth.

Vulnerability/Fear	Reframed as Strength
<div>Enter a vulnerability...</div>	<div>Reframe it as a strength...</div>

Enter another vulnerability...	Reframe it as a strength...
--------------------------------	-----------------------------

Exercise 3: Actionable Stress Management Plan

Identify your top stress triggers and create actionable steps to manage them effectively.

Stress Trigger	Action Plan
What triggers your stress?	What steps will you take to manage it?
Another stress trigger...	What steps will you take to manage it?

Exercise 4: Peer Connection Challenge

Reconnect with mentors or peers for support. Use the table below to track your progress.

Peer/Mentor Name	Reason for Connection	How You Reached Out	Reflection
Enter a name...	Why are you connecting?	Email, call, meeting...	What did you gain from this?

Exercise 5: Perfectionism Journal

Track situations where perfectionism affected your actions. Reflect on how “good enough” could have been better.

Situation	Trigger	Impact of Perfectionism	What Could Have Happened If I
-----------	---------	-------------------------	-------------------------------

			Allowed “Good Enough”?
Describe the situation...	What triggered perfectionism?	How did perfectionism affect you?	What would have been different?

Exercise 6: Daily Vulnerability Practice

Identify moments where you showed vulnerability and reflect on how they impacted your leadership.

Opportunity to Show Vulnerability	What I Did	Team/Peer Response	Reflection
Describe the opportunity...	What action did you take?	How did they respond?	What did you learn?

Exercise 7: Leadership Vision Statement

Write your leadership vision by answering the following prompts:

What Kind of Leader Do I Want to Be?

Describe your vision for leadership...

How Will I Embrace Vulnerability?

Describe how you will show vulnerability...

What Legacy Do I Want to Leave?

Describe the impact you want to leave behind...

Leadership Workbook – Chapter 1: The Struggle | © 2025

Signature:

Email: