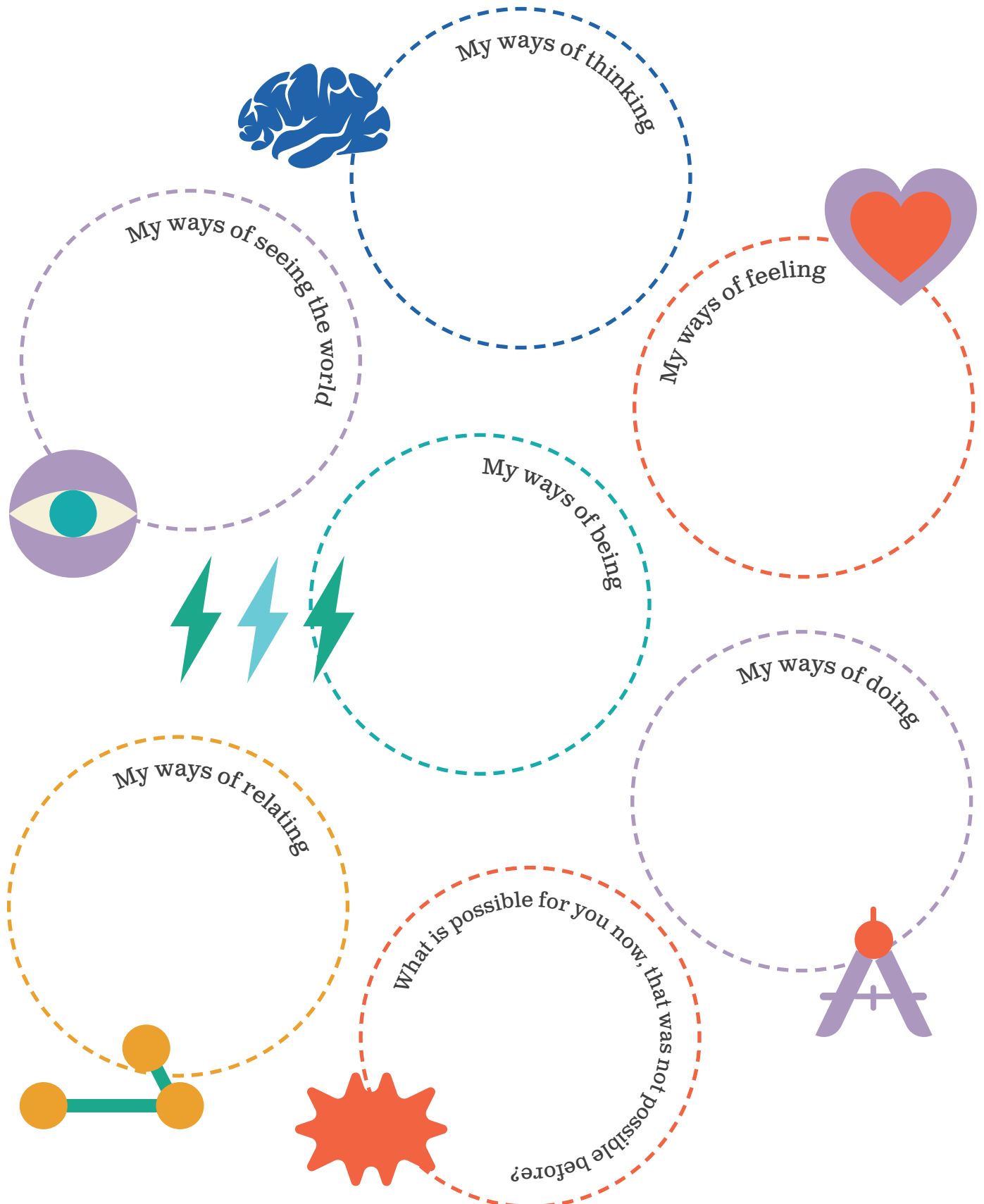


Fairer Health for All Leadership Journal: Making the hidden work visible

This journal is designed to support your leadership journey. It intends to make visible the often deep and invisible shifts in seeing, thinking, feeling, and relating involved in leadership.

There is no one way to reflect. Do what feels right for you today. Write in one box, a few or all.



30 prompts to support your journaling.

Ways of relating

1. Who are the people that you feel most connected to, and what do you think fosters that connection?
2. What assumptions do you make about others, and how might they affect your interactions?
3. Where do you tend to feel the most misunderstood, and what can you do to bridge that gap?
4. When have you been positively surprised by someone's perspective, and how did it change the way you relate to them?
5. Why do certain relationships feel more challenging than others, and what role do you play?

Ways of seeing the world

1. Focus for a moment on how you currently see the world. How would you describe your world view?
2. Who/what/where are the key influencers in your life, and how have they shaped your world view?
3. When was the last time you encountered a perspective that challenged your worldview, and how did you respond to it?
4. What are you currently paying most attention to?
5. Where could you look to expand what is visible to you?

Ways of feeling

1. How are you feeling today? What is this this telling you?
2. When do you feel most connected to your emotions and where you feel them in your body? What would help you be more connected?
3. What emotions do you tend to avoid, and how might embracing them change your self-awareness or relationships?
4. How often do you act on what you need emotionally and physically? What is stopping you?
5. What consistently evokes strong emotions in you, and how do you typically respond to those feelings?

Ways of thinking

1. Focus for a moment on how you currently think. What do you pay most attention to?
2. Who/what/where are the key influencers in your life, and how have they shaped your thinking?
3. What beliefs or assumptions do you currently hold, and how might they be limiting or empowering you?
4. When was the last time you challenged your thinking style or approach, and what did you learn from it? How could you challenge yourself today?
5. What patterns of thinking do you notice in yourself, and how do they affect the choices you make in daily life?

Ways of doing

1. What daily habits or routines have the biggest impact on how you approach your goals, and why?
2. Who do you most admire for their way of getting things done, and how can you learn from their approach?
3. When do you feel most productive, and what conditions support that state?
4. Where do you spend the most energy, and is it aligned with what truly matters to you?
5. What behaviours or actions do you tend to avoid, and how does that avoidance impact your progress?

Ways of being

1. Who are you when you feel most authentic, and what circumstances bring out that version of yourself?
2. What qualities do you want to embody in your day-to-day life, and how do they shape your interactions with others?
3. Where do you feel most aligned with your true self, and what contributes to that sense of alignment?
4. When do you notice yourself acting out of alignment with your core values, and what usually triggers it?
5. What internal or external factors most influence the way you show up in different environments or with different people?