



Lasting Leadership Monitoring Sheet

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Make time for a weekly 30-minute check-in with yourself. Take inventory of where you land on each of these areas. You don't have to say yes to all of these; hitting one in each category on most weeks is ideal.

R

Respond with Compassion

MENTAL + EMOTIONAL

- Q: Did my evil DJ's volume get louder or softer?
- Q: Did I talk to myself in the same way I talk to a friend?
- Q: Did I catch myself when I engaged in 'should' statements?

I

Inhale Oxygen

PHYSICAL

- Q: Did I get at least 7 hours of sleep most days?
- Q: Did I practice rest and recovery?

S

Secure Support

SOCIAL

- Q: Did I take time to connect with a close friend or colleague?
- Q: Do I have any plans to network or meet new people in the upcoming month?
- Q: Did I invest in or help someone else?

E

Evaluate Effort

BEHAVIORAL

- Q: Did I take a moment to celebrate a small accomplishment or win?
- Q: Did I relish in JOMO (Joy Of Missing Out)?
- Q: Did I resist the impulse to say yes right away and instead think through requests?

