



The 1% Better Leadership Journey  
52 Small Shifts. One Intentional Year.

# Week 1

## Lead with Intention

1/5/26

### Why it Matters:

Leadership often defaults to urgency instead of purpose. When you slow down long enough to lead with intention, you create alignment, trust, and clarity, even when the results aren't immediately visible.

### This Week's 1% Better Practice:

Block 15 minutes for leadership grounding time. Choose one upcoming task, meeting, or decision and ask yourself: "What am I building by doing this?"

### Applying It:

**Set Your Intentions:** One way that I will slow down to lead intentionally is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### As you think about the week ahead:

- One task, meeting, or decision that I want to approach more intentionally: \_\_\_\_\_  
\_\_\_\_\_
- What I believe this work is building (trust, alignment, clarity, capacity, etc.): \_\_\_\_\_  
\_\_\_\_\_
- What feels uncomfortable about this work not being immediately tangible: \_\_\_\_\_  
\_\_\_\_\_

#### End of the week reflection:

- Where did intentional leadership show up, even if the results were not visible yet? \_\_\_\_\_  
\_\_\_\_\_
- How did redefining "productivity" change how I felt about my week? \_\_\_\_\_  
\_\_\_\_\_
- One insight I want to carry forward: \_\_\_\_\_  
\_\_\_\_\_

