



# The Leadership Reset

A reflection tool to reset  
your leadership.

# Start your reset

Many leadership resources ask you to do more, plan more, and be more. This guide asks you to do the opposite: to settle your nervous system so that your natural wisdom can surface.

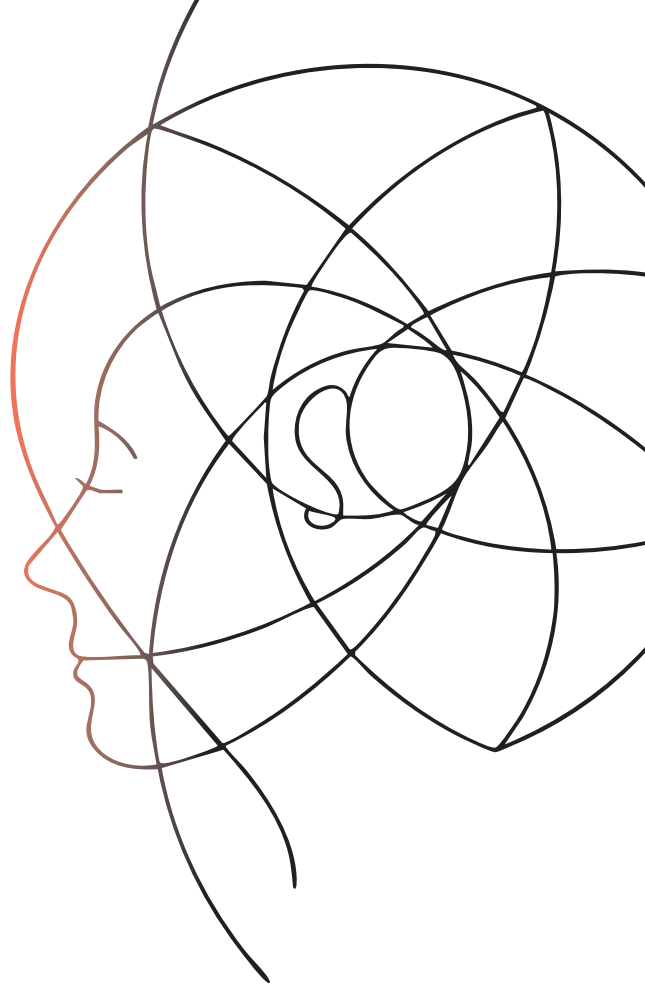
It's not about checking boxes; *it's about checking in!*

This guide is designed as a deliberate pause to find your centre before the year gets loud. The goal: Not a strategic plan, but a state of readiness.

Find a space where you **won't be interrupted** for 45-60 minutes. Turn off your notifications. Leadership requires constant external focus; this is your rare opportunity to shift your focus inwards.

Throughout the following pages, you will find questions designed to provoke honesty rather than "correct" answers. You'll be invited to write, reflect, and capture fragments of thought as they arise, whether by hand or digitally. We've intentionally left space for journaling, note-taking, or simply allowing your thoughts to unfold.





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# The entry point

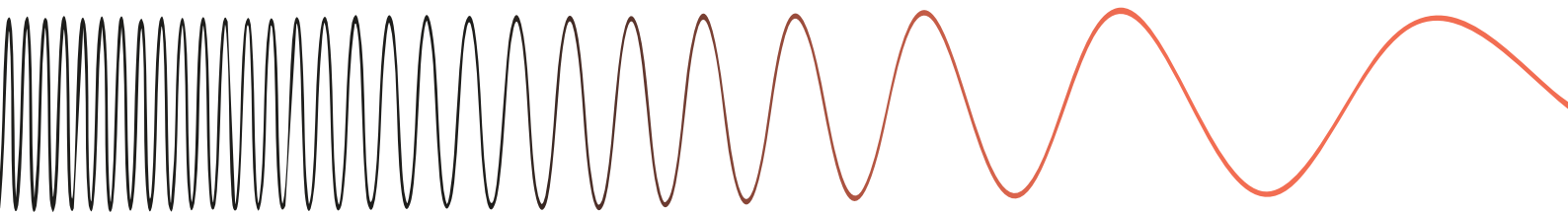
Before you engage your mind,  
engage your senses.

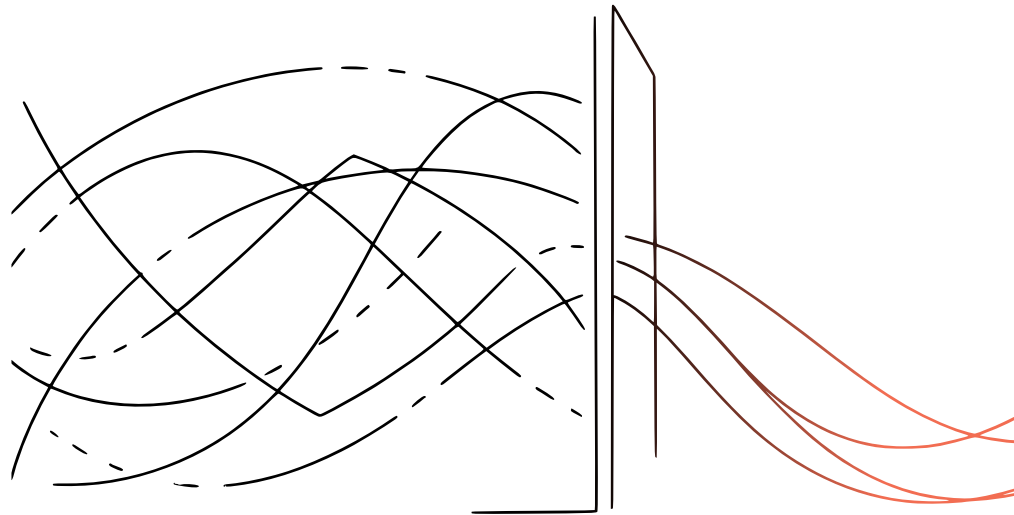
Music reaches the nervous system faster than logic.  
This playlist is curated by CFL to move you out of an active,  
analytical state into a relaxed, creative, receptive state.



Scan the QR code. Press play. Take  
three deep breaths. Pause until you feel  
your shoulders drop away from your  
ears. Then continue with the next step.

**Calm your nervous  
system so that your  
natural wisdom  
can surface.**





# 01 Arriving

Leaders often cross the threshold into a new year without ever truly arriving.

We carry the "residue" of Q4 into Q1, the adrenaline, the fatigue, the unfinished business. If you don't acknowledge where you are starting from, you are leading from a place of exhaustion rather than presence.



Pause here. Scan the QR code and listen to this 5-minute guided audio to help you get truly present and unhook from the "doing" mind before continuing with the questions below.

Beyond the **"I'm fine"** or **"I'm busy"**, how am I actually arriving today? (Check in with your body, your mental chatter, and your emotional weight).

*my reflections...*

## 02

# The unfinished: what are you still carrying?

Leadership rarely offers clean endings.  
Decisions linger; conversations trail off.

We often carry "**invisible open loops**", unresolved tensions or roles we've outgrown that act like background apps on a phone, slowly draining the battery.

Often, we don't realise how much we are holding until we feel the fatigue. To move forward with agility, we must differentiate between what is useful for the journey ahead and what is simply a burden we've forgotten to put down.

Look back at the past few months. What has felt heavy? Use these questions to identify what you are ready to consciously leave behind.

What from last year is still taking up **"rent-free"** space in my mind?

*my reflections...*

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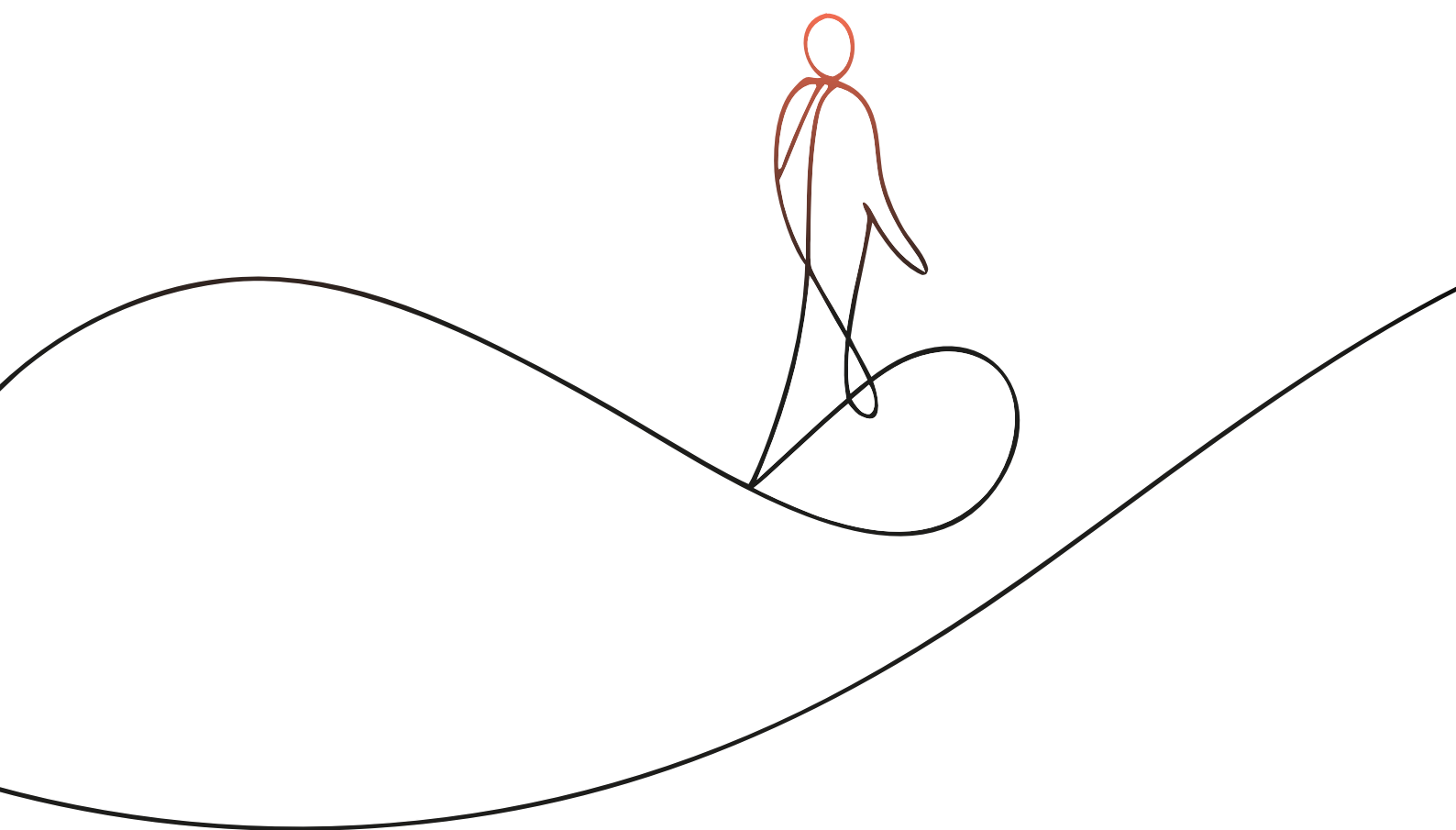
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Of those things, which am I ready to stop carrying?  
(Note: Letting go isn't about finishing the task; it's about withdrawing your emotional energy from it.)



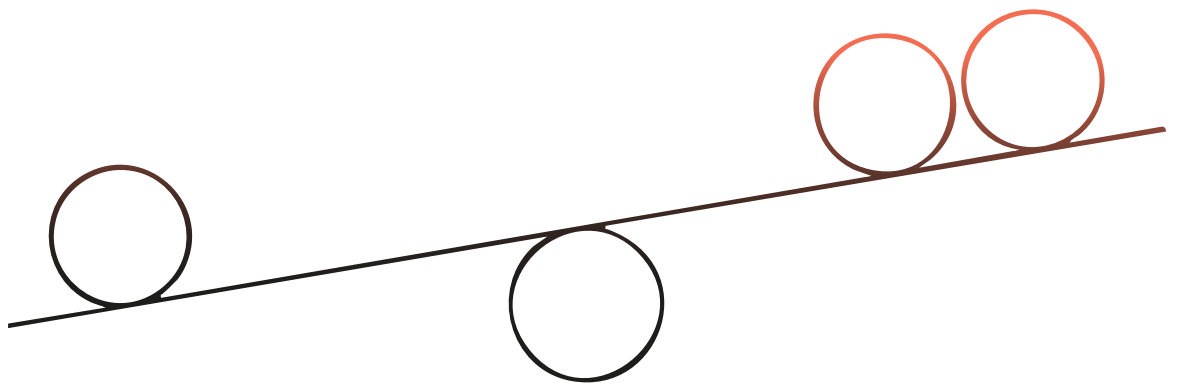
Look back at the things you no longer want to carry. Choose the one item that feels heaviest. As you focus on that weight, take a slow, deep breath in, feeling the air fill your chest. On the exhale, imagine physically unbuckling that burden and letting it drop to the ground. Let the breath be long and audible, like a sigh of relief. You do not have to resolve the situation perfectly to stop carrying the emotional weight of it.

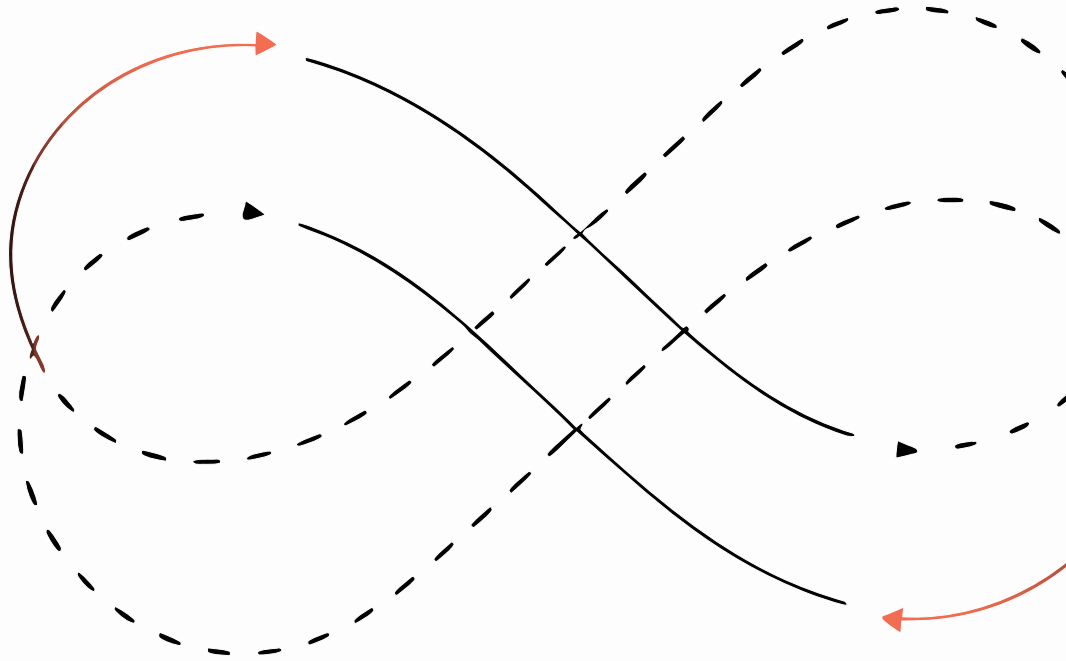
With that bit of extra space in your system, let's look at how to **protect your energy** for the road ahead.



To move forward with agility,  
we must differentiate...

...between what is useful  
for the journey ahead and  
what is simply a burden  
we've forgotten to  
put down.





### 03

## The currency of leadership: energy dynamics

Sustainable leadership is not about time management; it is about energy management.

Time is fixed, but energy is renewable, if we understand what governs its flow. Your nervous system is either being replenished or depleted. A sustainable leader knows that **"output"** is only possible because of a deliberate **"input"**. This section is about mapping your personal battery: understanding what drains you and, more importantly, what genuinely restores you.

Think about your typical week and more specifically about your energy level. Reflect on these two sides of your **internal battery**:

### Energy Out (The Drain)

What tasks feel like "heavy lifting"?  
What work do I do well, but it doesn't bring me any joy or satisfaction?

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### Energy In (The Fuel)

What activities, moments, conversations or ways of working leave me feeling more alive?  
What work feels aligned and effortless?

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A quiet trap for high performers is this: being very good at things that slowly exhaust you. There's a common misconception we need to untangle: Being good at something doesn't automatically make it a strength.

Many of us are excellent at tasks that rely primarily on willpower and endurance, work that leaves us feeling depleted even when we perform it well. A true strength is different: it is an activity that actually strengthens you. It is work that provides its own fuel, leaving you feeling more capable and energised than when you started.

The distinction matters because long-term leadership depends on knowing which activities restore your capacity and which ones consume it.

What is one **small and tangible** thing I can start or stop doing that will allow me to do more of what fuels me?

*my reflections...*

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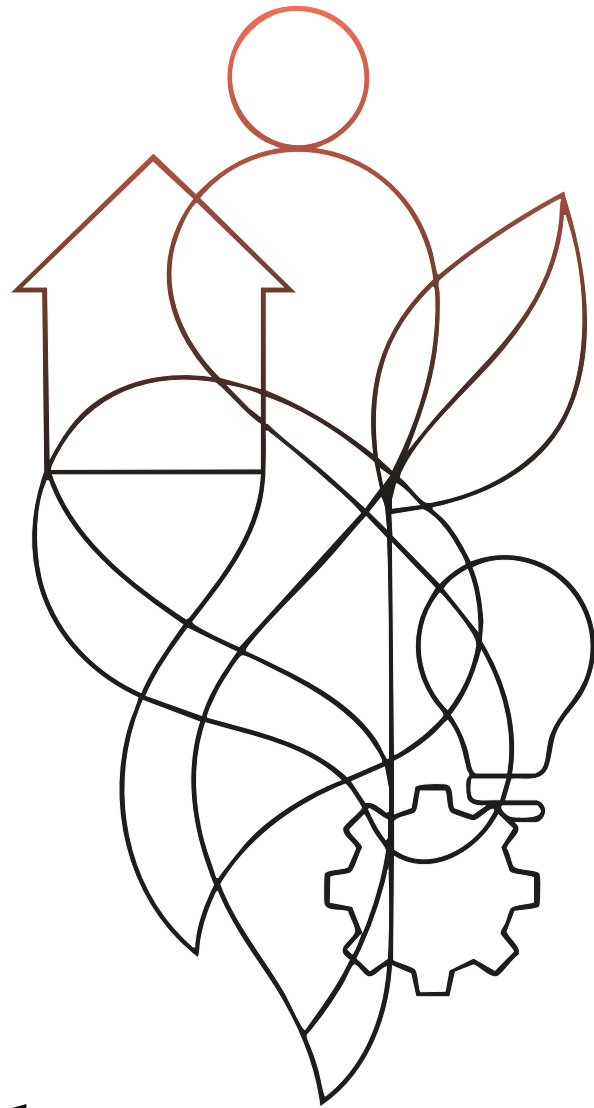
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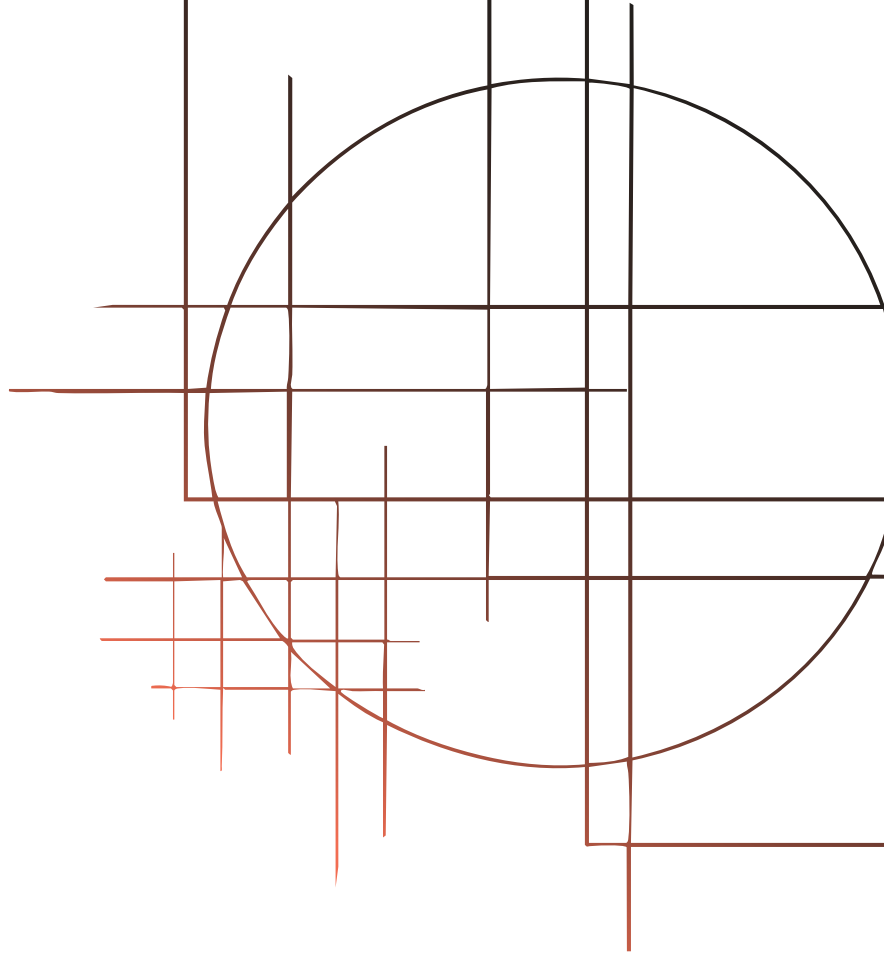
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Awareness of your energy is the foundation of sustainability. In order to protect our energy levels, we need clear structures. Let's move into defining the boundaries that will support you.



**A sustainable leader knows that "output" is only possible because of a deliberate "input".**

## 04 Defining boundaries



Boundaries are not walls; they are the gates that keep the right things in and the wrong things out.

They define the conditions under which you can be most effective, most present, and most clear-headed. Without them, we don't become more available, we just become more diluted. For many leaders, "**availability**" has become a default setting. This can lead to a low-grade state of over-extension.

We often ignore the profound intelligence our body provides, overriding physical signals of tension or fatigue in favour of "pushing through". But our nervous system often knows a boundary has been crossed long before our intellect does.

Take a moment to reflect and take notes:

Where am I saying **"yes"** while  
my body is saying **"no"**?

*my reflections...*

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What is one specific boundary (a time, a topic, or a type of meeting) that I want to set to protect my physical, mental and emotional wellbeing?

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Take a breath and notice any resistance you feel toward the boundary you just named. That resistance is normal. It means the boundary matters.



## 05 Gaining perspective

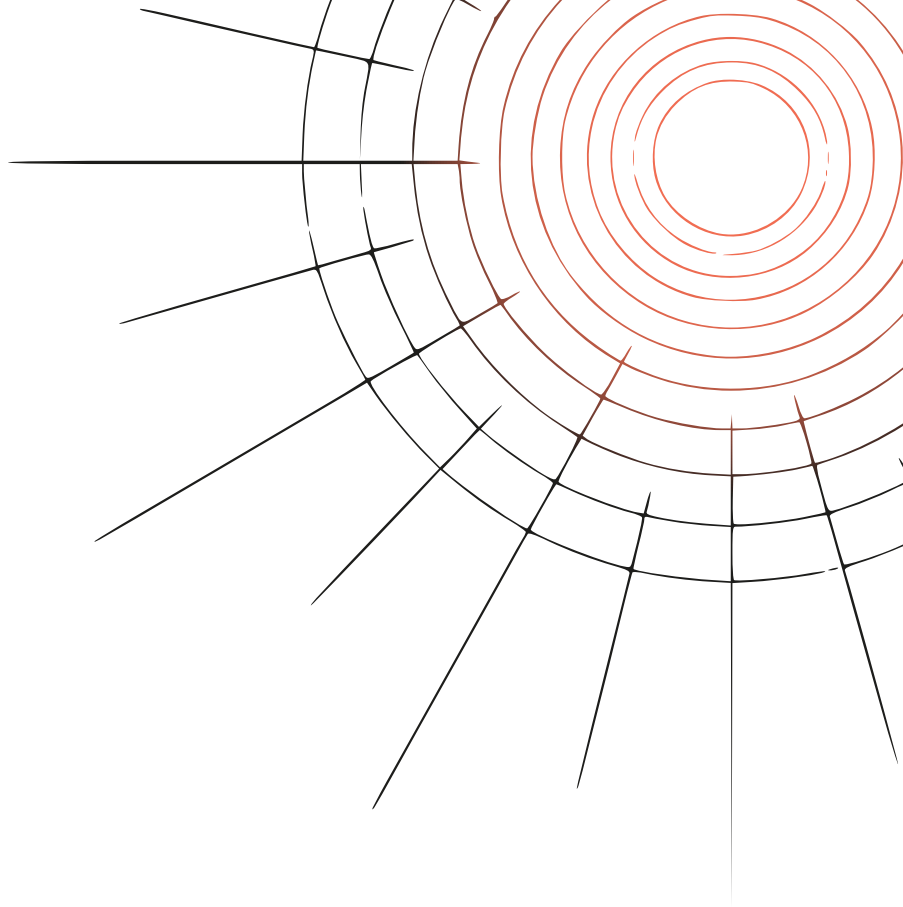
Zooming out widens our view, revealing what's been there all along.

This audio will lead you to late December 2026.  
Let your imagination **bridge the gap** between today and the end of the year.



Scan the QR code below and settle into the guided visualisation.

After the audio ends, stay in the stillness for a moment. Use the space below to capture the raw images and "echoes" from your future self.



## Prompts for your reflection:

- What did success look like in the quiet moments?
- What was the most 'courageous no' I said this year?
- What was the anchor that kept me steady?
- What was the one way of being that changed everything?

*my reflections...*

## 06

# The compass: your core intention

A goal is something you reach;  
an intention is how you walk.

An intention is a "**North Star**" for your nervous system. When the year gets loud and the pressure rises, it is the anchor you return to. Leaders often set intentions based on what they think they should do. In this final step, we invite you to set one based on who you want to be. Your leadership intention is the quality of presence you want to bring into every room.



Look back at your reflections in Part 5. Then capture your leadership intention for 2026.

At the end of this year, what would make you feel that you lived, not just worked, well?

*my reflections...*

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*my leadership intention for 2026...*

(e.g., Leading with breath. Clarity over urgency. Radical listening. Courageous honesty.)

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Read your intention out loud. Notice how it feels in your body. Does it feel like a "should" or a "release"? A true intention feels like a homecoming.

Where will you keep this intention visible so you can find it when the year gets loud? (e.g. a post-it on your monitor, your phone lock screen).

*my anchor space...*

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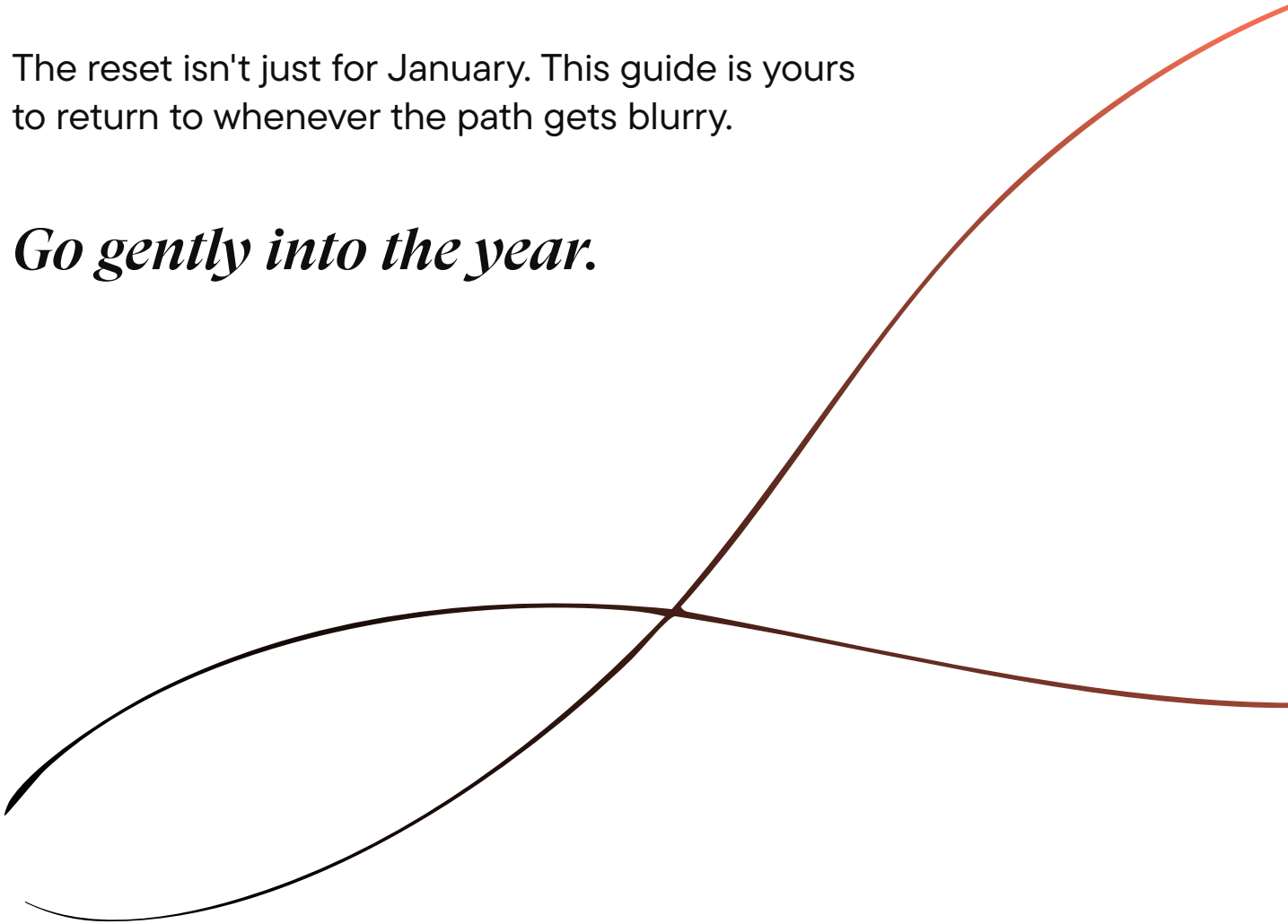
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# Closing: the art of the return

Leadership isn't a state of perfection; it's a **practice of returning**. You will lose your way, you will get stressed, and you will forget your intention. That's part of being human.

The reset isn't just for January. This guide is yours to return to whenever the path gets blurry.

*Go gently into the year.*





We accompany leaders who choose to grow from the inside out, anchoring their impact in clarity, courage, and presence. If you feel called to deeper support on your leadership journey, we would be honoured to walk alongside you.

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