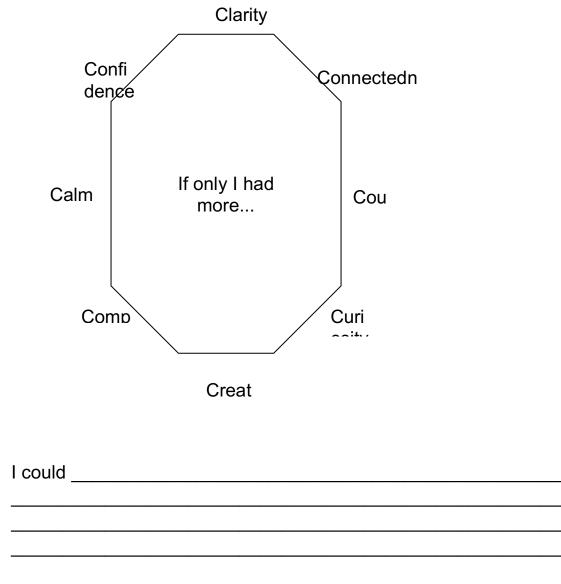
What do I need now? Self-Leadership Self-Assessment

Circle ONE word that best completes the sentence in the octagon and then write a short paragraph explaining how having more of this trait might help you. Allow your response to be guided by your feelings. There are no right or wrong answers. Notice what feels right for you in this moment.



Inspired by the Internal Family Systems Model. <u>www.selfleadership.org</u> <u>www.altraform.com</u> Altraform, LLC. All rights reserved.