

VIRTUES WORKSHEET

This self-reflection tool helps you honestly assess where you stand on the 12 leadership virtues.

Instructions

For each virtue, mark a cross on the continuum that indicates where you believe you are right now - not where you want to be, not where others think you are, but where you actually are.

The Three Markers:

Mark where you believe you are right now



Wanting to Improve

This virtue is challenging for you right now

Cultivating But Rarely Use

You're developing this virtue but don't use it consistently

Have and Use Frequently

This virtue comes naturally and you demonstrate it regularly

The 12 Leadership Virtues

Purpose

Your why - the thing that drives you when it's hard, when no one's watching



Humility

Being grounded - knowing you don't know everything and can learn from others



VIRTUES WORKSHEET

This self-reflection tool helps you honestly assess where you stand on the 12 leadership virtues.

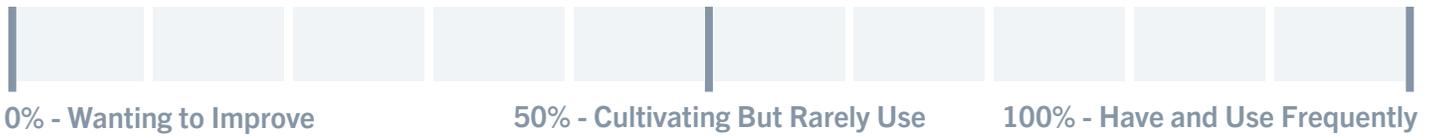
Integrity

Doing the right thing, especially when no one's watching



Courage

Showing up even when intimidated, speaking up when it matters



Joy

The contagious energy you bring - the feeling of doing something you love



Forgiveness

Letting go of mistakes - yours and others' - so past failures don't define you



VIRTUES WORKSHEET

This self-reflection tool helps you honestly assess where you stand on the 12 leadership virtues.

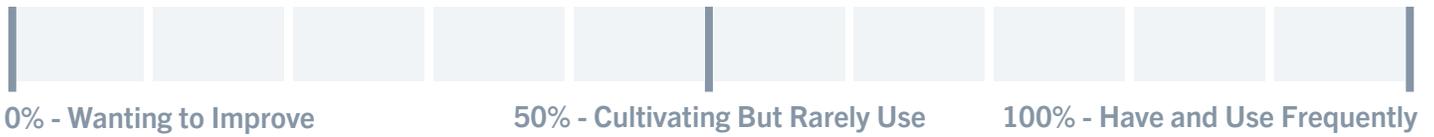
Gratitude

Noticing what you have and showing appreciation for it



Compassion

Caring for teammates and people around you, putting others before yourself



Empowerment

The belief that your actions matter - you're in control of your habits, mindset, and growth



Empowerment

The belief that your actions matter - you're in control of your habits, mindset, and growth



VIRTUES WORKSHEET

This self-reflection tool helps you honestly assess where you stand on the 12 leadership virtues.

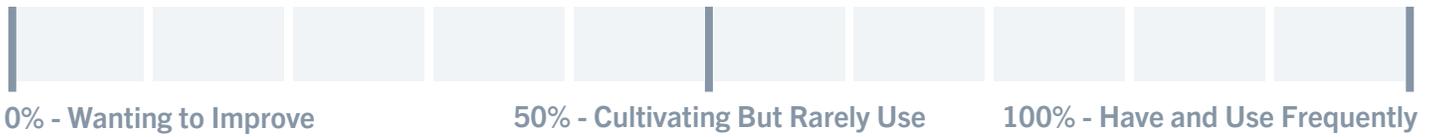
Valuing Diversity

Welcoming different perspectives and leading with inclusion



Foresight

Thinking ahead based on what you've learned, preparing for pressure before it shows up



Stewardship

Leaving a legacy of service - leaving things better than you found them



REFLECTION QUESTIONS

After completing your continuum, reflect on these questions

Step 1: Choose Four Virtues

Pick four virtues to focus on - two that feel natural to you (your strengths) and two that challenge you (your growth areas).



My Two Strengths:



My Two Growth Areas:

Step 2: Reflect on Your Choices

For your strengths:



How do these virtues show up in your daily life?
Give specific examples.

REFLECTION QUESTIONS

After completing your continuum, reflect on these questions

Step 2: Reflect on Your Choices

For your growth areas:



What makes these virtues challenging for you?
When do you notice you struggle with them?

Step 3: Choose Your Focus

Circle ONE virtue that you're most committed to working on right now.
This becomes your starting point



My Focus Virtue:

REFLECTION QUESTIONS

After completing your continuum, reflect on these questions

Step 4: Action Planning



How will you practice your focus virtue this week?
Be specific.

Remember:

- Nobody is a 10 out of 10 in all 12 virtues - that's not the goal
- The goal is honest self-reflection and awareness
- Revisit this continuum every few months to track your growth
- Share it with someone you trust for outside perspective
- Leadership is a work in progress - you're not supposed to have it all figured out