



*RR*

**LEADERSHIP**

*12 Week  
Journal*



# WELCOME TO YOUR 12-WEEK LEADERSHIP JOURNEY!

Dear Visionary Leader,

First and foremost, we want to express our profound gratitude for entrusting us with your journey towards becoming an even more empowered leader. Your commitment to growth is commendable, and we are thrilled to be a part of this transformative chapter of your life.

The next 12 weeks promise to be enlightening, challenging, and rewarding. To maximize the benefit of this journal, please take a moment to read these instructions carefully:

1. **Habit Tracker:** Every great leader understands the power of habits. They're the building blocks of success.

- **Daily Check-in:** Each day, mark off the habits you've successfully practiced. This isn't about perfection, but consistency.
- **Weekly Review:** Reflect on the past week. Which habits did you excel in? Where do you need to invest more effort? Celebrate your wins, no matter how small.

2. **Goal Setting:** Clarity is power. Setting clear and achievable goals will pave the path for your success.

- **Short-Term Goals:** Think about what you aim to accomplish in these 12 weeks. Be specific.
- **Action Steps:** For each goal, list down the steps you need to take to achieve them. This breaks down your goals into manageable tasks.
- **Visualization:** Take a few minutes daily to visualize your goals as already achieved. Feel the emotions and let it drive your actions.

3. **Journaling:** Your space for introspection, reflection, and discovery.

- **Morning Reflection:** Start your day with a clear mind. Jot down your thoughts, expectations, or whatever inspires you.
- **Evening Reflection:** Before bed, reflect on your day. Celebrate your wins and understand your challenges. This daily check-in will help you grow and learn.
- **Weekly Recap:** At the end of each week, set aside some time to review your progress, thoughts, and feelings. This will help you realign with your goals and understand your evolving self better.

**To ensure your success:**

1. **Commit to Consistency:** Make it a ritual to spend time with your journal every day. Even just a few minutes can make a significant difference.
2. **Be Honest:** This journal is a safe space. Be honest with yourself; it's the best way to learn and grow.
3. **Stay the Course:** 12 weeks might sound like a long time, but it'll fly by. If you ever feel like giving up, remember why you started.

**Thank you for embarking on this journey with us. Your leadership light is needed in this world, and we are honored to be a small part of illuminating it.**

With Warmth and Gratitude,

# LONG TERM GOAL TRACKER



## Goal 1:

Start Date	Action Steps	Notes
.....	.....	.....
End Date	<input type="radio"/>	.....
.....	.....	.....
My Why	<input type="radio"/>	.....
.....	<input type="radio"/>	.....
.....	<input type="radio"/>	.....
.....	<input type="radio"/>	.....

## Goal 2:

Start Date	Action Steps	Notes
.....	.....	.....
End Date	<input type="radio"/>	.....
.....	.....	.....
My Why	<input type="radio"/>	.....
.....	<input type="radio"/>	.....
.....	<input type="radio"/>	.....
.....	<input type="radio"/>	.....

## Goal 3:

Start Date	Action Steps	Notes
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End Date	<input type="radio"/>	.....
.....	.....	.....
My Why	<input type="radio"/>	.....
.....	<input type="radio"/>	.....
.....	<input type="radio"/>	.....
.....	<input type="radio"/>	.....

## Goal 4:

Start Date	Action Steps	Notes
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End Date	<input type="radio"/>	.....
.....	.....	.....
My Why	<input type="radio"/>	.....
.....	<input type="radio"/>	.....
.....	<input type="radio"/>	.....
.....	<input type="radio"/>	.....

# SHORT TERM GOAL TRACKER



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LEADERSHIP

## Goal 1:

Start Date	Action Steps	Notes
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End Date	<input type="radio"/>	.....
.....	.....	.....
My Why	<input type="radio"/>	.....
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.....	<input type="radio"/>	.....
.....	<input type="radio"/>	.....

## Goal 2:

Start Date	Action Steps	Notes
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End Date	<input type="radio"/>	.....
.....	.....	.....
My Why	<input type="radio"/>	.....
.....	<input type="radio"/>	.....
.....	<input type="radio"/>	.....
.....	<input type="radio"/>	.....

## Goal 3:

Start Date	Action Steps	Notes
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End Date	<input type="radio"/>	.....
.....	.....	.....
My Why	<input type="radio"/>	.....
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## Goal 4:

Start Date	Action Steps	Notes
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End Date	<input type="radio"/>	.....
.....	.....	.....
My Why	<input type="radio"/>	.....
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# WEEK 1







# 5 minute journaling

ONE THING I WANT TO REMEMBER ABOUT TODAY

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TODAY I FELT...

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TODAY I'M GREATFUL FOR

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# Weekly check in

DATE \_\_\_\_\_

TOP 3 THINGS I DID THIS WEEK

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MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

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THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



# Notes





# WEEK 2







# 5 minute journaling

ONE THING I WANT TO REMEMBER ABOUT TODAY

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TODAY I FELT...

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TODAY I'M GREATFUL FOR

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# Weekly check in

DATE \_\_\_\_\_

TOP 3 THINGS I DID THIS WEEK

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- \_\_\_\_\_

MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

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THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



# Notes





# WEEK 3







# 5 minute journaling

ONE THING I WANT TO REMEMBER ABOUT TODAY

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TODAY I FELT...

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TODAY I'M GREATFUL FOR

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# Weekly check in

DATE \_\_\_\_\_

TOP 3 THINGS I DID THIS WEEK

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MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



# Notes





# WEEK 4







# 5 minute journaling

ONE THING I WANT TO REMEMBER ABOUT TODAY

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TODAY I FELT...

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TODAY I'M GREATFUL FOR

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# Weekly check in

DATE \_\_\_\_\_

TOP 3 THINGS I DID THIS WEEK

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MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

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THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



# Notes





# WEEK 5







# 5 minute journaling

ONE THING I WANT TO REMEMBER ABOUT TODAY

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TODAY I FELT...

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TODAY I'M GREATFUL FOR

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# Weekly check in

DATE \_\_\_\_\_

TOP 3 THINGS I DID THIS WEEK

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MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

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THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



# Notes





# WEEK 6







# 5 minute journaling

ONE THING I WANT TO REMEMBER ABOUT TODAY

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TODAY I FELT...

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TODAY I'M GREATFUL FOR

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# Weekly check in

DATE \_\_\_\_\_

TOP 3 THINGS I DID THIS WEEK

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MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



# Notes





# WEEK 7







# 5 minute journaling

ONE THING I WANT TO REMEMBER ABOUT TODAY

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TODAY I FELT...

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TODAY I'M GREATFUL FOR

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# Weekly check in

DATE \_\_\_\_\_

TOP 3 THINGS I DID THIS WEEK

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MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



# Notes





# WEEK 8







# 5 minute journaling

ONE THING I WANT TO REMEMBER ABOUT TODAY

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TODAY I FELT...

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TODAY I'M GREATFUL FOR

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# Weekly check in

DATE \_\_\_\_\_

TOP 3 THINGS I DID THIS WEEK

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MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

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THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



# Notes





# WEEK 9







# 5 minute journaling

ONE THING I WANT TO REMEMBER ABOUT TODAY

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TODAY I FELT...

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TODAY I'M GREATFUL FOR

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# Weekly check in

DATE \_\_\_\_\_

TOP 3 THINGS I DID THIS WEEK

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- \_\_\_\_\_
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MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



# Notes





# WEEK 10







# 5 minute journaling

ONE THING I WANT TO REMEMBER ABOUT TODAY

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TODAY I FELT...

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TODAY I'M GREATFUL FOR

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# Weekly check in

DATE \_\_\_\_\_

TOP 3 THINGS I DID THIS WEEK

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MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

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THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



# Notes





# WEEK 11







# 5 minute journaling

ONE THING I WANT TO REMEMBER ABOUT TODAY

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TODAY I FELT...

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TODAY I'M GREATFUL FOR

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# Weekly check in

DATE \_\_\_\_\_

TOP 3 THINGS I DID THIS WEEK

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- \_\_\_\_\_

MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



# Notes





# WEEK 12







# 5 minute journaling

ONE THING I WANT TO REMEMBER ABOUT TODAY

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TODAY I FELT...

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TODAY I'M GREATFUL FOR

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# Weekly check in

DATE \_\_\_\_\_

TOP 3 THINGS I DID THIS WEEK

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- \_\_\_\_\_
- \_\_\_\_\_

MOST REWARDING INTERACTION I HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?

MY RANKING OF THE WEEK



# Notes



*Congratulations*

ON REACHING YOUR YOUR GOALS



*RR*

**LEADERSHIP**

# Notes



# Notes



# Notes



# Notes



# Notes

