

CONTAGIOUS LEADERSHIP: *WHERE ARE YOU NOW?*

Rate yourself: 1 - highly contained, 10 - highly contagious!

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1 2 3 4 5 6 7 8 9 10

What do these 2 leadership styles LOOK like to you?

Who is someone that you consider to be a "contained leader"?

Pssst! (if you work with them currently, you might use a nickname here...)

Who is someone that you consider to be a "contagious leader"?

(Don't be afraid to write this one down, and leave it out for them to see!)



"Zig"



"Zag"

List descriptive words or actions that you feel define the leadership styles of these 2 individuals:

Contained

Contagious

1. _____
2. _____
3. _____
4. _____
5. _____

1. _____
2. _____
3. _____
4. _____
5. _____

✓ Put a check beside any of the words that you think may sometimes be used to describe **YOU!**
(C'mon, be honest. This is just for you.)

What's the PLAN?

Decide on one specific action you can immediately **STOP** doing to become less "contained":

List one specific action you can immediately **START** doing to become more "contagious":

Pay attention to your actions this week. **"Catch yourself"** being contagious!

Be Well & Be Contagious!

Any questions? Email us at questions@contagiousleaders.com



TIME TO MAKE A DECISION!



In considering whether or not to commit to this monthly coaching experience, did any of the following thoughts enter your mind?

- | | | | |
|-------|-----------------------------------|-------|-----------------------|
| _____ | I've already heard it. | _____ | I don't have time. |
| _____ | I'll do it later. | _____ | I'm already doing it. |
| _____ | It's not a priority. | _____ | I'm already doing it. |
| _____ | I don't get paid enough for this! | | |

Let's think it through...

List 3 potential advantages to becoming a more contagious leader:

(Are these advantages worth a 20-25 minute weekly investment?)

List 3 potential consequences of continuing without growth or improvement:

(Can you really afford these consequences?)

Now find the time!

List 3-4 possible times that you could complete a 20-25 minute weekly coaching session:

Day of the week	Time	Day of the week	Time
_____	_____	_____	_____
_____	_____	_____	_____

Take action!

Physically schedule your next coaching session.

(Calendar, planner, alarm, post-it...just do it!)

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