

2024

KICKSTART YOUR YEAR

A Mindfulness
Workbook
Designed for
Leaders!

SB

Sonia Byrne



INVITING THE NEW

Inviting The New

As you step into the new year, enjoy a mindful moment for just you. The world has been an interesting place for organizations these past few years. You are called to lead in new ways with new skills like never before. Take this opportunity to reflect on the past, honour the present and embrace the new that 2024 brings. Create a comfortable space for yourself. Grab a coffee. Take a deep breath. This time is just for you!

Reflect on the Past

Gently close your eyes for 30 seconds to contemplate the good that has happened within your business in the past year. When you open your eyes, take note of the following:

The gift of 2023 for my business was

My greatest success in 2023 was

My biggest learning in 2023 was

Honour the Present

Gently close your eyes for up to 60 seconds to honour the present moment. When you open your eyes, take note of the following:

In this moment, I am most grateful for

The best thing that is happening right now is

The thing that needs my attention at this time is

Embrace The New

Gently close your eyes for up to 90 seconds to embrace the new that is unfolding for you in 2024. When you open your eyes, take note of the following:

As a leader, in 2024, I am looking forward to

As a leader in 2024, I am focusing on

In 2024, I feel called to release

Take note here of anything else that came up in your experience of contemplation:

"Leadership is not about titles, positions, or flow charts. It is about one life influencing another."

John C. Maxwell

Inviting the New into Your Leadership Experience in 2024

The practice of mindfulness invites us to both live fully present and to be joyfully open to all that comes our way. It is a collaboration of active and contemplative living. As you consider what is important for your development as a leader in the coming year, let's assess your current state of satisfaction in each aspect of your leadership by indicating your level of satisfaction in each area. Select the appropriate number between 1 (low) and 10 (high) by circling that number.

Workspace Environment	1	2	3	4	5	6	7	8	9	10
Team Engagement	1	2	3	4	5	6	7	8	9	10
Professional Development	1	2	3	4	5	6	7	8	9	10
Autonomy in Leadership	1	2	3	4	5	6	7	8	9	10
Relationship with Mentor	1	2	3	4	5	6	7	8	9	10
Support of Family/Friends	1	2	3	4	5	6	7	8	9	10
Physical Health	1	2	3	4	5	6	7	8	9	10
Mental Clarity & Wellbeing	1	2	3	4	5	6	7	8	9	10

Once completed, go back over the exercise and underline the number that represents your desired level of satisfaction. When you have finished, take a moment to make note:

What surprised you about your own indications of satisfaction in this activity?

What aspect(s) do you want to focus on in your leadership experience in 2024?

Moving into Action in 2024

In reviewing your answers, notice the area of your business that you feel most called to focus on in 2024. Close your eyes gently and consider the past, present and future experiences of this area.

Area of Focus	
Reflecting on the Past	What am I ready to release in this area of my leadership?
Honouring the Present	What has been the gift of my experience in this area?
Embracing the New	What am I ready to experience in my leadership journey?

What is my first step towards creating my desired experience in my role as a leader?

Each new year brings with it the invitation to deepen your leadership journey. We wish you an abundant and joyful year in leadership. Know that we are here to support you in 2024 with mindful leadership coaching, organizational consulting and facilitated team experiences along with a uniquely customized leadership program “Mindful Like a Boss” to help you thrive on your leadership journey!

Please let us know what interests you at www.MindfulLeadershipForSuccess.com. We look forward to connecting with you! Happy New Year!



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