



Making myself a priority



Week 3: Leadership

Communication, gravitas & vulnerability

Assess Your Life

Hello, and a warm congratulations on beginning this journey of personal and professional growth. This journal is thoughtfully designed to help you connect the dots between your career and well-being.

Week 3 is all about leadership and vulnerability. This is a big topic and both of these topics will also show up later on during the bootcamp. This week the goal is to think about self-leadership, gravitas and vulnerability. Communication will also show up this week again. The pages have been prepared with this in mind.

Gravitas is all about projecting confidence, authority, and credibility, while vulnerability is about being open, authentic, and emotionally available. Both of these show up during our communication.

I provided 2 prompts for each day -- just choose one of them to journal / think about. You can return to the other prompt any time.

In the beginning of the week and at the end, you'll have the opportunity to connect with fellow participants. This is your chance to discuss challenges, share new insights, and become accountability partners for the next six weeks.

Remember, this journey is about you and your unique path. It's not a competition, and there's no need to compare yourself to others. Your progress and growth are personal and profoundly significant. Keep in mind that you'll get out of this experience exactly what you put into it.

Week 3: Leadership

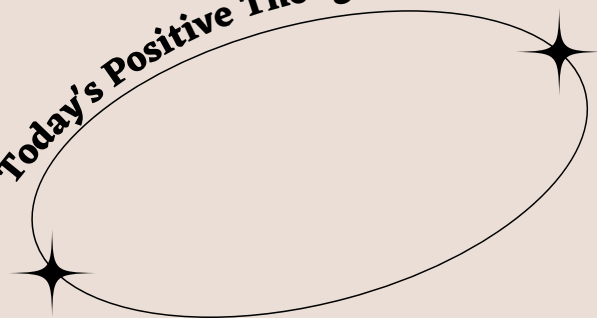
Communication, gravitas & vulnerability

Day 1

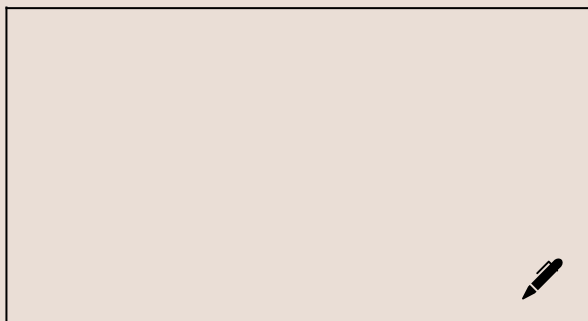
Things you're grateful today



Today's Positive Thought



Describe today in a drawing



3 best thing about today

What have been the 3 dominant thoughts today?



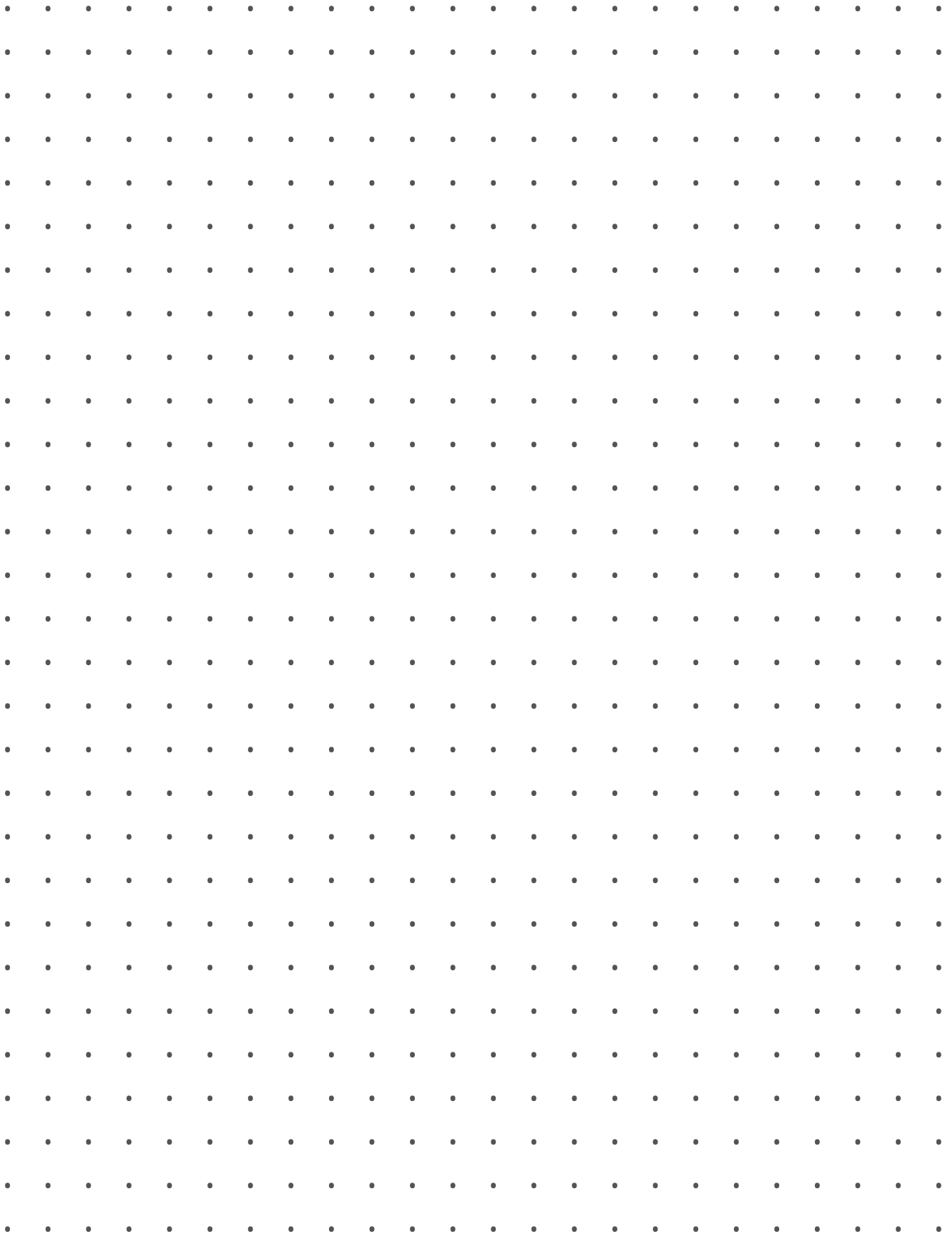
Week 3: Leadership

Communication, gravitas & vulnerability

Day 1

Prompt1: When have you been your own biggest cheerleader and how did it impact your confidence and performance?

Prompt2: Think about a time when you modelled communication and empathy for others, and the effect it had.



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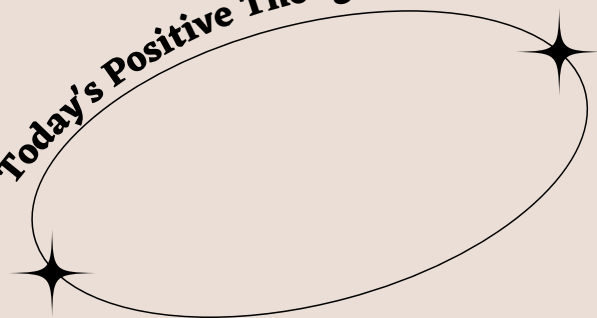
Communication, gravitas & vulnerability

Day 2

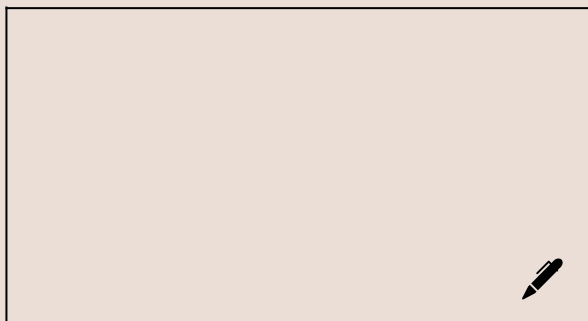
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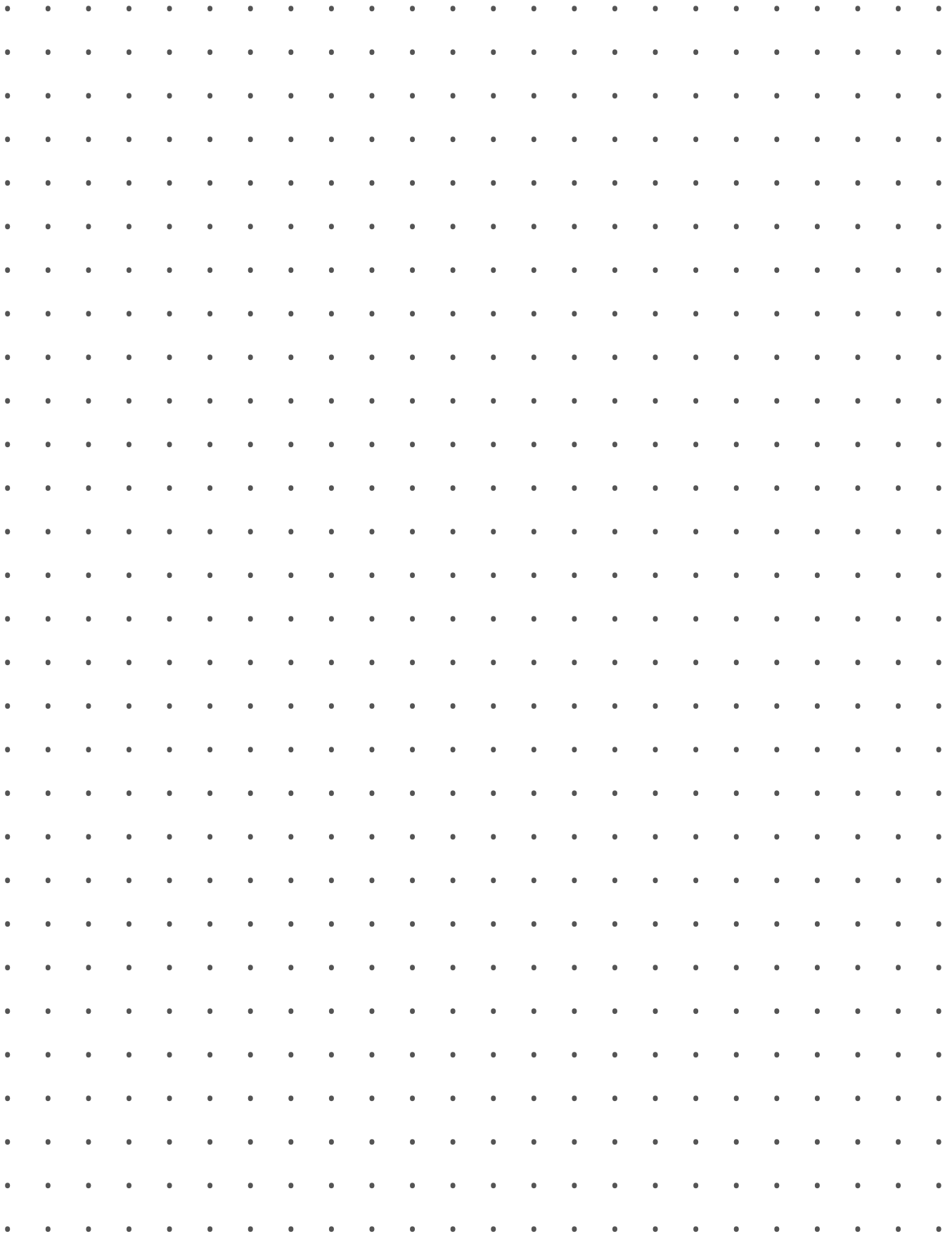
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Day 2

Prompt1: What steps do you take to build and maintain your self-confidence?

Prompt2: How do you effectively delegate and empower others, while still retaining responsibility and accountability?



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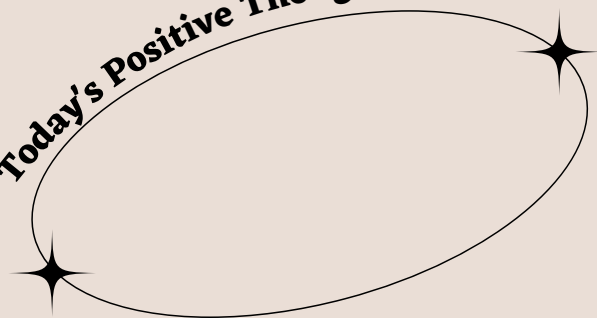
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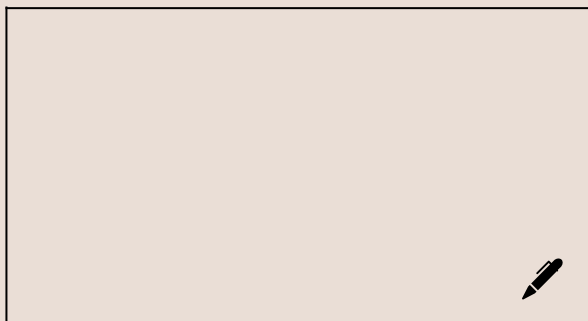
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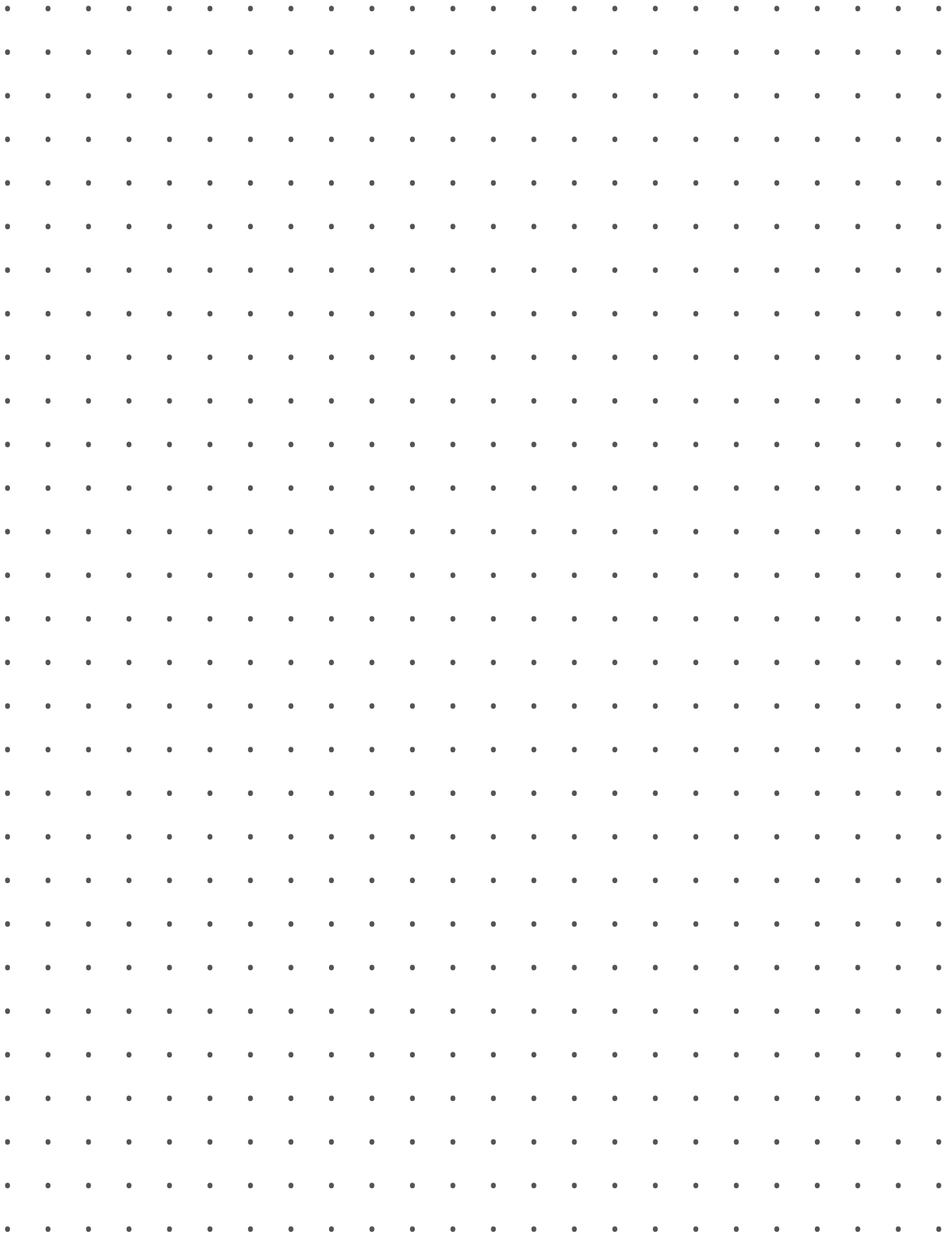
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Communication, gravitas & vulnerability

Day 3

Prompt1: How do you set boundaries in your personal and professional life, and how does it impact your well-being? Are the boundaries you set aligned with your values? What boundaries are you missing that you think would be good to establish?

Prompt2: How do you effectively delegate and empower others, while still retaining responsibility and accountability?



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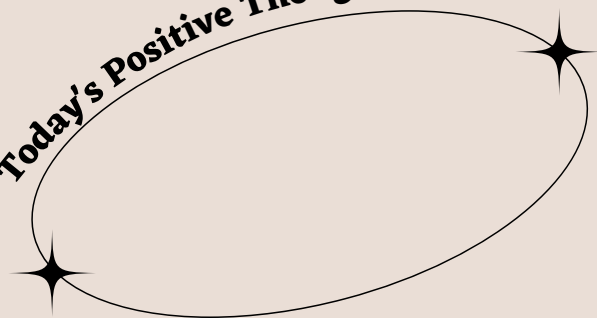
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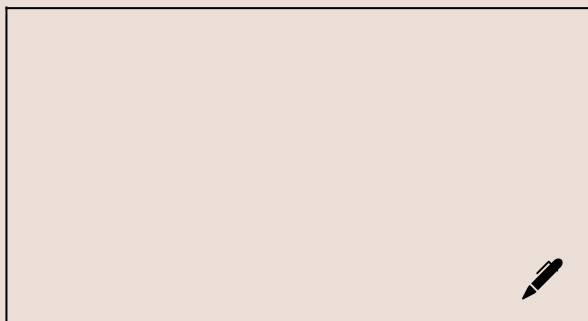
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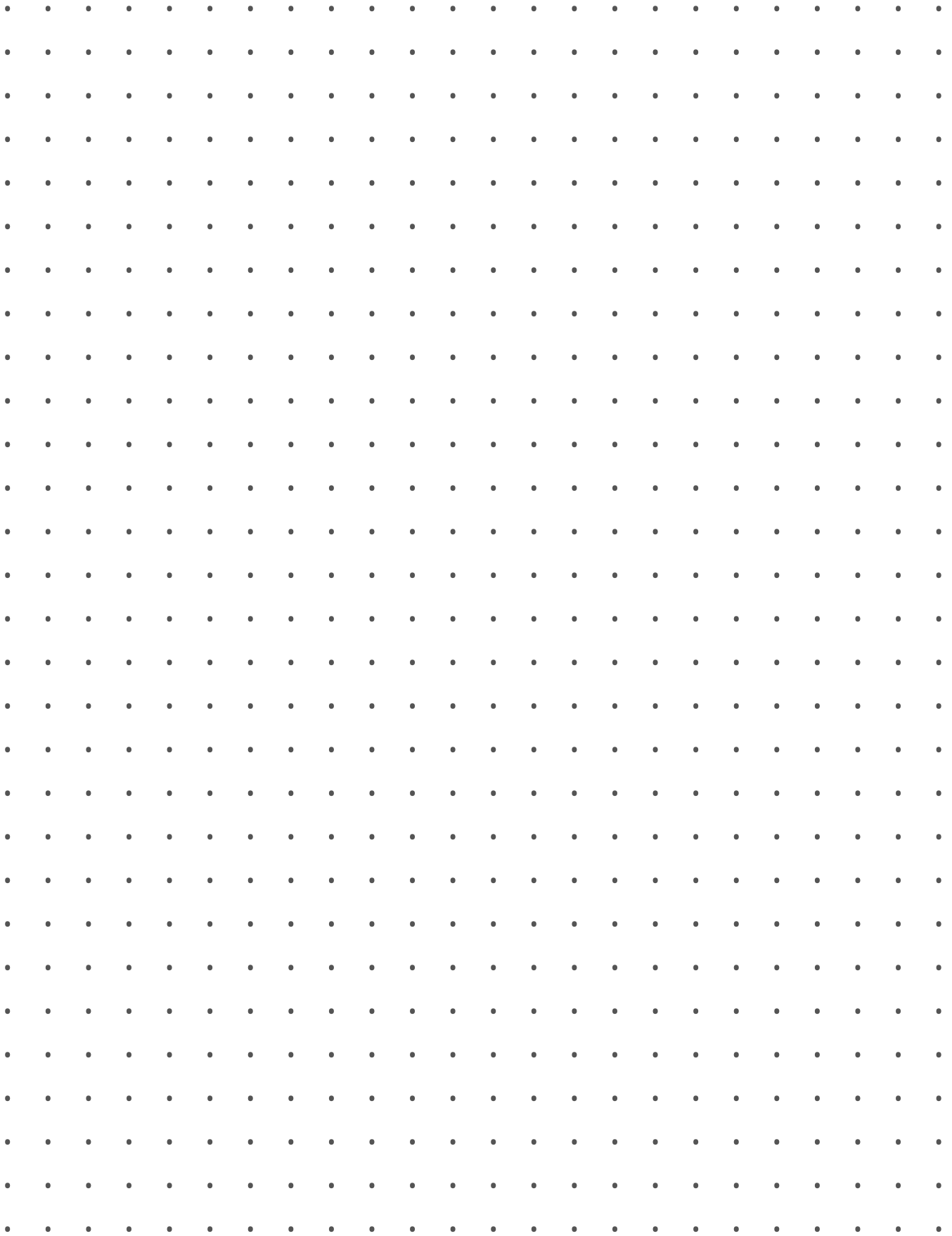
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Day 4

Prompt1: about a time when you practiced self-compassion and kindness in your personal life and the impact it had.

Prompt2: Reflect on a time when you were able to inspire or motivate others through your communication skills.



Week 3: Leadership

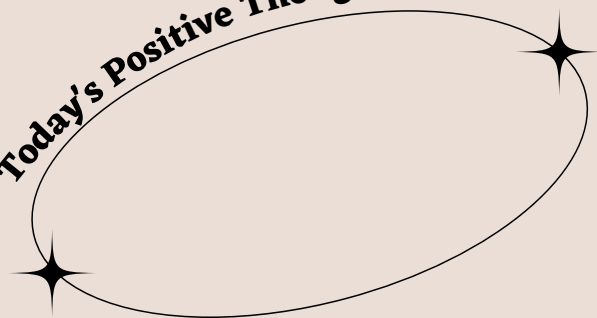
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Day 5

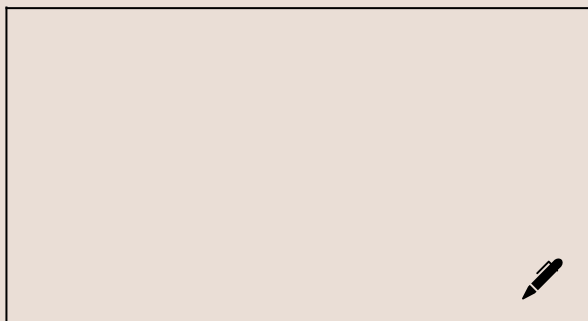
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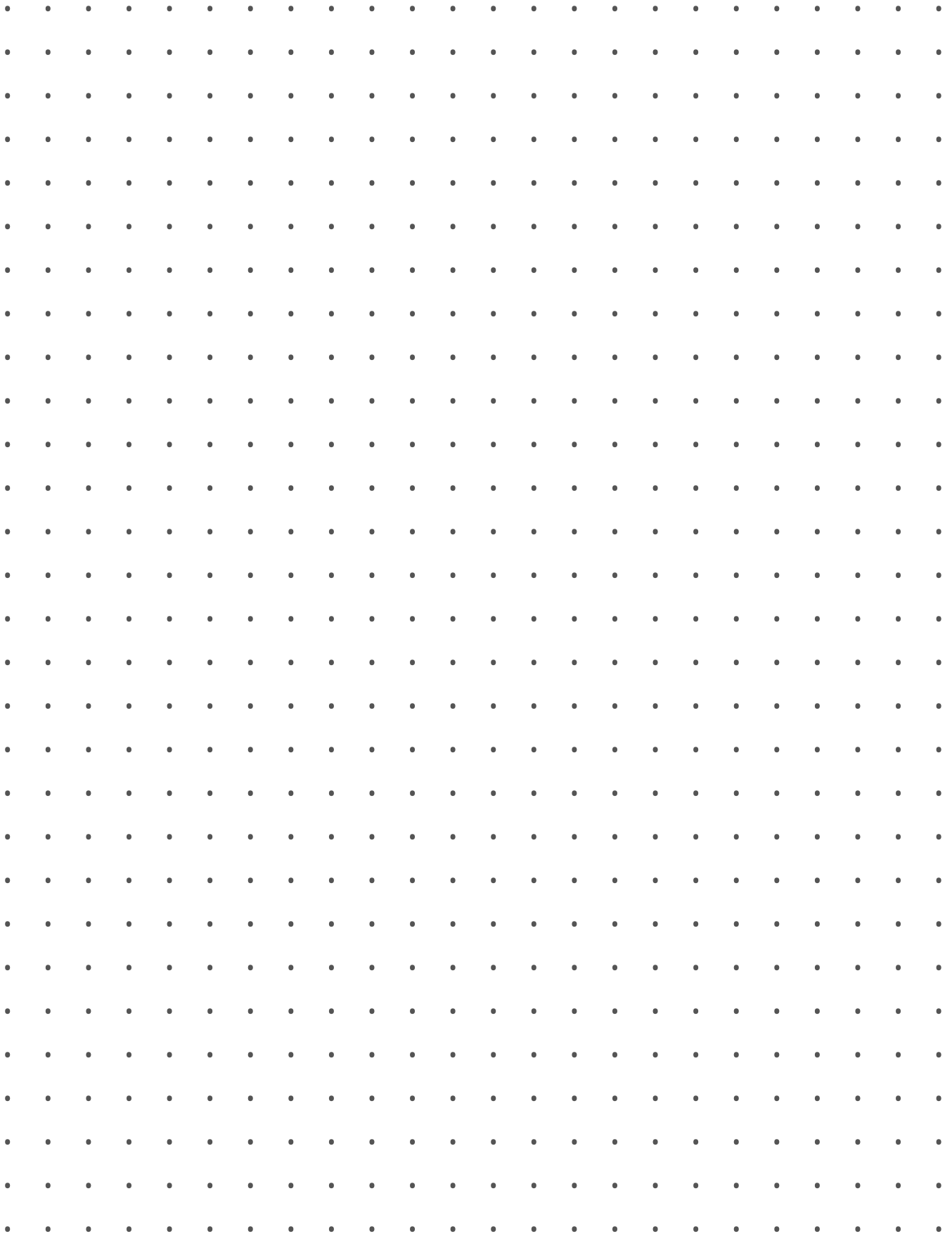
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Day 5

Prompt1: How do you balance confidence and humility in your career and personal life?

Prompt2: What steps do you take to build and maintain your self-confidence? What do you need to start doing? What do you need to stop doing?



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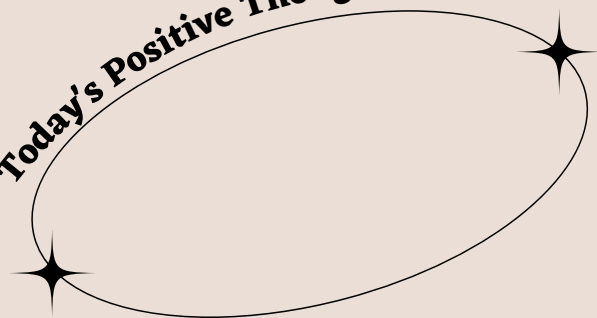
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Day 6

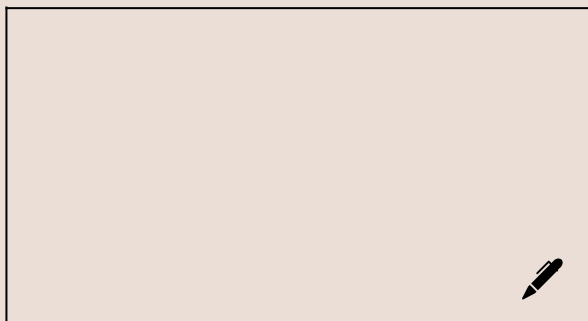
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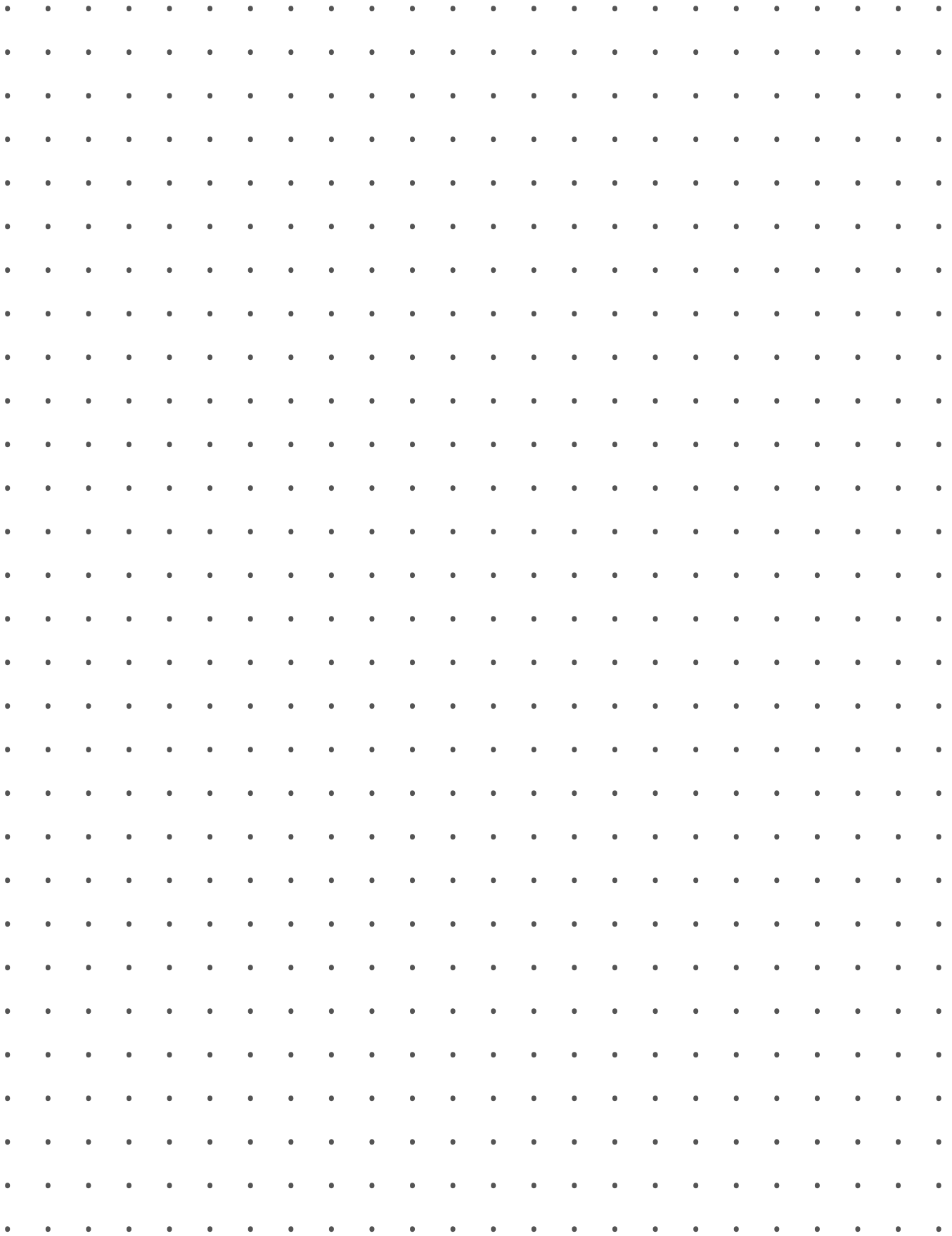
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Day 6

Prompt1: How do you define success for yourself, both personally and professionally?

Prompt2: What steps do you take to foster a growth mindset, both in yourself and in others?



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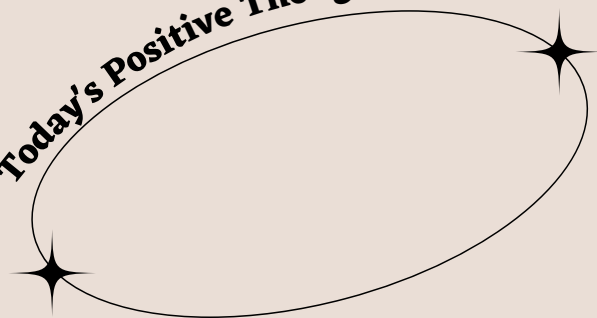
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Day 7

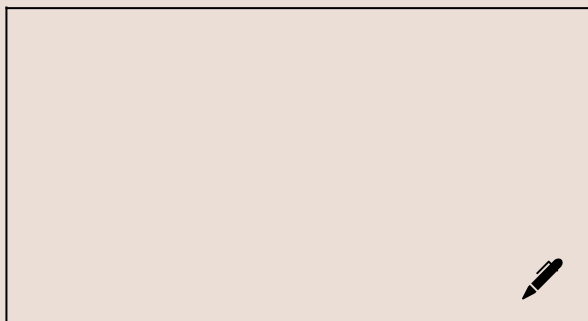
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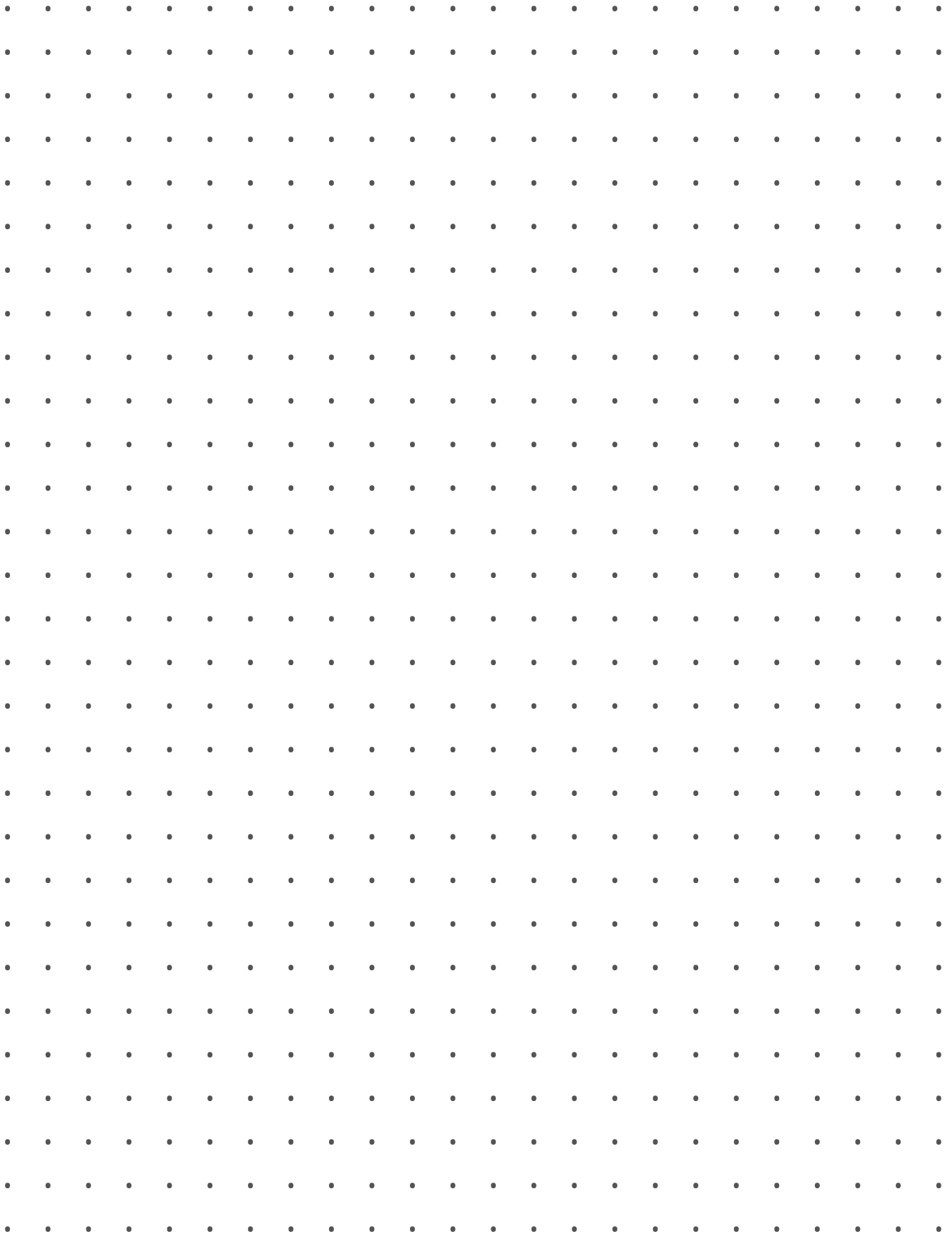
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Day 7

Prompt1: What does it mean to be "vulnerable" in the context of leadership (including leading your own self), and how does it differ from weakness? How can vulnerability lead to more innovative and creative problem-solving?

Prompt2: How do you deal with mistakes and failures in a way that demonstrates vulnerability and authenticity?



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Day 7: Emotion wheel

The emotion wheel is very helpful in identifying our feelings. On the next page, you will see a copy of it.

From the inside, start with the main emotions: sad, afraid, angry, happy, strong, or calm.

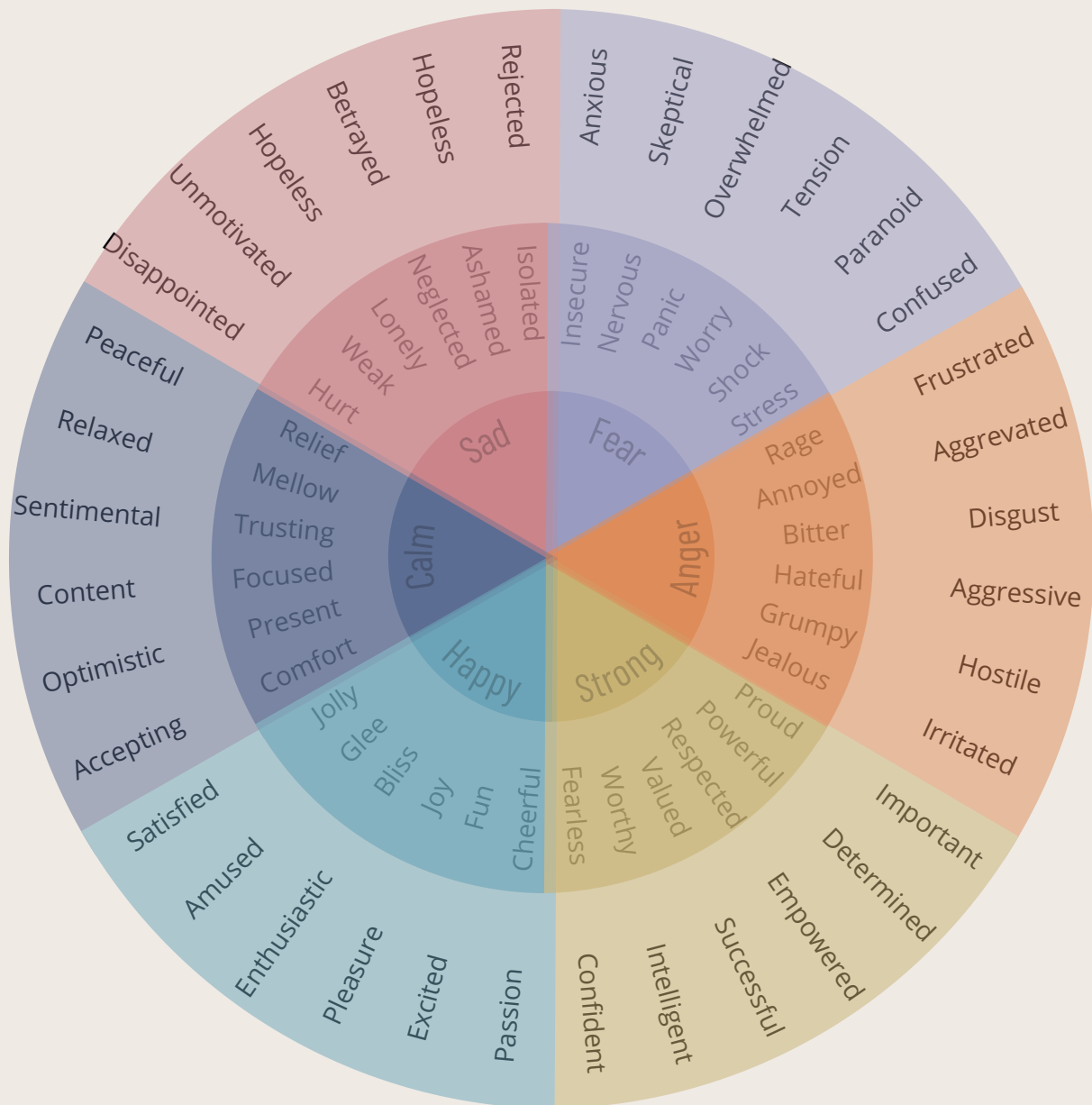
Then, take one step towards the outside and identify the relevant emotion and then another step and identify the final emotion.

For example: calm -- present -- content

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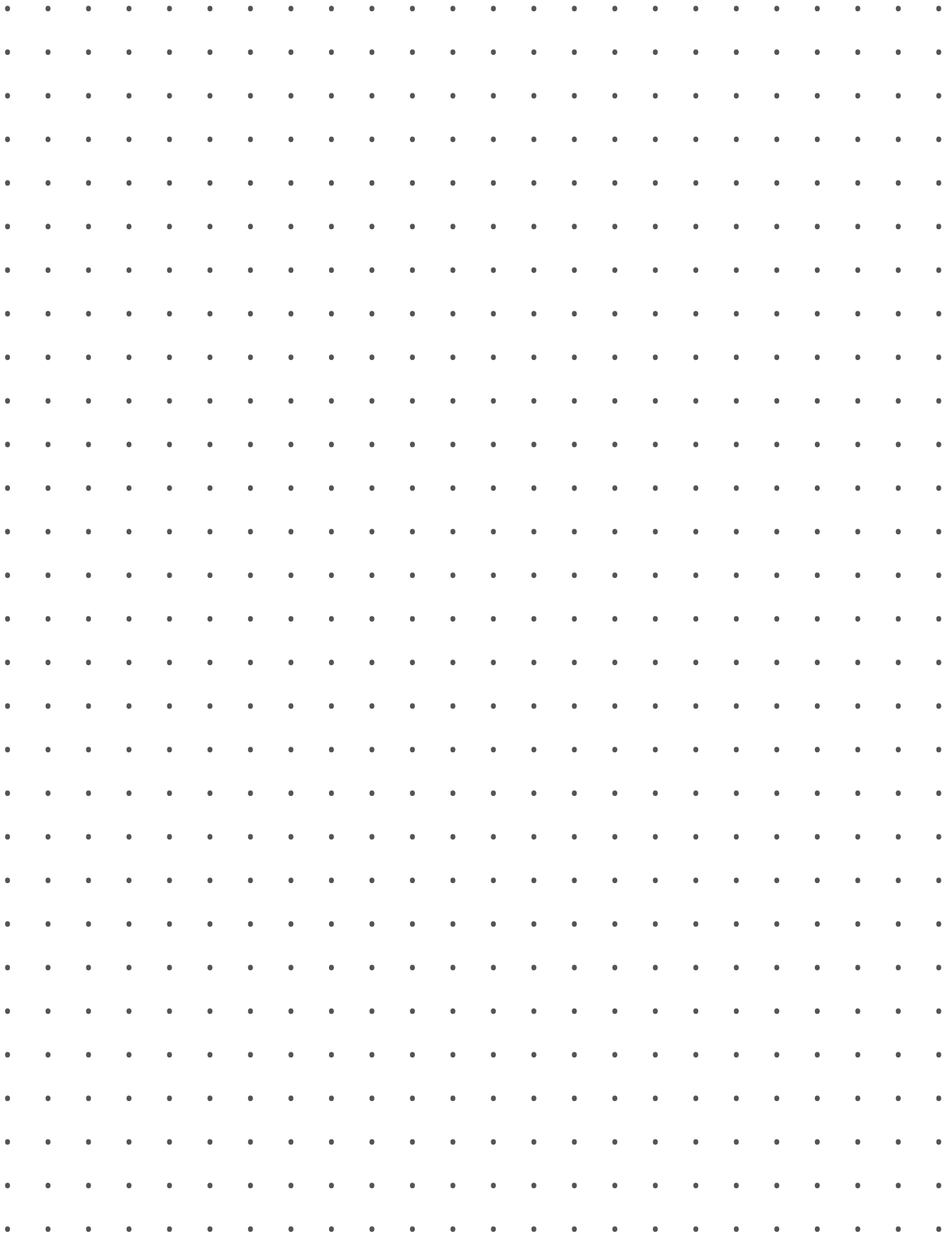
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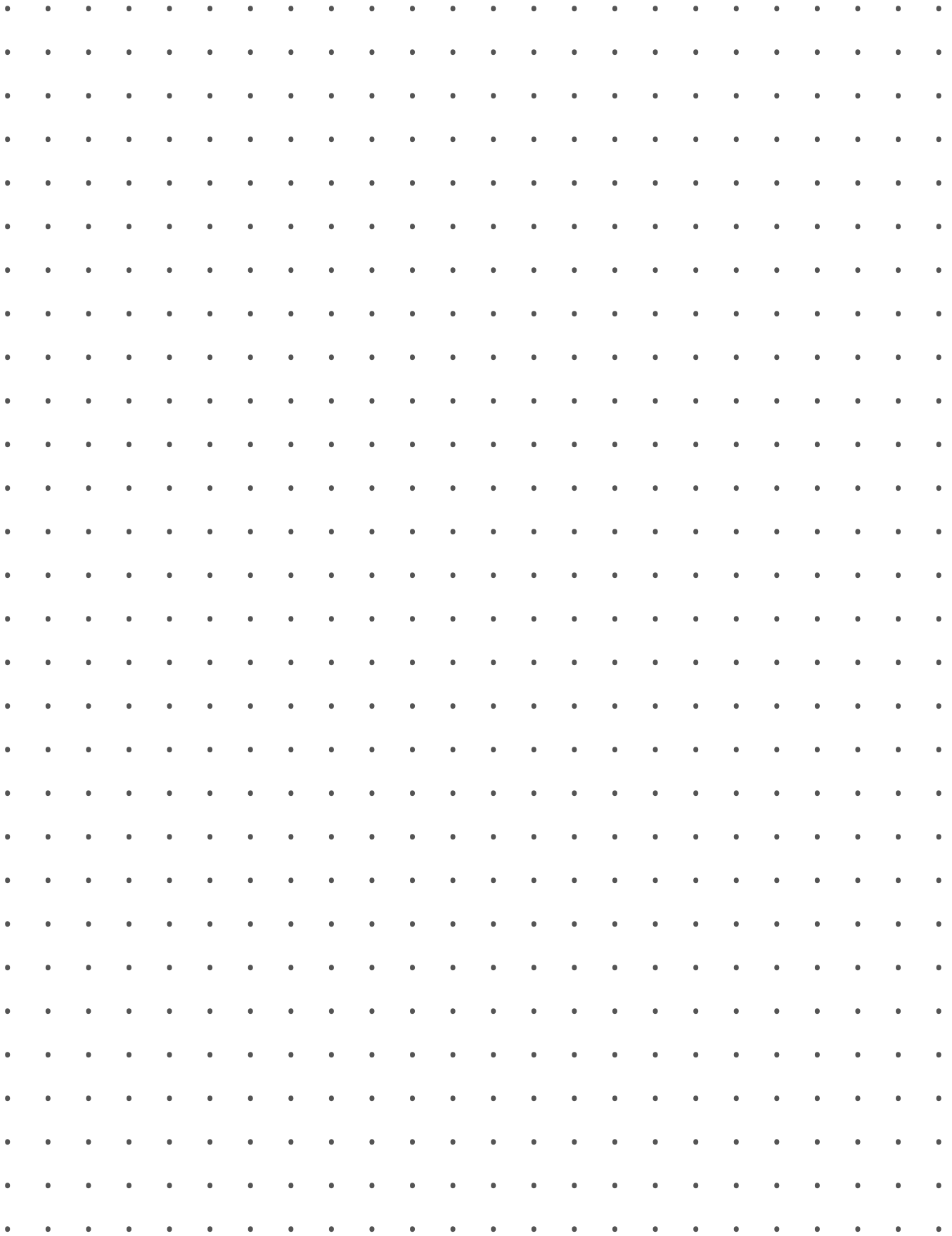


Day 7: Emotion wheel

Journal about what happened this week that led to having this feeling. You can opt for journaling about main events, and dig deeper into one or two happenings.

Have you noticed this feeling during the week? Did it keep showing up or you arrived to having this feeling by the end of this week? Where do you feel it in your body? Is it a positive or a negative emotion? What is it making you to do?





The background of the page is a soft, artistic watercolor wash. It features a gradient of colors, starting with a pale, almost white tone at the top and transitioning into various shades of pink and light red towards the bottom. The wash is composed of several overlapping, irregular shapes and spots, creating a textured, painterly effect. The colors are most concentrated in the lower half of the page, where they blend into each other, while the upper half remains relatively clean and white.

*To love oneself is to be grateful
of life given unto us.*