

# Your Leadership Health Check

These questions aim to facilitate you to think about you as a leader, your current context, where you want to go and your leadership impact.



**What state is your energy in at the moment?**

Depleted

Invigorated



**Do you know how to manage it?**

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**How motivated are you in your current role?**

Not at all

Extremely



**What are the barriers which frustrate your psychological needs (i.e. your autonomy, your competence and your relatedness to your work)**

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**In what areas are you more disengaged?**

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**What do you perceive to be preventing more agency in your role?**

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**Are you on track with your personal development journey?**

What personal journey?

Clear vision and purpose



**What is preventing you from authoring it?**

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**How are your answers above showing up in your behaviours?**

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**How might your behaviours be influencing your team's and organisation's culture?**

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