



# Leadership Growth Workbook



Glenn Birkelev

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Deepen Your Learning. Track Your Progress. Unlock Your Potential.

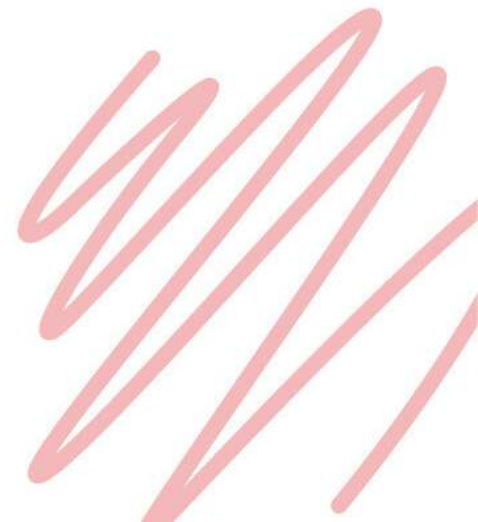
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## Introduction

Welcome to the Leadership Growth Workbook! This workbook is your companion as you embark on the journey to break limiting patterns and build empowering ones. Each section contains actionable exercises, reflective prompts, and practical tools to help you apply what you've learned and track your progress.

Remember: Leadership growth isn't about perfection—it's about consistent, intentional effort.



## Section 1: Pattern Recognition and Self-Awareness

Exercise: The Pattern Audit

Use the table below to track your daily patterns for one week.

Name	How Can They Support You?	Next Action To Strengthen Relationship

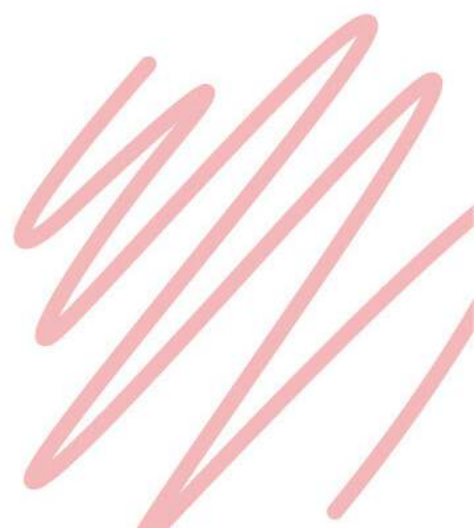
Reflection Questions:

1. Which patterns serve your goals?
2. Which patterns are holding you back?
3. What surprised you during this audit?

Section 2: Disrupting Old Cycles

**Exercise: Disruption Plan**

For one unhelpful pattern, complete the following plan:



1. Trigger: What event or feeling sets off this pattern?  
Example: Stressful deadlines.
2. Old Response: What is your typical reaction?  
Example: Procrastination.
3. New Response: What healthier action will you take instead?  
Example: Break the task into smaller steps and start immediately.
4. Reward: How will you reinforce this new behavior?  
Example: Acknowledge your effort and celebrate with a short break.

Action Step:

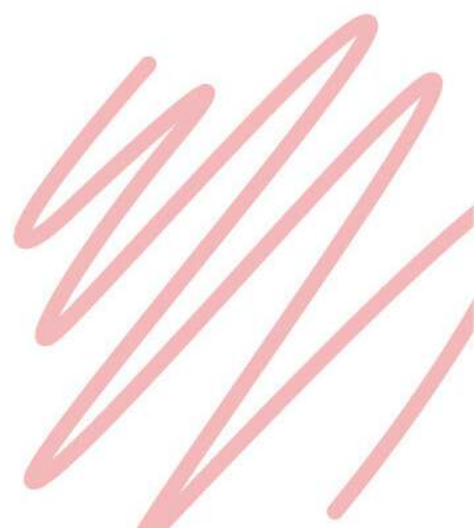
Implement your Disruption Plan for the next three days. Use the space below to reflect on your experience.

### **Section 3: Building Intentional Habits**

Exercise: Habit Design Blueprint

Fill in the template to create a new leadership habit.

1. Goal: What skill or behavior do you want to develop?
2. New Habit: Describe the specific action you'll take.
3. Trigger: When or where will you do this habit?
4. Reward: How will you celebrate or reinforce this habit?



## Progress Tracker

Day	Did I Complete My Habit? (Y/N)	Notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

### Section 4: Reframing Setbacks

#### Exercise: The Bounce-Back Plan

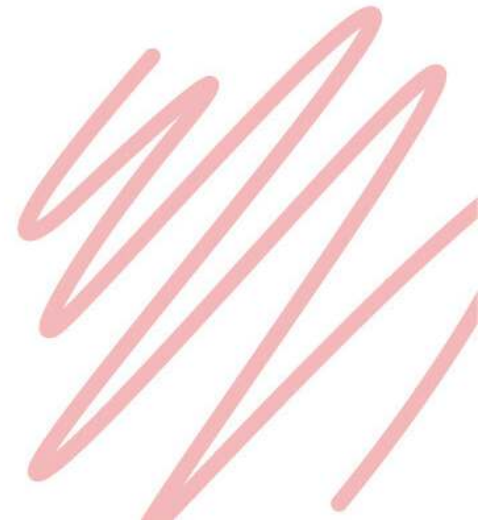
1. What Happened? Describe the setback.
2. What's the Lesson? What insight can you take away from this experience?
3. What's My Next Action? Write a specific step to get back on track.

#### Reflection:

1. How do you feel about your ability to recover from setbacks?
2. What strengths did you demonstrate in bouncing back?

### Section 5: Strengthening Your Support System

#### Exercise: Map Your Network



List three to five people who can support your growth:

Day	Recurring Behavior	Impact (+/-)	Feeling
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

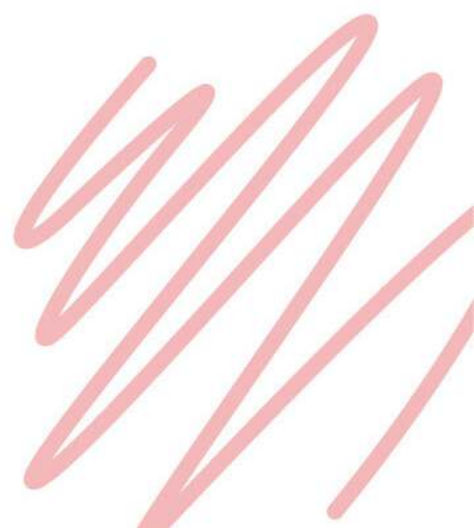
**Reflection:**

1. How does your current support system align with your leadership goals?
2. Who else might you seek out for mentorship or guidance?

**Bonus: Coaching Reflections**

**Reflective Prompts:**

1. What do you hope to achieve with professional coaching?
2. What challenges do you need the most help overcoming?
3. What personal strengths can a coach help you amplify?



## Tracking Your Progress

Use this space to journal weekly reflections as you progress:

1. Week 1: What worked well this week? What could you improve?
2. Week 2: What patterns have shifted? How does it feel?
3. Week 3: What habits are becoming second nature?
4. Week 4: How has your leadership perspective evolved?

## Final Thoughts

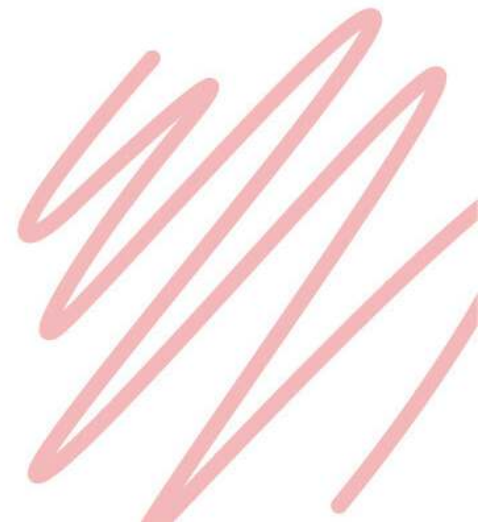
This workbook is a tool, but you are the driver of your growth. Commit to the process, seek feedback, and celebrate every step forward. Remember: Transformation doesn't happen overnight, but with persistence, you'll become the leader you aspire to be.

Ready to take your growth to the next level? Book your coaching session now!

<https://glehago.com/product/the-habit-breaker-coaching-program/>

Limited Time Offer Password: HabitBreaker2024!

Password is case sensitive, and offer is only available for a limited time! Do not miss out on this great offer!





# About Glenn Birkelev

20+ years of leadership experience in Europe and Asia Trained coach from Singapore Management University Inspiring Helper, Motivational Speaker and Coach!

I work with people that are transitioning into leadership roles from being individual contributors. They struggle letting go of being a doer to being a leader who is now responsible for others. They want to become a great leader but struggle to find time and prioritize their learning journey due to their new demands.

Having had over 20 years of leadership experience, being a trained coach and having been promoted into senior leadership roles in MNC's, I am well equipped to help new leaders transition into their role and help them in becoming the leader they aspire to be.



My recent accomplishments include: Leading a customer support team of over 3,000 people spread across 10+ countries Achieved expansion of my role and promotion every 8 months over a 4 year period and I can teach you how! C

reator of educational content and E-Books that you can find on the shop page.

Completed my training as a professional coach with Singapore Management University and I am here to help you achieve your goals!