

Leadership Image Reflection Worksheet

A Guided Exercise for Identity and Visibility Alignment

The way you see yourself shapes how you show up.

Over time, many people continue operating from an internal image formed years earlier. That image may no longer reflect who they have become.

This reflection exercise is designed to help you examine the internal picture you carry of yourself and determine whether it aligns with your current growth, capabilities, and leadership presence.

📌 Take your time with each section. Honest reflection creates clarity.

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Section 1

The Image You Carry

When you think about yourself in professional or leadership settings, what picture immediately comes to mind?

Describe the version of yourself you tend to see internally.

Questions to reflect on:

How would you describe the "image" you carry of yourself today?

What words come to mind when you think about your leadership presence?

When you enter a room or meeting, how do you imagine others perceive you?

Do you feel confident in that image, or uncertain?

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Section 2

Identifying Outdated Narratives

Sometimes the image we carry was formed during an earlier stage of life or career.

It may reflect who we were, not who we are now.

Consider the following questions:

Are there beliefs about yourself that may no longer be accurate?

Do you still see yourself through the lens of past limitations?

Have you grown in ways your internal self-image has not yet caught up to?

What assumptions about yourself might be outdated?

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Section 3

Clarifying Leadership Traits

Leadership identity begins with recognizing the qualities you already embody.

Think about your strengths, experiences, and the way you influence others.

Reflect on the following:

What leadership traits do you currently demonstrate?

When have others trusted you to guide, support, or influence a decision?

What qualities do people consistently recognize in you?

In what environments do you feel most confident and capable?

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Section 4

Visibility Habits

Visibility is not only about being seen. It is about whether you allow yourself to be seen.

Consider how your internal image influences your willingness to step forward.

Reflect on these questions:

- Do you tend to step into opportunities that require visibility, or avoid them?
- How comfortable are you sharing your ideas in public or professional settings?
- Are there moments when hesitation prevents you from showing up fully?
- What situations make you feel most visible?

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Section 5

Defining the Image You Want to Project

Now imagine the version of yourself that fully reflects your growth and potential.

Consider the following:

Perception

How would you like to be perceived in leadership spaces?

Recognition

What qualities should others immediately recognize in you?

Presence

What words would you want someone to use when describing your presence?

Alignment

What would alignment between your identity and your external image look like?

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I Reflection

Your Leadership Statement

Alignment occurs when the image you carry internally reflects the person you have become.

Write one statement that captures the leadership image you want to embody moving forward.

Example: "I lead with clarity, confidence, and a strong sense of purpose."

Your statement:

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Prompt

Your Next Step

📄 What is one action you can take this month to begin showing up in alignment with this image?

Your action:

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