

The Steady Leadership Scan

A 5-Minute Diagnostic for Sustainable Resilience

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1. Recovery Is Capacity

Which part of my week consistently drains me, and what recovery action do I never allow myself in response?

Why it matters:

It reveals your biggest resilience leak.

4. Reactive vs Regulated Mind

When pressure rises, what is the unfiltered thought I hear first and what would my steadier, regulated mind say instead?

Why it matters:

Shows which state drives your decisions.

2. Clarity Cuts Noise

If I had to delete every item from my list except three, which three actually move my leadership forward this week?

Why it matters:

Shows the gap between activity and impact.

5. Staying Power Over Speed

If someone I love lived at my pace for the next six months, would I tell them to continue or slow down?

Why it matters:

Exposes sustainability truth.

3. Adaptive Rituals

Which ritual/habit, if removed, would destabilise me fastest?

Why it matters:

Identifies where your steadiness comes from.

Your Leadership Snapshot.

Tick the anchor you need to strengthen first.

- ☐ Recovery
- ☐ Clarity
- ☐ Rituals
- ☐ Regulated Mind
- ☐ Pace



SCAN ME

Want the full blueprint? Download the complete Steady Leadership Blueprint with tools, templates and research-backed practices.

