

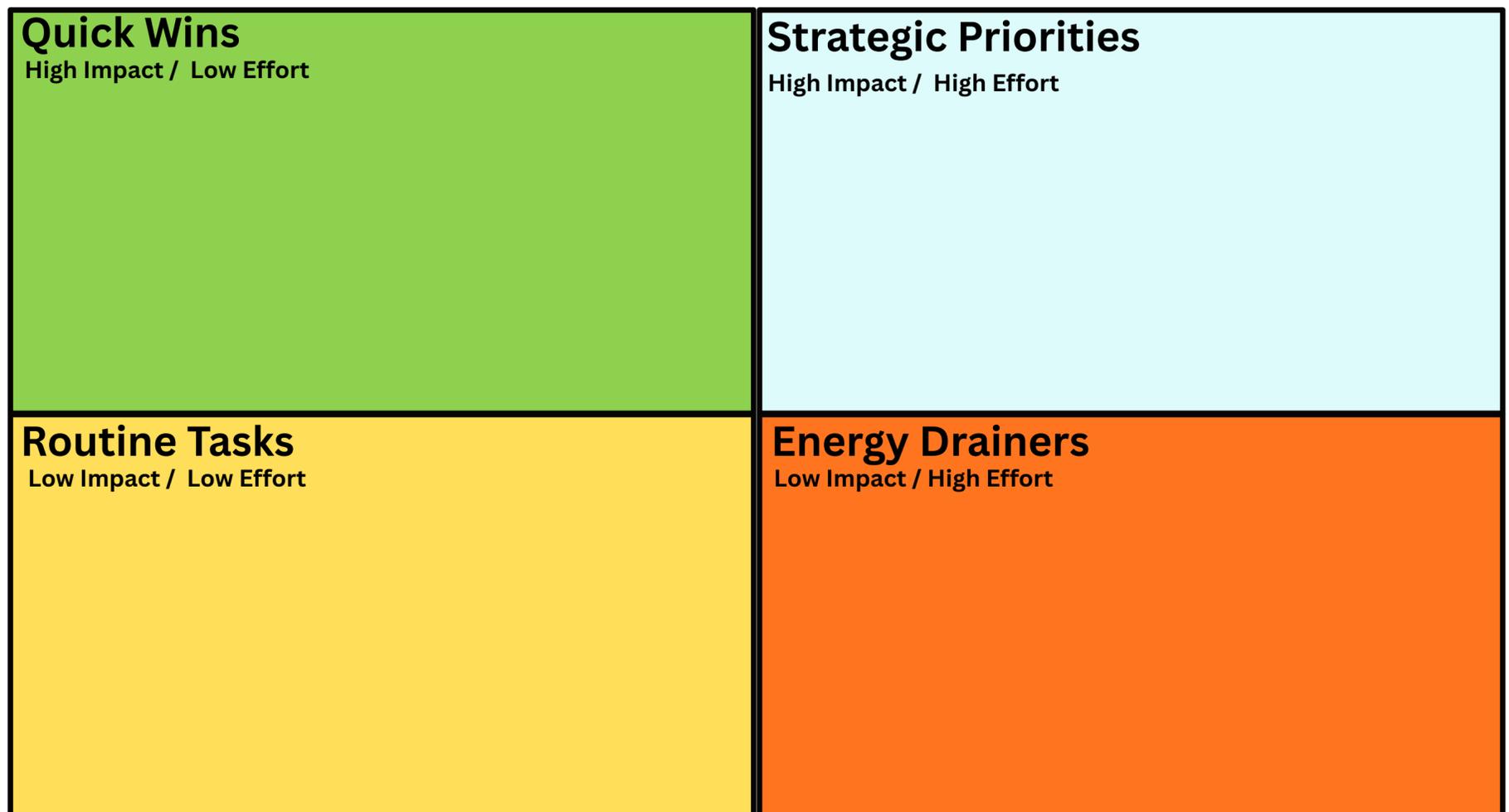
Lead with Intention, Not Exhaustion

1. My Current Challenges - Reflect on where your time and energy go today

- List the top areas / projects currently consuming your time and energy
- Which of these align with your key priorities ?
- Which could be delegated, delayed or dropped ?

2. Pick your Battles

Identify where to invest your energy for maximum impact. Not every battle deserves you



3. Energy Check

- What tasks fuel my energy and creativity?
- What tasks consistently drain me?
- When during the day am I most focused and alert?

4. Action Plan

- My next step toward focusing energy where it matters most _____
- Who can I empower or involve to create space for high-impact work?
- What should I delegate, stop or re-design?
- Where do I need to set clearer boundaries?

For SUSTAINABLE LEADERSHIP performance and proactively avoid BURNOUT
The goal is not to do more, but focus on what truly matters