

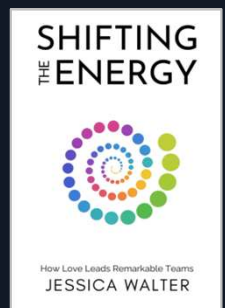


The Energizing Leader's Weekly Reflection Power Pack

A 10-minute ritual for protecting your energy
and building a joyful, purpose-driven life

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A companion guide to *Shifting the Energy*,
the playbook for leading high-performing
teams in the post-pandemic era.



Remember those exercises from the Energizing Work Life session?

You mapped your energy drains, identified your values, and discovered what keeps you and your team motivated. Now it's time to apply it.

But here's the thing: Insights fade. Life gets busy. Before you know it, you're back to saying yes to too much, ignoring your energy signals, and wondering why you and your team feel so depleted.

That's where your **Weekly Reflection** comes in.



Reviewing your list of draining experiences...	Full day of outdoor chores	Ask for help, make it fun, and take breaks
What can you do to protect your energy in each situation?	Evening of non-stop kids' activities	Prep meals on Sunday
• What helps you feel rested?	Day of back-to-back meetings with no breaks	Schedule a "catch up" block the next morning
• Less overwhelmed?	All-day training workshop	Have dinner delivered
• More supported?	Weekly 1:1 with hostile colleague	Breathwork before and yoga that evening
IDEAS Ideas on Page 102	Confrontation with spouse/partner	Do it over the weekend (so we're not rushed)



1. Achieve **Growth**
2. Have an **Impact**
3. Feel **Valued**
4. Experience **Enjoyment**
5. Room to **Recharge**



Why Weekly Matters

Think of this as a way to strengthen your personal energy protection and burnout prevention habit.

It's 10 minutes of protective maintenance and habit formation that keeps burnout at bay and helps you stay connected to what matters most.

When to Do Your Weekly Reflection

The best time is whatever time you'll be most likely to do it, and here are options I've found to work remarkably well for busy leaders:

- **Sunday morning coffee** – Start the week with intention
- **Walking, biking, or doing chores** – Movement helps you think clearly and inspires insights
- **Monday morning commute** – Use the transition to get into the right headspace
- **Friday afternoon wrap-up** – Review the week while it's still fresh in your memory
- **Meditation or yoga** – Use the power of stillness and calm to bring clarity and help answers flow



The Keys to Success?

Put it on your calendar and protect it like an important meeting. (*In all the ways that matter most, it is.*)

Include your reflection questions right in the calendar invite so you don't have to look for them.

Keep it simple enough that you don't need a laptop, phone, or journal (unless you prefer to use them).



Questions to Reflect On

Use a few of these questions each week to guide your reflection.

You don't need to answer them all — just the ones that resonate most right now.

1. What **energized me** this week, and how can I do more of that in the future?
2. What **drained my energy** this week, and how can I protect my energy if I encounter a similar experience in the future?
3. What's weighing on my mind, and how can my **values and priorities help me choose** the next step?
4. What's one thing I can do next week to **create a more fulfilling work life** by meeting my needs for growth, impact, feeling valued, enjoyment, and/or room to recharge?
5. Was I able to be a **supportive, friendly, open leader** this week, and what could I do next week to get even better?





Why It Works

This isn't about perfection. And it's not just a feel-good ritual.
It's a strategic reset.

Weekly reflection helps you:

- **Reduce baseline stress** and sympathetic nervous system activation
- Make **better decisions** with less friction
- Stay aligned with **what actually matters** to you
- **Lead more effectively** with clarity, warmth, and inspiration

And when you do it consistently? **You shift the energy** – not just in your own life, but across your team and organization.

I'm excited for what you'll discover as use this practice. Don't forget that 70% is an A. Don't aim for perfect. Just aim for a little better than before. That's all it takes. As always, I send to you all my best wishes – and plenty of energy – for a life full of purpose and joy and a future full of remarkable teams.



Building cultures where people
want to work and stay.



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