



NxGen **COACH** Network

# Self-Exploration Worksheet

The key to building your Leadership Capital can only be unlocked by doing the internal work of reflection and unpacking your hidden assets.

Here are two simple prompts to help you begin the process of introspection and awareness of your assets.

1. Reflect on your leadership journey thus far. Where are you on your journey, and what progress have you already made?
2. Write a biography of yourself without letting modesty or self-consciousness get in the way. Don't worry about what you write being published or read by anyone - it won't be unless you want it to! Write boldly rather than tamping down any of your assets, accomplishments, and aspirations. This can be a first step to more confidently and authentically telling your story.

If you are ready to take your Leadership Capital to the next level, you can reach out to us at [nxgencoachnetwork.com/connect](https://nxgencoachnetwork.com/connect). We look forward to the prospect of helping you make progress on this journey.



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Reflect on your leadership journey thus far. Where are you on your journey, and what progress have you already made?

A series of horizontal pink lines for writing, set against a background of large, light gray concentric circles.



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Write a biography of yourself without letting modesty or self-consciousness get in the way. Let the thoughts free flow.

A series of horizontal pink lines for writing, set against a background of large, light gray concentric circles.