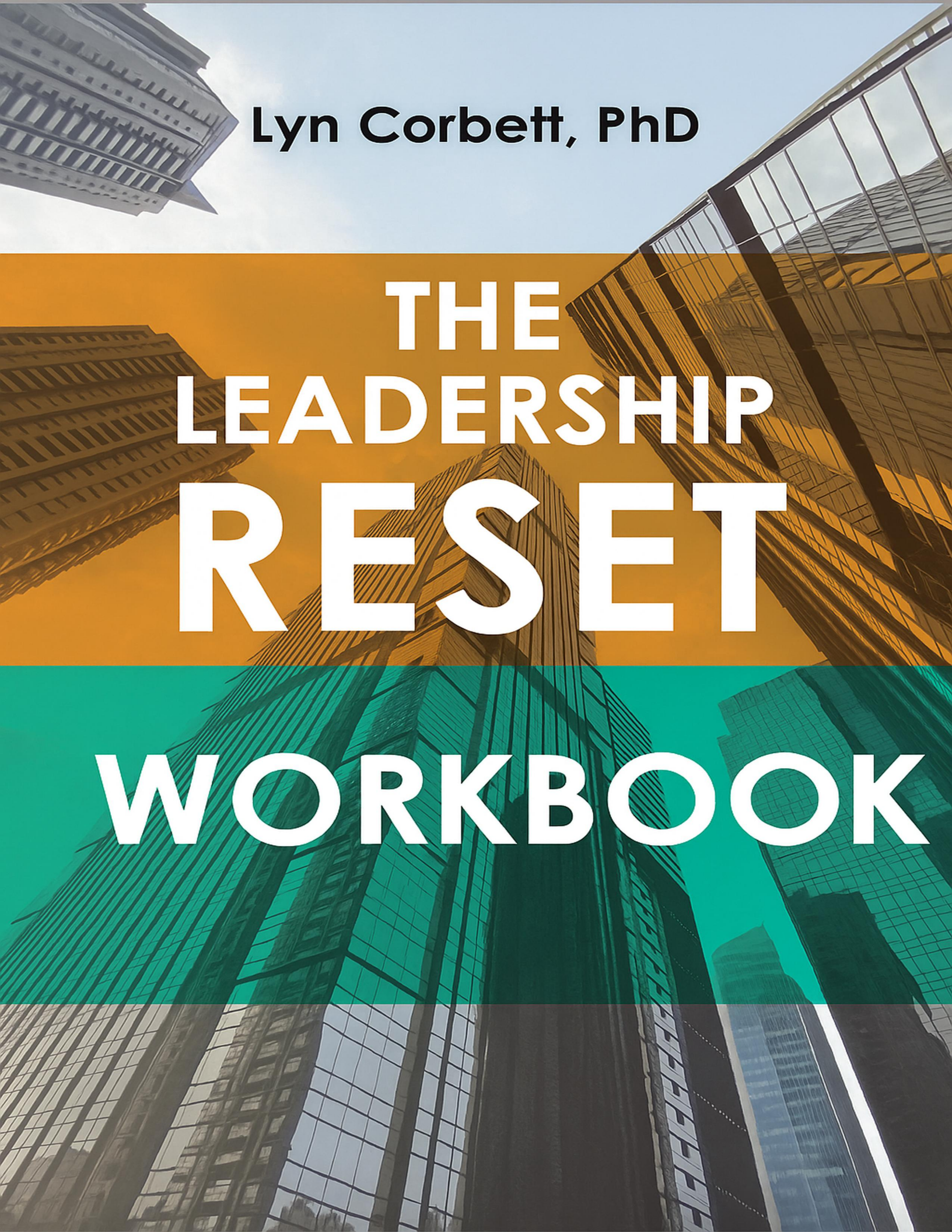


A low-angle, upward-looking photograph of several modern skyscrapers with glass facades. The buildings are arranged in a way that creates a sense of height and scale. The sky is a pale blue with some light clouds. The image is divided into three horizontal color bands: orange at the top, teal in the middle, and dark grey at the bottom.

Lyn Corbett, PhD

**THE
LEADERSHIP
RESET**

WORKBOOK

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The Leadership Reset

10 Unshakable Truths of Leadership

Introduction:

Why This Workbook?

Leadership isn't about titles, strategies, or authority—it's about *intentional choices*, made one moment at a time.

Throughout *The Leadership Reset*, Lance discovered that real leadership happens not in grand speeches, but in small, consistent shifts—the ones captured in his Coffee Shop Notes.

This workbook is a continuation of that journey. It's built to help you:

- Reflect honestly on your leadership habits
- Identify the real gaps between intention and impact
- Create simple, powerful actions to reset how you lead

If you commit to this process, you'll leave with a clearer leadership philosophy, deeper trust in your relationships, and a renewed sense of purpose—at work and beyond.

Your leadership reset starts here.

Your Leadership Wake-Up Call

The Five Questions Reflection Guide

Before you change how you lead, you have to see where you are.

Reflect deeply on the questions below. Write as much—or as little—as you need, but be honest. Your growth will only be as real as your reflection.

Reflection Prompts:

- What assumptions about leadership have shaped my decisions?

- Where do I struggle most—control, trust, or delegation?

- How do my team and my family experience my leadership differently?

- Who in my life gives me unfiltered, honest feedback about how I lead?

- If I left my organization tomorrow, what would remain because of my leadership?

The Leadership Mirror

The Leadership Mirror Self-Assessment

Pause. Look closely. What do you see?

Instructions:

Rate yourself honestly from 1 to 5 for each area, where:

1 = Needs urgent change

5 = Leading with trust and intention

Self-Reflection Ratings:

	1	2	3	4	5
Building Trust: Do people follow me because they believe in me—or because they have to?					
Letting Go of Control: Do I empower others, or do I grip tighter when things get uncertain?					
Work-Life Presence: Am I truly present at home—or just physically there?					
Lasting Impact: If I stepped away today, would my leadership still be felt?					

Total: _____

Scoring Guide:

4–5: You're leading with intentionality and building something that lasts.

3: You're surviving—but not yet thriving.

1–2: Your leadership needs a reset. Urgently.

Building Your Reset

7-Day Leadership Reset Challenge

Leadership doesn't change through theory. It changes through action.

Over the next seven days, you'll take small but powerful steps to shift how you show up—for your team, for your family, and for yourself.



Day 1: The Listening Challenge

- **Task:** Go the entire day without offering solutions. Just listen.
- **Why:** Great leaders create space—not just answers.



Day 2: The Trust Experiment

- **Task:** Delegate one task you normally hold onto. Step back completely.
- **Why:** Control limits growth. Trust unleashes it.



Day 3: The Work-Life Check-in

- **Task:** Ask someone at home, “What’s one thing I could do to be more present?”
- **Why:** If you fail at home, you fail as a leader.

Day 4: The Recognition Shift



- **Task:** Publicly acknowledge one person's effort in a specific, meaningful way.
- **Why:** Being seen fuels performance and belonging.

Day 5: The “If I’m Not Here” Exercise



- **Task:** Imagine stepping away for three months. What would break? What would thrive?
- **Why:** Leadership isn't control—it's building strength without you.

Day 6: Rewriting Your Leadership Beliefs



- **Task:** Write down three leadership beliefs you have held, and rewrite each one.
- **Why:** Beliefs you never name become the ceiling you cannot see.

Day 7: Your Leadership Reset Commitment



- **Task:** Choose one shift you will live for the next 30 days. Write it. Say it. Own it.
- **Why:** Culture doesn't shift in a day—but it starts with a decision.

Building Your Reset

This isn't about perfect answers. It's about taking your first honest step forward.

Your Reset Action Plan:

- What's the first mindset shift I need to make?
- What's one habit or behavior I must STOP immediately?
- What's one small action I can take this week to lead differently?
- What's my new personal definition of leadership?

Commitment:

Sign and date below to make your reset real—because intention without action changes nothing.

Signature: _____

Date: _____

Final Thought

Reset doesn't happen by accident.
It happens when you stop managing—and start leading differently.
One conversation. One choice. One shift at a time.

You're ready. Let's begin.



The Leadership Reset: 10 Unshakable Truths of Leadership

Lance had lived through it.

He had seen leadership done the wrong way.

He had made his own mistakes.

But through it all, he had come to understand something deeper—leadership wasn't about power, authority, or even being the smartest person in the room.

It was about trust. Presence. And the choices you make when no one is watching.

And if he had to distill everything he had learned—the lessons that changed his career, his team, and his life—into ten truths, it would be these:

1. Leadership is a choice—every moment, every day.

- You don't become a great leader by accident. It's a series of choices.
- Will you listen or dismiss?
- Will you empower or micromanage?
- Will you trust or control?
- Leadership doesn't happen in the big, dramatic moments. It's built in the quiet ones.

2. Get on the balcony—or get swallowed by the fire. (Adapted from Heifetz)

- Most leaders drown in the weeds. They react. They put out fires. They chase deadlines.
- Leadership demands perspective.
- Step up. Step back. See the whole picture.
- The best leaders don't just survive the storm—they rise above it to see what's next.

3. Trust isn't given—it's built, moment by moment.

- A title means nothing. A salary means nothing.
 - If your people don't trust you, you have nothing.
 - Trust isn't built in speeches—it's built in actions.
 - It's built in how you show up when things go wrong.
 - It's built in the moments that no one else sees.
 - It takes years to build, but only seconds to lose.
-

4. Don't accept the furniture where it is. (Adapted from Bennis)

- "That's just how we've always done it."
 - Those are the seven deadliest words in leadership.
 - Leaders challenge assumptions. They move the furniture—not just because they can, but because it makes the room better.
 - The best leaders don't protect the past—they build the future.
-

5. Control is a drug. Let go before it destroys you.

- You think holding on makes you strong?
 - It doesn't. It makes you fragile.
 - The best leaders don't control every detail. They build systems that function without them.
 - If your team can't run without you, you haven't built leadership—you've built dependence.
-

6. Reward people how they need to be rewarded.

- Not everyone wants a promotion. Not everyone wants a plaque.
- Some want growth. Some want time. Some just want to be seen.
- If you don't know what truly motivates your people, you're leading blind.

7. The smallest moments define you.

- Forget the big speeches and grand strategies.
 - Leadership happens in hallway conversations.
 - It happens in the way you respond to failure.
 - It happens in the way you listen when no one else is.
 - Your smallest habits shape your leadership legacy.
-

8. If you want to be irreplaceable, make yourself unnecessary.

- You think your value comes from being indispensable?
 - Wrong.
 - Your job is to build something that outlasts you.
 - If your team collapses without you, you failed.
 - If decisions bottleneck at your desk, you failed.
 - Great leadership isn't about being needed. It's about creating something that thrives when you're gone.
-

9. If you fail at home, you fail. Period.

- Too many leaders win at work but lose at life.
 - They lead meetings but ignore their families.
 - They build careers but break relationships.
 - They give their best energy to their teams—and their leftovers to the people who love them most.
 - Leadership isn't just what happens in the office. It's what happens when you walk through the front door.
-

10. Leadership isn't about power. It's about impact.

- Forget power. Forget status. Forget authority.
- The best leaders don't chase control. They create movements.
- They inspire.
- They elevate.
- They make people believe.

Power fades. Impact lasts.