**Leadership Launch Challenge Journal**

This document will help you to record your progress through the leadership launch challenges. It is simple, like most good things in life, so complete the challenge detailed in the online portal, then come here to reflect with the following questions:

1. What specifically did you do?

*Be concise here, no prizes for writing essays here. Identify the actual action you took to complete the challenge.*

1. How did you feel before you completed the challenge?

*This is to encourage you to be attentive to your thoughts and feelings. You will hopefully detect a pattern of change as you progress through.*

1. How do you feel now you have completed the challenge?

*Like above, this encourages attentiveness but also forces you to notice if your thoughts before the challenge reflected the reality of it, or not.*

1. How does this challenge connect to a change you can make in your life?

*There is no point in doing this if it isn’t going to have an impact on your life, so think of this question as the makings of your new todolist!*

Now you have what you need? Let’s get to it.

**Challenge 1 - Record yourself challenge**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to develop the 4 C’s of communication, continue to work on this in your personal and professional life now.***

**Challenge 2 - Provide unsolicited feedback to a friend on something done well**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to develop being a team player and being more caring and thoughtful, continue to work on these in your personal and professional life now.***

**Challenge 3 - Ask to shadow someone you admire for one day**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to be more positively development and accountable to future you, continue to work on this in your personal and professional life now.***

**Challenge 4 – Take absolute pride in your appearance for one day**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to be more attentive and to love yourself and your journey, continue to work on this in your personal and professional life now.***

**Challenge 5 - On waking, write down 3 things you’re grateful for**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to appreciate what you have, continue to work on this in your personal and professional life now.***

**Challenge 6 - Help a friend or loved one with a task without them asking**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to be more caring and thoughtful, continue to work on this in your personal and professional life now.***

**Challenge 7 - Actively listen to your ‘inner voice’ for a day. Challenge negativity**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to be more pragmatically optimistic, continue to work on this in your personal and professional life now.***

**Challenge 8 - Identify a piece of clothing or item you no longer use, & donate it**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to love yourself and your journey and be more caring and thoughtful, continue to work on this in your personal and professional life now.***

**Challenge 9 - Perform a random act of kindness to a stranger**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to see the power of perspective and be more caring and thoughtful, continue to work on this in your personal and professional life now.***

**Challenge 10 - Request feedback from someone you admire**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to be reflective and reflexive as well as more positively developmental, continue to work on this in your personal and professional life now.***

**Challenge 11 - Tidy your room so that its immaculate. Keep it that way for a week**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to be more attentive and own your choices, continue to work on this in your personal and professional life now.***

**Challenge 12 - Prioritise sleep and build a routine around it**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to be more time sensitive, continue to work on this in your personal and professional life now.***

**Challenge 13 - Volunteer for a morning or afternoon at school / group / society**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to be a global citizen and more caring and thoughtful, continue to work on this in your personal and professional life now.***

**Challenge 14 - Write a letter to yourself, thanking you for your developments**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to love yourself and your journey as well as appreciate what you have, continue to work on this in your personal and professional life now.***

**Challenge 15 - Write a letter to future you, setting out your hopes for development**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to be positively developmental, continue to work on this in your personal and professional life now.***

**Challenge 16 - Perform some kind of exercise for 5 consecutive days**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to be accountable to future you and to love yourself and your journey, continue to work on this in your personal and professional life now.***

**Challenge 17 - Eat mindfully for 3 consecutive days**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to be accountable to future you and to love yourself and your journey, continue to work on this in your personal and professional life now.***

**Challenge 18 - Have cold showers for a week**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to be more resilient, continue to work on this in your personal and professional life now.***

**Challenge 19 - Commute without looking at your phone and see what you notice**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to be an enhanced thinker and to recognise the power of perspective, continue to work on this in your personal and professional life now.***

**Challenge 20 - Reflect and document how you found the challenges**

1. What specifically did you do?
2. How did you feel before you completed the challenge?
3. How do you feel now you have completed the challenge?
4. How does this challenge connect to a change you can make in your life?

***This challenge has helped you to be more accountable to future you and be positively developmental, continue to work on this in your personal and professional life now.***