

# Leadership Lessons

Brought to you by:

## The Female Leadership Club

Empowering women around the world to lead  
**AUTHENTICALLY** *and* **INTENTIONALLY**

[www.femaleleadershipclub.com](http://www.femaleleadershipclub.com)



Female Leadership Club  
*authentic. intentional.*



Female Leadership Club  
*authentic. intentional.*

*Why Mindset?*

*The Boss Lady Mindset*

*Guided Visualization*

*The Ultimate Mindset Checklist*

## DAILY AFFIRMATIONS / MANTRAS

*I am confident.*                      *I am a great leader.*

I am on the right track in my career.

*I ACCEPT my  
greatness.*

I am  
abundant.

OTHERS LOOK TO ME FOR  
LEADERSHIP AND INSPIRATION.

*I am successful.*

## DAILY REFLECTION EXERCISE

*What went well today?*

*What could have gone better?*

*What do I want to do differently tomorrow  
(or next time)?*

## Top 5 Mindset Tips

1. Write down your goals
2. Implement Daily Affirmations
3. Integrate mantras into your life
4. Guided Visualization
5. Reflect Daily

## THOUGHT STARTERS FOR GOAL SETTING & VISUALIZATIONS

What type of leader do you want to be?  
What do you value? How does it show?  
How do you make decisions?  
What are you most proud of?  
Who is surrounding you in your future visions?  
How are you helping others?  
How does your behavior mirror your values?



Female Leadership Club  
*authentic. intentional.*

## WHY MINDSET?

→ Because without a doubt **YOU** will be the biggest obstacle standing in your way of accomplishing your goals.

*Here's what it often looks like when you aren't setting your intentions:*

- Negative self-talk
- Doubting yourself or your abilities
- Playing small; not stepping up
- Brushing-off compliments or avoiding them all together
- Procrastination
- Breaking your word (to yourself) repeatedly
- Allowing others voice to become your own

*Hey, Boss Lady:*

If you want to dream & achieve fabulous things, you first **have** to set your intentions on what type of leader you want to become and what you want to accomplish. Tune out the negativity and tune into that inner voice cheering you on.



Female Leadership Club  
*authentic. intentional.*

# The Boss Lady Mindset

She is confident and brave.

She is focused on changing the course of female leadership for our generation and generations to come.

She is authentic and intentional in everything she does.

She lifts others and helps others succeed at their dreams.

She trusts the process & the timing of the Universe.

She takes care of herself... so that she can easily and happily take care of others.

She is always improving, learning, and growing.

She sets her intention & goes for it - because she knows she can achieve anything she sets her mind to.

*SHE VALUES: COURAGE. CLARITY. PATIENCE. TENACITY. GROWTH. GRATITUDE. LEADERSHIP.*

# GUIDED VISUALIZATION

## *How to do it:*

*Close your eyes and imagine it's one year from now. Picture in your mind, as clearly as you can, where you are in your career and what type of leader you've become. Really hold on to the vision, and make it as detailed as possible. Experience the feelings and sounds and sights as if you are already there. Let your imagination take over. Keep the visualization going for 10 minutes (set a timer if that helps).*

## Use these questions as thought-starters:

- What type of leader do you see yourself as?
- What have you accomplished in the last year?
- What leadership qualities do you have?
- How do you make decisions?
- What are others saying about you?
- What are they saying about your leadership?
- How do you take care of yourself?
- How do you help others succeed?