

O2L

OPTIMIZE2LEAD LEADERSHIP TOOLKIT

# The 30-Day Leadership Growth Planner

A focused development sprint that turns one leadership goal into four weeks of deliberate action.

## YOUR OUTCOME

One leadership behaviour strengthened through practice, feedback and reflection.

Designed for leaders, managers, educators, entrepreneurs and emerging leaders.

Coach Kehinde G. Ogunlana | Optimize2Lead Connect

# Choose one growth goal

Do not try to improve everything at once. Select one behaviour that will materially improve your leadership results.

**The leadership behaviour I will strengthen is...**

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**Why this matters now**

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**What people will notice when I improve**

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**My baseline evidence today**

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# Week 1 - Observe

Notice current habits, triggers and consequences before trying to fix them.

## This week's specific target

| Day            | One leadership action | Evidence / reflection |
|----------------|-----------------------|-----------------------|
| Monday         |                       |                       |
| Tuesday        |                       |                       |
| Wednesday      |                       |                       |
| Thursday       |                       |                       |
| Friday         |                       |                       |
| Weekend review |                       |                       |

## Weekly reflection: What changed? What evidence do I have?

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# Week 2 - Practise

Use the new behaviour deliberately in real leadership situations.

## This week's specific target

| Day            | One leadership action | Evidence / reflection |
|----------------|-----------------------|-----------------------|
| Monday         |                       |                       |
| Tuesday        |                       |                       |
| Wednesday      |                       |                       |
| Thursday       |                       |                       |
| Friday         |                       |                       |
| Weekend review |                       |                       |

## Weekly reflection: What changed? What evidence do I have?

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## Week 3 - Get feedback

Ask two trusted people what is improving and what still gets in the way.

### This week's specific target

| Day            | One leadership action | Evidence / reflection |
|----------------|-----------------------|-----------------------|
| Monday         |                       |                       |
| Tuesday        |                       |                       |
| Wednesday      |                       |                       |
| Thursday       |                       |                       |
| Friday         |                       |                       |
| Weekend review |                       |                       |

### Weekly reflection: What changed? What evidence do I have?

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# Week 4 - Embed

Create routines and accountability that make the behaviour sustainable.

## This week's specific target

| Day            | One leadership action | Evidence / reflection |
|----------------|-----------------------|-----------------------|
| Monday         |                       |                       |
| Tuesday        |                       |                       |
| Wednesday      |                       |                       |
| Thursday       |                       |                       |
| Friday         |                       |                       |
| Weekend review |                       |                       |

## Weekly reflection: What changed? What evidence do I have?

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# Day 30 review

Convert the month into evidence and a decision about what comes next.

## The most important change I made

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## Feedback or evidence that confirms progress

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## The habit or system I will continue for the next 60 days

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## FINAL SCORE

| Statement                                         | 1 | 2 | 3 | 4 | 5 |
|---------------------------------------------------|---|---|---|---|---|
| I used the new behaviour consistently.            |   |   |   |   |   |
| Others experienced a positive difference.         |   |   |   |   |   |
| The behaviour improved a real leadership outcome. |   |   |   |   |   |
| I have a system to sustain the change.            |   |   |   |   |   |