



The Stuck Leader's

Reset Guide

| 5 Steps to Move from Noise to Clarity
– Without Burning It All Down

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WELCOME

Is This You?

You're a founder, executive, or senior leader who's built something meaningful.

People look to you. Things work—on the surface.

But inside? You **feel stuck**. Like you're carrying too much. Like your business is moving, but you aren't.

You're capable. You've always figured things out. But lately, it feels like you're deep in the detail — constantly solving, spinning, and **holding it all together**.

There's no room to think, breathe, or be the kind of leader you know you're meant to be.

You don't want to burn it all down. You just want to **feel aligned** again. Clear. On purpose. Alive in your own leadership.

You care deeply. You **have heart**. And you know there must be a better way to lead—with strategy, with humanity, and with more you in the process.

If that resonates, you're in the right place. This is the work we do at Heart in Leadership

This guide is your invitation to **pause**.

To **breathe**.

To **listen to the deeper intelligence** within you. And to take small, powerful steps toward clarity.

These are the same principles I use with leaders every day in coaching.

They're not magic. But they are transformational.

Let's begin.





👉 What's one word that describes how you feel in your leadership right now?

WHERE ARE YOU STUCK?

*Before we
move forward*

LOCATE YOURSELF.

Which of these feel true right now? (Tick all that apply)

- ☐ I feel emotionally or mentally drained—often
- ☐ I'm doing too much, but can't seem to let go.
- ☐ My calendar is full, but my heart isn't in it.
- ☐ I'm questioning what this is all for.
- ☐ I'm leading, but I don't feel like I'm thriving.
- ☐ I've lost the thread of what matters most.
- ☐ I secretly wonder: "Do I still want this?"

These are not signs of failure.

They're signs of friction .

And friction always signals a need for realignment.





THE 5 STEPS TO RESET

STEP 1: PAUSE THE NOISE

What to do:

Take 10 minutes. No inputs. No scrolling. No fixing. Just stillness.

Sit. Walk. Breathe. Notice what arises.

Why it matters:

When we stop the noise, clarity can finally catch up to us.

Reflection Questions:

What happens when I become still?

What emotions or thoughts do I notice under the noise?





THE 5 STEPS TO RESET

STEP 2: NAME WHAT IS REAL

What to do:

Write, say, or voice-note what you're truly feeling and facing.
No filters.
No perfection.

Why it matters:

Denial fuels stuckness.
Truth—raw and honest—creates space for movement.

Reflection Questions:

What am I pretending not to know?
What truth have I been avoiding?





THE 5 STEPS TO RESET

STEP 3: IDENTIFY THE TENSION

What to do:

Ask: "Where is the tension between what I'm doing and what I actually want?"

Why it matters:

Tension points are where your life is whispering, "This way."

Reflection Questions:

Where am I betraying my own values, time, or energy?
What feels misaligned or out of sync?





THE 5 STEPS TO RESET

STEP 4: CHOOSE ONE SHIFT

What to do:

Choose one micro-shift—a conversation, a boundary, a new rhythm.

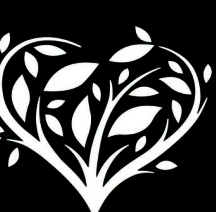
Why it matters:

You don't need to burn it down. You need to move one aligned piece.

Reflection Questions:

What one thing could I shift that would make everything feel 5% better?

What would be the first signal that I'm coming back to myself?





THE 5 STEPS TO RESET

STEP 5: RECOMMIT TO YOURSELF

What to do:

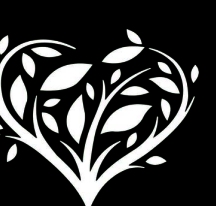
Finish this sentence: "What matters most to me right now is..."

Why it matters:

This is your true north. When you return to your values, you return to your power.

Reflection Questions:

What matters more than my image, output, or obligations?
What would it look like to lead from that place?





TAKE THE NEXT STEP

IF YOU'RE READY TO MOVE BEYOND THE
NOISE AND LEAD WITH PURPOSE

I invite you to a powerful **45–60 minute No-Cost Noise to Clarity Call** — designed just for leaders like you who are done feeling stuck.

In this call :

✨ we will **create a crystal-clear vision** of what leading with clarity looks like for you and your business.

🔍 we will **uncover hidden challenges** or blind spots that may be slowing your progress or draining your energy.

🔥 you will walk away **clear, focused, and re-energized** — ready to take the next aligned step as the leader you're meant to

This is your moment.

Let's explore what's possible when you lead from the inside out.

[Book your No Cost Session](#)



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