



LEADERSHIP RESET LAB

Where Are You Right Now?

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**SIMPLY
LEAD**
COACHING

Before you begin. . .

This isn't a test.

There are no wrong answers here. No score that means you're failing, no result that means you have it all figured out. This is simply a mirror.

Many leaders reach a point where something feels off, but they can't quite name it. The energy is lower than it used to be. The role doesn't fit the way it once did. A quiet voice keeps asking a question they haven't had time to answer.

This quick check-in is designed to help you stop long enough to hear that voice.

Take your time with each section. There's no rush. If a question lands somewhere tender, let it. That's information too.

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THE CHECK-IN

12 Statements

For each statement below, rate how true it feels for you right now. Use the scale:

1 Rarely true
2 Occasionally
3 Sometimes
4 Often
5 Almost always

Statement	1	2	3	4	5	My Score
ENERGY & CAPACITY						
I end most days feeling genuinely depleted, not just tired.	1	2	3	4	5	
Recovery feels harder than it used to. I don't bounce back the way I once did.	1	2	3	4	5	
PURPOSE & MEANING						
The work that used to feel meaningful now feels like going through the motions.	1	2	3	4	5	
I sense a gap between the kind of leader I want to be and the one I show up as.	1	2	3	4	5	
IDENTITY & ROLE FIT						
I sometimes feel like I'm performing leadership rather than living it.	1	2	3	4	5	
I'm not sure the version of me that shows up at work is the real one.	1	2	3	4	5	

RELATIONSHIPS & CONNECTION						
I feel increasingly alone in carrying the weight of my responsibilities.	1	2	3	4	5	
I'm not sure who I can really talk to about what I'm experiencing.	1	2	3	4	5	

EFFECTIVENESS & CLARITY						
I often feel reactive rather than intentional in how I lead.	1	2	3	4	5	
I've been putting off things I know matter because I'm too stretched.	1	2	3	4	5	
ALIGNMENT & SUSTAINABILITY						
Something in how I'm leading feels misaligned with who I actually am.	1	2	3	4	5	
I'm not sure this is still working for me.	1	2	3	4	5	

Add up your scores

Total score: _____ Out of 60

YOUR RESULT

Where You Are

Find your score range below. Read the description not as a verdict but as a starting place. These are not fixed states. They are places on a map. And every place on this map has a way forward.

SCORE 12-24**Early Signals**

Something is shifting, and part of you already knows it.

SCORE 25-36**Accumulation**

The weight has been building. You've been carrying more than you've let on.

SCORE 37 - 48**Deep Depletion**

You are in the reset. This is not a sign of failure. It's a signal worth heeding.

SCORE 49-60**Crisis Point**

This needs attention now. Not later. Now.

Wherever you landed, here's the truth: noticing is the beginning. Most leaders never stop long enough to ask where they actually are. You just did.

You don't need to fix everything today. You just need a space to figure out what's true and what's next.

If this resonated . . .

The Leadership Reset Lab™ was built for exactly this moment. It's a small, supportive group space for leaders who are carrying a lot – a place to pause, get clearer, and reconnect with how you want to lead.

No pre-work. Nothing to prepare. Just space to think, with others who understand. If part of you is ready for that space, I'd love to have you join the next cohort.

LEARN MORE AND RESERVE YOUR SPOT

With you in leadership,

Melna Jones, PCC

Born to Lead!

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