

# LEADERSHIP DISEASE CHECKLIST A6. NOREFLECTHABITIS

## IMPACT - Risk Factors, Stages & Outcomes

What has already happened or might occur?

- You learn little about yourself as time goes by.
- You make the same mistakes over and over.
- You operate the same way you always have.
- You feel stressed most of the time.
- At night, you cannot sleep worrying about things.
- You have a nervous breakdown.
- Your abilities and skills do not grow.
- You fear if you finally slow down, you will have no idea what you would do for yourself.
- You forget how to relax and have fun.
- Your body and mind stop functioning.
- You're tired of or hate what you are doing, and you don't know why.
- You realize leadership has become your whole life.
- You realize that your epitaph will be "She worked herself to death."
- Your people follow your example and catch the disease.
- You are spent and have nothing more to give to your people or those closest to you.
- You lose touch with people you have highly valued in the past.
- The people who are trying to help you take care of yourself give up.
- People quit offering you tickets, trips, perks, or lunch because you always say NO.
- You stop evolving and adding value.

**NOREFLECTHABITIS - IMPACT: Total Score:**