

# LEADERSHIP DISEASE CHECKLIST A6. NOREFLECTHABITIS

## SYMPTOMS - Signs & Causes

Are you experiencing any of these now or in the past? Which apply to you?

- You never or seldom take or make the time for yourself.
- You believe that your faith or belief system tells you to never rest.
- You do not ask for help or allow yourself to be helped.
- You have no idea what the term *self-care* means.
- When on vacation or away, you are constantly calling back and checking email.
- You have pride in your incredible work ethic and determination to always work hard.
- You feel isolated or isolate yourself.
- You believe if the leader slows down or rests, everyone else will too.
- You have a ton of excuses as to why you don't have time for yourself.
- You believe the leader should be the person who puts out the most effort.
- You do not schedule in or set time aside to think or reflect.
- You think it is a compliment when someone says you are so busy you have no time for yourself.
- When you have down time, you get sick or are exhausted.
- People would be shocked if you took the time to sit and just talk about nothing.
- You have a difficult time doing nothing.
- You believe if it's not part of your leadership responsibilities, it's not important.
- You know you are too busy to read or study anything.
- It has been a long time since you spent any time with your advisors and mentors.
- You believe that idle time is a waste of time.
- When asked to describe what is on the walls in one of the rooms in your home, you can't recall.
- You quickly cancel anything that is not directly related to your responsibilities.
- You believe everything is important or urgent.
- Getting things done always takes precedence over time for self.
- You have noticed your energy is down, your intensity lower.
- It feels like you cannot turn off your brain.
- You truly believe that sacrificing yourself is part of leadership.
- People describe you as *All work and no play*.
- You spend little or no money investing in yourself.
- People think you do not care about yourself.

NOREFLECTHABITIS - SYMPTOMS: Total Score: