

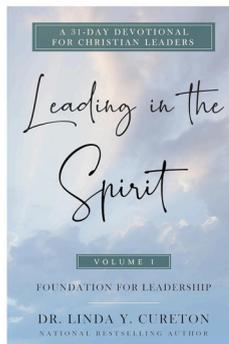
# The 7-Day Leadership Sprint Tracker

One goal. Seven days. Visible evidence.

If you're ready to break through procrastination and consistently move your most important work forward, this sprint is your catalyst.

## What you'll achieve

- **Clarity:** Define a single, impactful goal for the week.
- **Momentum:** Build a habit of consistent, tiny actions.
- **Evidence:** Track tangible proof of progress, daily.
- **Breakthrough:** Overcome roadblocks with structured reflection.
- **Community:** Connect with a network of purpose-driven doers.



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### Leading in the Spirit: Foundation for Leadership (Leadership for Such a Ti...

Leading in the Spirit: Foundation for Leadership (Leadership for Such a Time as This) – Kindle edition by Cureton, Linda. Download it once and read it on your Kindle device,...



## **Ready to start your breakthrough week?**

**Join the 7-Day Leadership Sprint Tracker to receive exclusive daily coaching emails designed to help you stay focused, motivated, and on track with your most important goal.**

**Sign Up for Daily Emails & Get Started**

**\*ignore if you already did**

# How it Works: Your 60-Second Overview

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01

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## Pick Your One Goal

Choose one specific goal you can show evidence for in a week.

02

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## Daily Micro-Action

Each day: short prayer → tiny action (≤10 min) → record evidence.

03

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## Celebrate & Share

On Day 7: share one proof (screenshot or sentence) with your team or community.

# Your Sprint Tracker - Day 0 Setup

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## Day 0 Setup

Before your 7-day sprint officially begins, take a few moments to clarify your objective and lay the groundwork for success. This initial setup is crucial for maximizing your impact.

1

### Goal

What single, specific outcome will you achieve this week? (One sentence)

2

### Evidence You'll Collect

How will you tangibly know you achieved your goal? What proof will you collect? (e.g., screenshot, completed document, recorded video)

3

### Why It Matters

What deep motivation drives you to achieve this goal? (One powerful line)

4

### First Micro-Action

What tiny, achievable step will you take today (Day 0) that is  $\leq 10$  minutes? This builds momentum.

5

### Support Check

Who can you lean on for accountability or assistance if needed? Identify your support system.

# Daily Page Template (Days 1-7)

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Each day, you'll follow a simple yet powerful routine. This structure helps maintain focus and build consistent progress towards your goal:

- Prayer: Start your day with a focused prayer related to your goal
- Micro-Action: Take your tiny, ≤10 minute action toward your goal
- Record Evidence: Document your progress (e.g., a note, a screenshot, a short video clip)
- Reflect: What worked well? What challenges did you face? How will you adapt tomorrow?
- Plan Tomorrow: Identify your micro-action for the next day

# Suggested Micro-Actions (pick one per day)

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- Schedule a 15-min 1:1 with a key stakeholder
- Use one line from the Speak Life Phrasebook in a meeting
- Send a 3-bullet recap after a call
- Decline a low-value request using boundary line: "I can't own this now; here's what I can do: \_\_\_\_\_"
- Ask "What would good look like?" on your next task
- Block 20 minutes for deep work; turn notifications off
- Share one quiet win in your team channel

# Mid-Week Check (Day 3)

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**1**

**What's working**

**2**

**What's not**

**3**

**One adjustment for Days 4-6**

# Finish Line (Day 7)

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**1**

**Evidence Summary**

**2**

**Outcome vs. Plan**

Circle one: Exceeded / Met / Missed

**3**

**One Habit I'll Keep Next Week**

**4**

**Who I Thanked or Celebrated**

# Essential Resources for Your Sprint

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## **7 day leadership sprint series**

Sign up to receive [exclusive daily coaching emails](#) designed to keep you focused and motivated throughout your 7-Day Leadership Sprint.

## **Speak Life Phrasebook**

A curated collection of impactful phrases and linguistic tools to elevate your communication, foster positive interactions, and increase your influence in any setting. - [here](#)

## **Meeting Quick Card**

A concise, handy guide with actionable tips for planning and leading effective meetings, fostering active participation, and ensuring clear, decisive outcomes. - [here](#)

## **Opposition Playbook**

Proven strategies and frameworks for effectively navigating resistance, constructively addressing disagreements, and transforming challenges into opportunities for growth and collaboration. - [here](#)

 **Remember:** The key to success in your sprint is to keep your daily actions tiny and your evidence concrete. These resources are designed to support that process.

# Unlock Deeper Insights: Get the Full Book

Ready to go beyond the 7-Day Sprint? "Leading in the Spirit, Vol. 1" is your comprehensive guide to transformative leadership, expanding on the powerful principles you've just experienced.

In the complete book, you will find in-depth strategies for:

- **Defining Impactful Goals:** Go further into selecting and clarifying the single, most important goal for your leadership journey.
- **Cultivating Consistent Action:** Develop a sustainable habit of daily micro-actions that consistently move your vision forward.
- **Gathering Tangible Evidence:** Learn how to effectively track and leverage proof of your progress and impact.
- **Achieving Breakthrough Results:** Master structured reflection to overcome roadblocks and foster continuous growth.
- **Building a Supportive Community:** Connect with a network of purpose-driven leaders and foster accountability.

Elevate your leadership from daily sprints to lasting transformation.

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A 31-DAY DEVOTIONAL  
FOR CHRISTIAN LEADERS

Leading in the  
Spirit

VOLUME 1

FOUNDATION FOR LEADERSHIP

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NATIONAL BESTSELLING AUTHOR