

A man with dark, curly hair is shown in profile, looking down and to the left. He is wearing a white button-down shirt and a dark watch with a metal link bracelet on his left wrist. His hand is resting near his chin, suggesting deep thought or contemplation. The background is dark, and the lighting highlights his face and shirt.

# Authoring Your Leadership: Rewriting The Script

*What if the beliefs holding you back as a leader were never really yours  
to begin with?*

# Authoring Your Leadership

## *Rewriting the Script*

### BEFORE YOU BEGIN

Every leader carries invisible scripts — beliefs formed over time through experience, environment, and the voices of others. These scripts run quietly in the background, shaping how you see yourself as a leader, what you believe is possible, and whether you step forward or hold back. Not all of them work against you. Some have served you well and still do. This tool invites you to bring those scripts into the light, examine what each one has been doing for you, and make a conscious choice — to retain the beliefs that truly serve you, or to rewrite the ones that don't. This is what authoring your own leadership looks like from the inside.

### PART ONE

#### Recognize the Script

*Read each belief slowly. Notice which ones feel familiar — even if you're not completely sure they're true for you. Circle or check all that resonate.*

"Things won't change here."

"If only I had a better boss or leadership team."

"I don't see myself as a leader."

"I need more experience before I can really lead."

"If I speak up, I'll be seen as difficult."

*"I'm not the type of person people naturally follow."*

*"I have to prove myself before I can take up space."*

*"Leadership is for people who are more confident than me."*

*"If I get it wrong, it will define me."*

**PART TWO**

**Examine the Script**

Keeping the belief or beliefs you identified in mind, work through each question honestly. These questions are designed to help you see the script more clearly — not to judge it.

**QUESTION 01**

When did you first start believing this — and whose voice does it sound like?

YOUR REFLECTION

Four horizontal lines for reflection.

**QUESTION 02**

How has holding this belief kept you safe, comfortable, or protected?

YOUR REFLECTION

Four horizontal lines for reflection.

**QUESTION 03**

What has believing this cost you — in your leadership, your relationships, or your sense of what's possible?

YOUR REFLECTION

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**QUESTION 04**

Where in your leadership right now is this belief making decisions for you?

YOUR REFLECTION

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**QUESTION 05**

If this belief were a character in your leadership story, what role has it been playing — and is that the role you want it to keep playing?

YOUR REFLECTION

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**PART THREE**

**A Word From Your Coach**

#### A WORD FROM YOUR COACH

Here's what I know to be true. The beliefs you're carrying about your leadership — about what's possible, about who gets to lead, about whether things can change — weren't born with you. They were written over time. By experiences. By environments. By people who may not have had the full picture of who you are.

And because they were written, they can be rewritten.

You are not stuck with the script you inherited. As the author of your own leadership, you have the authority to examine what you've been believing — and to consciously decide what stays and what gets rewritten. Some beliefs have earned their place. Others have quietly overstayed their welcome. Only you can tell the difference.

**That's not wishful thinking. That's authorship.**

#### PART FOUR

### Author Your Beliefs

For each belief you identified, decide whether to retain it or rewrite it. Check the box that reflects your choice, then write your belief in your own voice — and describe how living from it would shift how you show up.

STARTER PHRASES — use any of these to begin:

*"I am someone who..." · "I choose to believe..." · "My leadership is..." · "I have what it takes to..." · "Even when it's hard, I..." · "I consciously hold onto..."*

**BELIEF 1**

Retain it

Rewrite it

THE BELIEF I'M WORKING WITH

Handwriting practice area with three horizontal lines.

MY CHOSEN BELIEF — IN MY OWN VOICE

Handwriting practice area with four horizontal lines.

HOW THIS BELIEF SHIFTS HOW I SHOW UP

Handwriting practice area with three horizontal lines.

**BELIEF 2**

Retain it

Rewrite it

THE BELIEF I'M WORKING WITH

Handwriting practice area with three horizontal lines.

MY CHOSEN BELIEF — IN MY OWN VOICE

Handwriting practice area with four horizontal lines.

HOW THIS BELIEF SHIFTS HOW I SHOW UP

Handwriting practice area with three horizontal lines.

### BELIEF 3

Retain it

Rewrite it

THE BELIEF I'M WORKING WITH

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MY CHOSEN BELIEF — IN MY OWN VOICE

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HOW THIS BELIEF SHIFTS HOW I SHOW UP

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### CLOSING REFLECTION

Looking at the beliefs you've chosen to retain or rewrite — what does this tell you about the leader you are authoring?

YOUR REFLECTION

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