



Relentless Optimism™ for Leaders: Reframing from the Inside Out

A Self-Coaching Worksheet for Resilient Leadership

Introduction:

Leadership is rarely smooth. It's full of pressure, pivots and people looking to you for answers – even when you're still figuring things out yourself.

Relentless Optimism™ isn't about blind positivity. It's a mindset that helps you stay grounded in possibility, even when the road ahead is uncertain. It's how you lead from clarity instead of chaos. With courage instead of control.

This brief self-coaching worksheet is designed to help you pause, reframe and lead forward – with purpose, not just performance.

Take five minutes. Breathe deep. Then begin.

Leadership Reset Prompts:

1. What challenge or frustration is consuming my energy right now?
(Label it. Own it. Don't spin it.)

2. Where am I reacting instead of responding?

(What's triggering me – and what's the cost of staying stuck in that place?)

3. What's within my control – and what's not?

(Draw the line between responsibility and burden.)

4. What would I do if I trusted myself more?

(Lean into your own wisdom.)

5. What does leading with Relentless Optimism™ look like in this moment?

(Brave. Clear. Forward-focused.)

*" Leaders don't fake positivity – they model possibility.
Optimism isn't a performance. It's a practice."*

- Rya Hazelwood