Bruce A. Thomas
Leadership & Development

The Leadership G.A.M.E.P.L.A.N.

Quick-Start Guide

Five Practical Steps to Strengthen Your Leadership, Clarify Your Goals, and Take Intentional Action.



YOUR COMPLIMENTARY LEADERSHIP RESOURCE

The Leadership G.A.M.E.P.L.A.N.

QUICK-START GUIDE | Five practical steps to lead with intention

Leadership begins before the title.

Whether you lead a team, influence colleagues, serve your community, or are preparing for your next opportunity, leadership grows through deliberate choices. This guide turns reflection into five simple actions you can start this week.

Your five-step path

01

GROW

Identify one leadership strength and one growth edge.

02

ALIGN

Connect your leadership choices to your values and purpose.

03

MANAGE

Protect your time, energy, and attention for what matters.

04

ELEVATE

Raise your standard and broaden your perspective.

05

LEAD & ACT

Influence others, take a concrete step, and nurture relationships.

The full G.A.M.E.P.L.A.N. framework includes Growth, Alignment, Management, Excellence, Perspective, Leadership, Action, and Nurturing Relationships. These five quick-start steps bring those eight principles together into a practical first move.

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PUT THE PLAN INTO PRACTICE

Five steps. Five intentional choices.

1 GROW | Start with self-awareness

Great leadership begins with the willingness to learn. Consider what is already working and where one change could increase your effectiveness.

Reflect: What leadership habit serves me well? What habit is limiting my impact?

Try this: Ask one trusted person what you do that helps others succeed and what you could do better.

2 ALIGN | Lead from what matters

Your values become visible through everyday decisions. When priorities and actions conflict, clarity suffers. Name the values you want others to experience when working with you.

Reflect: What three values should guide my decisions? Where am I currently out of alignment?

Try this: Write your top three values. Choose one decision this week that will demonstrate one of them.

3 MANAGE | Make room for priorities

Leadership requires stewardship of time, attention, emotions, and commitments. Activity is not the same as progress. Protect time for the work only you can do.

Reflect: What important leadership responsibility keeps getting crowded out by urgent demands?

Try this: Block 20 minutes on your calendar for one high-impact task before less important requests.

4 ELEVATE | Raise standards, widen perspective

Excellence is about both results and how we achieve them. Pause to question assumptions, invite another viewpoint, and choose the response that reflects your standards.

Reflect: Where could I improve quality, consistency, or the way I treat others?

Try this: Before an important decision, ask what you might be missing and whose perspective would help.

5 LEAD & ACT | Turn influence into impact

Leadership is expressed in action and relationships, not simply authority. Encourage someone, address an issue constructively, or take the first step on a goal.

Reflect: Who could benefit from my encouragement, support, or initiative this week?

Try this: Choose one person and one specific action. Put a date beside it and follow through.

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YOUR 7-DAY LEADERSHIP CHALLENGE

From intention to action

Choose one meaningful improvement. Keep the plan simple enough to complete, yet important enough to make a difference. Click or tap the spaces below to enter your answers.

MY LEADERSHIP FOCUS

One leadership behavior I want to strengthen:

WHY IT MATTERS

How this change will help me or the people I influence:

MY NEXT STEP

One specific action I will take within seven days:

MY ACCOUNTABILITY

Who or what will help me follow through:

MY SUCCESS SIGNAL

What I will notice or measure to know I made progress:

The 7-day check-in

What did I do? What did I learn? What will I continue, change, or begin?

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REFLECT & KEEP GROWING

Your 7-day check-in

WHAT I DID

What actions did I complete?

WHAT I LEARNED

What did this experience teach me?

WHAT COMES NEXT

What will I continue, change, or begin?

KEEP GROWING

Leadership development is a journey, not a one-time event. Explore executive and leadership coaching, workshops, and practical growth resources with Bruce A. Thomas Leadership & Development.

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