

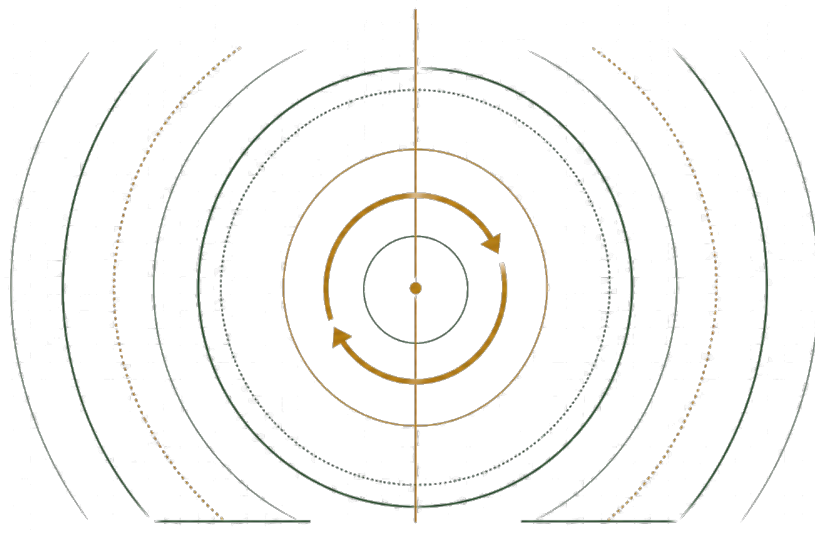


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# LEADERSHIP RESET



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7 questions to realign your  
leadership and life  
without losing your edge

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BY

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# A note from David

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Dear Leader,

You don't need to become someone new.  
You need to realign with who you are and lead from there.

The Leadership Reset was created for leaders like you, thoughtful, driven, and deeply committed to making a difference. But even the most capable leaders can find themselves running on autopilot, stretch too thin, or second guessing decisions that used to feel clear.

This guide invites you to pause. To reflect with honesty. And to uncover what already exists within you that is ready to be reactivated.

Each question is designed to spark insight, not add pressure. There are no right or wrong answers only the truth that is right for you.

When you lead from alignment, everything changes. You lead with more clarity. You make decisions with more confidence. You create impact that's sustainable for your team and for yourself.

Thank you for investing in your growth, your leadership, and your life. I am honored to walk alongside you on this journey.



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# THE LEADERSHIP RESET

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## 7 QUESTIONS TO REALIGN YOUR LEADERSHIP AND LIFE

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For high performing leaders who are respected, capable, and still carrying a subtle sense of friction, disconnection, or stagnation, this tool helps translate that signal into clarity.

At a certain stage of leadership, what once drove results can begin to create tension. Old strategies may still work externally, but internally they can require more control, more effort, or more self abandonment than they once did. The issue is often not burnout, but disconnection from the way you want to lead.

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### THIS EXERCISE WILL HELP YOU:

- Identify the real issue beneath visible problem.
- Notice where pressure, persona, or over effort may be replacing grounded leadership.
- Reclaim energy tied up in avoidance, control, or postponed decisions.
- Convert insight into one meaningful next step.

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### HOW TO USE THIS:

- Set aside 15-20 quiet minutes.
- Move quickly and answer honestly. Do not over edit yourself.
- If you get stuck, write the first answer that feels true.
- When you finish choose one action to complete within 72 hours.

### Why 72 Hours?

Insight fades when it stays abstract. A 72 hour window keeps momentum close enough to act deliberately, before reflection gets absorbed back into routine.

# THE LEADERSHIP RESET

## 7 QUESTIONS TO REALIGN YOUR LEADERSHIP AND LIFE

1

What is the real issue beneath the current issue?

**Purpose:** Surface problems often repeat because they are not the true problem. Name the visible challenge you are dealing with.

### REFLECTION ON THE FOLLOWING:

- What pattern keeps showing up here
- What am I trying to control, avoid, or prove?
- If this issue were teaching me something, what would it be?

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*Surface issues are often signals. The deeper pattern is usually where the real work begins.*

### YOUR REFLECTIONS & INSIGHTS

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# THE LEADERSHIP RESET

7 QUESTIONS TO REALIGN YOUR LEADERSHIP AND LIFE

2

Where am I relying on persona instead of grounded leadership?

**Purpose:** Leadership strain often comes from over identifying with a role instead of leading from conviction. Consider situations where you feel the need to manage perception, maintain an image, or stay 'on'

## REFLECTION ON THE FOLLOWING:

- Where am I leading to meet expectations rather than exercising clear judgment?
- Where have I confused performance with presence?
- What would change if I trusted my internal authority more fully?

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*Sustainable leadership feels grounded, not effortful*"

## YOUR REFLECTIONS & INSIGHTS

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# THE LEADERSHIP RESET

7 QUESTIONS TO REALIGN YOUR LEADERSHIP AND LIFE

3

What capability am I under using and why?

**Purpose:** Leaders often restrain strengths that once created friction, pressure or risk. Over time those strengths do not disappear. They go dormant. Instead of focusing on personality or emotion, focus on capacity. Identify a capability you tend to hold back or tightly contain (for example: directness, decisiveness, ambition, empathy, intensity or patience).

## REFLECTION ON THE FOLLOWING:

- How did using this capability create friction in the past?
- How might over containing it be limiting my effectiveness now?
- What would it look like to use this capability deliberately and proportionally?

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*Unused strengths do not vanish. In leadership, they quietly become the ceiling on what is possible.*

## YOUR REFLECTIONS & INSIGHTS

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# THE LEADERSHIP RESET

7 QUESTIONS TO REALIGN YOUR LEADERSHIP AND LIFE

4

What does alignment require from me right now?

**Purpose:** Misalignment often appears first in time, commitments, and boundaries. Look at your calendar, energy, and current obligations.

## REFLECTION ON THE FOLLOWING:

- If my schedule reflected my real priorities, what would I stop, start, or protect?
- What boundary is overdue?
- What am I continuing out of habit, image, or obligation rather than alignment?

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*Alignment is less about adding and more about subtracting*"

## YOUR REFLECTIONS & INSIGHTS

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# THE LEADERSHIP RESET

7 QUESTIONS TO REALIGN YOUR LEADERSHIP AND LIFE

5

## Where is my attention leaking?

**Purpose:** Focus erosion is usually gradual and expensive. List your top three drains on attention: people, meetings, devices, unresolved issues, or recurring mental loops.

### REFLECTION ON THE FOLLOWING:

- Which one change would restore the most presence this week?
- What deserves my full attention that is not getting it?
- What have I normalized that is quietly diluting my leadership?

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*Attention is leadership currency*"

### YOUR REFLECTIONS & INSIGHTS

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# THE LEADERSHIP RESET

7 QUESTIONS TO REALIGN YOUR LEADERSHIP AND LIFE

6

What decision am I postponing and what is it costing me?

**Purpose:** Delayed decisions quietly erode confidence, momentum, and trust in self. Identify the decision you keep circling.

## REFLECTION ON THE FOLLOWING:

- What is the cost of not deciding?
- What is the next right step, even if it is imperfect?
- What conversation needs to happen?

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*Decisions create movement. Avoidance creates drag.*"

## YOUR REFLECTIONS & INSIGHTS

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# THE LEADERSHIP RESET

7 QUESTIONS TO REALIGN YOUR LEADERSHIP AND LIFE

7

If I were leading from the self I've spent a lifetime becoming, what would I do differently?

**Purpose:** Perspective clarifies priorities and exposes what matters most. Image it is 12 months from now. Looking back, ask:

## REFLECTION ON THE FOLLOWING:

- What would I want my team, family, or clients to say I became more of?
- What would feel more true in the way I lead?
- What needs to shift now to make that future possible?

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*Legacy is built in ordinary choices made consistently*"

## YOUR REFLECTIONS & INSIGHTS

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# THE LEADERSHIP RESET

7 QUESTIONS TO REALIGN YOUR LEADERSHIP AND LIFE

## 72 Hour Integration

*Insight without action fades quickly*

**Purpose:** Choose one of the following and complete it within the next 72 hours. Select the option that feels both slightly uncomfortable and immediately doable.

### Options:

- Have the conversation you have been postponing.
- Remove one commitment that no longer aligns.
- Make and communicate a clear next step on a stalled issue.
- Create one boundary around time, access, expectation and hold it for one week.
- Block 60 minutes of uninterrupted focus on what matters most.

My 72 hour action is: \_\_\_\_\_

I will be complete it by: \_\_\_\_\_

I will know it is complete when: \_\_\_\_\_

Ready to move from internal friction to grounded influence?

If aligned, you will be invited to a 30-minute Discovery Call

[Apply for a Discovery Call](#)