



The Authentic Executive Presence Blueprint

A 10-Minute Leadership Clarity Tool

Section 1: Know Your Core

Reflect on these prompts to reconnect with your leadership identity.

- My leadership superpower is: _____

- The three values I will not compromise are:

1. _____
2. _____
3. _____

- When I show up at my best, people feel: _____
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Section 2: Define Your Presence

Executive presence is how people experience you. Define it on your terms.

Circle the traits that matter most for *your* leadership:

- ☐ Grounded
- ☐ Compassionate
- ☐ Clear Communicator
- ☐ Strategic
- ☐ Confident
- ☐ Visionary
- ☐ Approachable
- ☐ Decisive

What 3 words describe how you want to be remembered as a leader?

1. _____
2. _____
3. _____

Section 3: Practice Your Presence

Use this simple 30-second script to own the room with authenticity:

"I'm [Name], and I lead by [value/action/vision]. I believe [core belief], and I'm here to [impact/outcome]."



Write yours below:

Section 4: Grounding Exercise (Before Any Big Meeting)

Use this quick reset before stepping into high-stakes conversations.

1. Take 3 deep breaths.
2. Plant your feet.
3. Say to yourself: *"I don't have to perform. I just have to lead."*
4. Walk in like you already belong—because you do.