

THE SELF-COMMAND CHECKLIST

The only checklist that points inward. A checklist produces compliance — this one builds command.

BEFORE THE DAY STARTS

- ☐ Read your baseline. Rested, steady, or running on fumes? Name it honestly.
- ☐ Pick the ONE conversation or decision today that actually needs you at full strength.
- ☐ Decide where your energy is NOT going today. Protection is a decision, not a hope.

DURING THE DAY

- ☐ Before you speak in a hard moment, take one breath. Respond from clarity, not reaction.
- ☐ Notice when you are performing instead of leading. You will feel the drain first.
- ☐ Ask one real question of one team member — then actually listen to the answer.

END OF DAY — THE 3-MINUTE DEBRIEF

- ☐ Where did my energy go today? Was that where the mission needed it?
- ☐ Did how I led today line up with who I actually am?
- ☐ What is the one thing I will protect tomorrow?

WEEKLY COMMAND CHECK

- ☐ How many days this week did I operate far from my natural baseline?
- ☐ What drained me that produced nothing for the team?
- ☐ What one boundary, said out loud, would change next week?

"A checklist produces compliance, but internal command requires something deeper: Self-Command."

GO DEEPER: THE SOVEREIGN LEADER — AVAILABLE ON AMAZON