

The Leadership Reset Workbook

Companion to Why Your Leadership Feels Off

Compass  Consulting
Donna Lynn Price

Welcome. Welcome!!

This workbook is the companion to the guide — but it's also something on its own.

Where the guide names the problem and introduces the framework, this workbook asks you to do the harder thing: apply it honestly to your own leadership. Your specific history. Your specific cost. Your specific instincts.

There are four sections. Work through them in order. Don't rush. Some of the prompts will land quickly. Others will sit with you for a while before they're ready to be answered. That's fine. The sitting is part of the work.

One thing I ask: be honest rather than aspirational. Write what's true, not what sounds right. The most valuable thing this workbook can give you is a clear picture of where you actually are — because that's the only honest starting point for where you want to go.

Your compass is already pointing. This is where you start to read it.

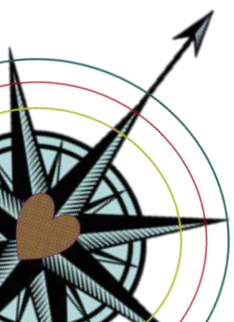
Let's get started!

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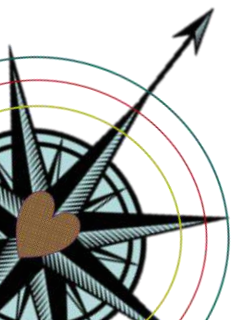
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Intro

How to Use This Workbook

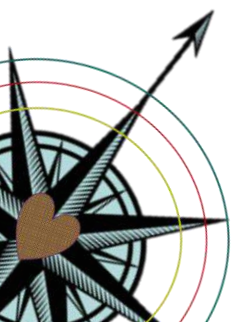
This isn't a worksheet to rush through. It's a reset.

Set aside thirty quiet minutes. Find a space where you won't be interrupted. Read the guide first — then return here. Each section builds on what the guide opened. Work through each prompt honestly — not as you think you should be, but as you actually are.

A few of the prompts here may bring up more than you expect. That's the point. The discomfort is data.

Section 1	Name the Template — locate where you've been leading from a borrowed model
Section 2	See What You Were Built For — recognize the model that actually fits
Section 3	Find Where You Already Lead This Way — the recognition that changes everything
Section 4	The Reset — from recognition to intention, forward-facing

Your instinct was never wrong. This is where you begin to trust it again.



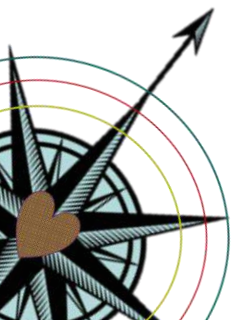
Section 1: Name the Template

Where have you been leading from a borrowed model?

Most of us received a leadership model we never questioned because we were never offered an alternative. This section is about seeing it clearly — so you can stop carrying what was never yours to carry.

1. Where have you tried to lead the “conventional” way — decisive, self-sufficient, one-lane focused — and felt it was wrong for you? Describe what it looked like and how it felt.

2. What has leading from that borrowed template actually cost you? Name it honestly — energy, clarity, confidence, peace, relationships, the sense that the work is yours.



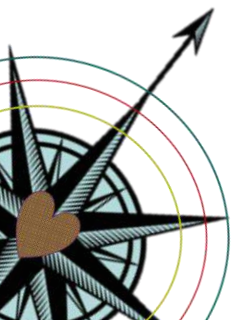
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3. Which of these have you quietly believed about yourself as a leader? Check all that apply:

- ☐ I'm too soft to be taken seriously.
- ☐ I'm not decisive enough.
- ☐ I'm too scattered — I can't focus the way a real leader should.
- ☐ I'm too emotional — I let things affect me too much.
- ☐ I'm too collaborative — I should be more directive.
- ☐ I'm not confident enough to lead the way I'm supposed to.

Where did those beliefs come from?

That self-doubt was never a flaw. It was the cost of being handed the wrong template.



Section 2: See What You Were Built For

Compass Rose Leadership – three anchors, five principles.

The guide introduced Compass Rose Leadership — built on Values, Relationships, and Ripples, and rooted in the oldest model of effective human organization. This section is where you connect those anchors to your specific business and your specific life.

VALUES — Your True North

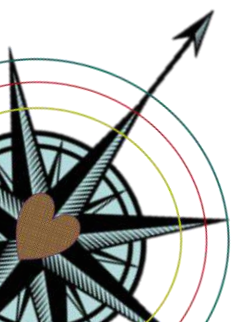
Not the list on the wall. The ones that don't move. The ones you've protected even when it cost you something.

What is your True North — the value that has stayed consistent even when you've been pushed to abandon it? What does it look like in practice?

RELATIONSHIPS — Your Strategy

Not transactions. The connections that have mattered more than any single sale — the ones that compounded over time.

**Where in your business have relationships mattered more than transactions?
What did tending those relationships build over time that a purely transactional approach never could have?**



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RIPPLES — Your Measure

Beyond revenue. The impact that moves outward from your work into lives you may not even be tracking.

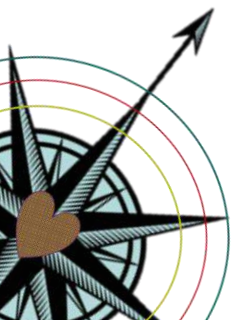
How far do the ripples of your work actually reach? Who does your business touch that you rarely stop to count?

THE BUSINESS CASE — Why It Works

The guide made three key arguments: relationships drive lifetime value, values alignment eliminates costly drift, and community is the business model. Sit with these in the context of YOUR business.

Where have you already seen evidence — in your own business — that one of these pillars is true? What happened and what did it produce?

These aren't new concepts. They're the model you've been practicing without permission.

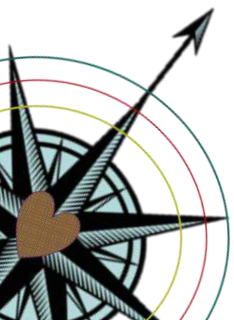


Section 3: Find Where You Already Lead This Way

The recognition that changes everything.

You've been a Compass Rose Leader for longer than you know. Maybe not perfectly. Maybe with a lot of doubt layered on top. But somewhere in your history you've been leading this way — you just didn't have the language for it.

1. Where in your work or life have you led in a relational, values-first, circle-based way — without ever calling it that? Describe one specific moment or season.



The Five Principles of Compass Rose Leadership:

1

Lead from the Center, Not the Top

Authority flows through relationship and clarity, not position.

2

Build in Circles, Not Pyramids

Everyone can be seen. Every voice has space.

3

Power Grows Through Relationships

Connection is the strategy.

4

Measure Success by Your Ripples

Impact is the metric that outlasts revenue.

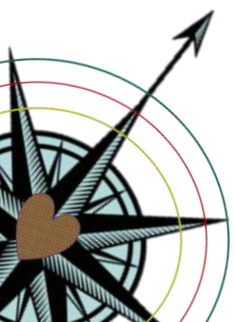
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Lead YOUR WAY — Always

There is no one template. There is only your compass.

2. Which of these five principles feels most natural to you right now? Which is your growing edge?

Most natural:



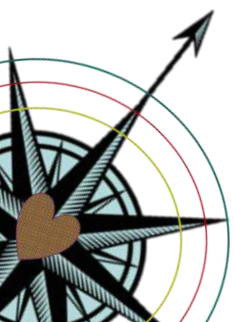
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Growing edge:

3. Think of a decision you made that didn't follow the conventional logic but was deeply right. What did you know then that the template couldn't see?

4. What will shift in your business when you lead this way fully? Be specific — decisions, marketing, your team, your revenue, how you feel on a Tuesday morning.

You've been leading this way all along. You just didn't have the language. And without the language, it's hard to trust it fully.



Section 4: The Reset

From recognition to intention. This is where it moves.

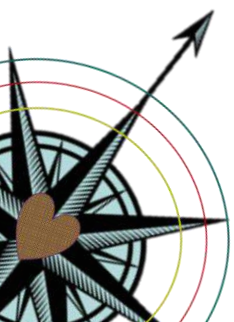
Recognition without intention is just a nice feeling. This section is where you convert insight into something you actually do differently — starting this week.

1. What would it mean — practically, in your business this month — to stop leading apologetically and start leading from your compass? What would look different on a Tuesday morning?

2. Name one thing you will set down. One borrowed rule, one performance, one “should” that has been costing you. Be specific.

I am setting down:

3. Name one thing you will claim. One instinct you'll trust, one relationship you'll invest in, one ripple you'll widen. Be specific.



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I am claiming:

4. What would it feel like to lead this way — fully, unapologetically, your way — for one week? Describe it as specifically as you can.

Your compass has been pointing here all along.

Time to follow it — your way.

Now it is time....to make it happen!!

You did something most people don't do.

You didn't just download this workbook. You opened it. You wrote in it. You sat with the questions that were uncomfortable and answered them honestly anyway.

That's not a small thing. That's exactly how this works.

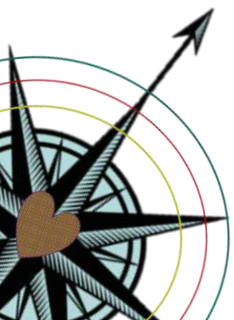
Change doesn't happen from understanding a framework. It happens from the honest reckoning — naming what the old model has cost you, recognizing where you've already been leading differently, and making one specific commitment about what comes next.

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You've done that work here.

Carry it with you. Return to Section 4 when you drift — and you will drift, because that's how practice works. The drift isn't failure. The return is the practice.

Your instinct was never wrong. The template was. And now you have both the language and the map.

What you do with it is entirely, completely, yours.

All the best,



Donna Price
Founder and CEO

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