

## 30-Day Leadership Competence Challenge

Selected Skill to Master: \_\_\_\_\_

Instructions: Use this checklist to track your daily progress. Confidence is built through proof—this framework helps you generate that proof.

### Week 1: Audit & Foundation

*Goal: Identify the gap and gather the necessary knowledge.*

Day 1: Define 'competence' for this skill. What does success look like?

Day 2: Identify 3 high-quality resources (books, podcasts, or articles).

Day 3: Perform a 'Gap Audit': What is your single biggest hurdle in this area?

Day 4: Spend 15 minutes consuming Resource #1. Note one takeaway.

Day 5: Spend 15 minutes consuming Resource #2. Note one takeaway.

Day 6: Spend 15 minutes consuming Resource #3. Note one takeaway.

Day 7: Review your notes. How has your perspective shifted this week?

### Week 2: Immersion & Observation

*Goal: Watch the experts and refine your mental model.*

Day 8: Identify a mentor or peer who excels at this specific skill.

Day 9: Schedule a 15-minute 'curiosity call' or coffee with that person.

Day 10: Daily Study: Research a 'best-in-class' example of this skill in action.

Day 11: Shadow a meeting or review a project where this skill is utilized.

Day 12: Daily Study: Identify the 'hidden' steps experts take that beginners miss.

Day 13: Conduct your 'curiosity call.' Ask: 'What was your biggest mistake when learning this?'

Day 14: Reflection: What is the '1% improvement' you can make next week?

### Week 3: Micro-Application

*Goal: Low-stakes practice to start the compounding effect.*

Day 15: Identify one low-risk opportunity to apply this skill this week.

Day 16: Practice the 'Post-Mortem' habit: Write down your plan for Day 19.

Day 17: Visualization of execution. What are the potential obstacles?

Day 18: Daily Study: Refine your approach based on Week 2's expert advice.

Day 19: Execution Day. Apply the skill in your low-risk scenario.

Day 20: Solicit '1% Feedback' from a trusted colleague on your execution.

Day 21: Adjust your framework based on the real-world results of Day 19.

#### **Week 4: Evaluation & Expansion**

*Goal: Integrate the skill into your leadership identity.*

Day 22: Increase the stakes. Identify a more visible opportunity to lead.

Day 23: Daily Study: Look for advanced nuances of this skill.

Day 24: Prepare for your high-stakes application.

Day 25: Execution Day. Apply the skill in a high-visibility setting.

Day 26: Teach a team member one concept you've mastered this month.

Day 27: Review your Day 1 definition of competence. How much closer are you?

Day 28: Document your 'Proof of Progress': List three wins from this month.

Day 29: Identify the next skill that would complement this new competence.

Day 30: Victory Lap. Acknowledge your growth and commit to your next target.

*Pro-Tip: Don't break the chain. Competence is a game of consistency.*