

Leadership Confidence Cheat Sheet

Step Into Leadership with Confidence

1. Ditch Imposter Syndrome – You belong here!

- ☐ Keep a **Win Journal** of successes (big & small).
- ☐ Seek **mentorship** & support from other directors.
- ☐ Reframe self-doubt: **You're not faking it—you're leading & learning!**

2. Set Boundaries Like a Boss – Control your time.

- ☐ Say **NO** to unnecessary meetings & distractions.
- ☐ **Delegate**—you don't have to do everything!
- ☐ Protect your energy—**self-care is sustainable leadership.**

3. Make Decisions with Authority – Trust yourself.

- ☐ Know your **leadership strengths**—OWN them.
- ☐ Get **comfortable making tough calls.**
- ☐ Lead with **vision, not reaction**—what's the long-term goal?

✓ Quick Action Plan

- ✓ **Write down 3 things** you're great at as a leader:
-

- ✓ **Set a boundary today**—What will you say *no* to?
-

- ✓ **Name a leadership role model**—How do they show confidence?
-

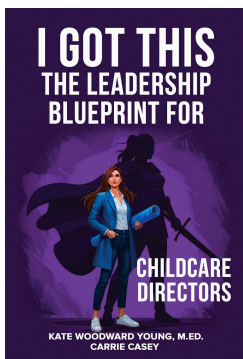
🎯 Pro Tip: Confidence grows with ACTION!

The more decisions you make, the more you'll trust yourself.

🔗 Want More?

- Listen: **Childcare Conversations with Kate and Carrie Podcast**
- Read: *I Got This: The Leadership Blueprint for Childcare Directors* (available on Amazon)
- Connect: www.kateandcarrie.com | @childcareconversations

💬 One thing I will do differently starting tomorrow:



Childcare
conversations