

# Momentum and Reflection

## Who Am I Now

The reckoning. The declaration. The launch. Everything built. Said out loud.

SESSION ARC · 90 MINUTES

### 01

#### Opening Frame 5-10

Bridge review — participants share what they built or tested in their 72-hour container move. What do you now know needs to be built? The room arrives knowing their container and ready to integrate everything into a declaration.

### 02

#### Carry Forward 15-20

Each participant writes their six decisions from Sessions 2 through 5 — nine words, positioning statement, ideal client avatar, lane, journey archetype, and the pattern they are watching. This is the architecture of who they are now as a leader.

### 03

#### The Hot Seat 25-30 r

Every participant stands and answers four questions out loud. How were you leading before? What pattern kept you from growing? How will you show up now? Are you confident you have what it takes? The group witnesses each declaration. No coaching. Just honesty.

### 04

#### Compass + Letter 15

Each participant completes their 90-Day Leadership Compass and writes their Letter to Their Future Self. Three priorities. One monthly question. Day 30, 60, and 90 check-ins set as calendar reminders before leaving the session.

### 05

#### Graduation 5-10 min

The program ends with each participant reading one sentence from their letter. The coach closes. The group holds each other accountable. The foundation is complete. The work continues. Download your Compass and Letter before you close this tab.

#### SESSION FOCUS

#### Integration, not instruction

This session teaches nothing new. Everything was built in Sessions 1 through 5. Session 6 is the moment you put it all into words, name the pattern in front of the group, and leave with a compass and a letter you will open in 90 days.

#### YOUR OUTPUT TODAY

#### Graduation Package

Declaration made out loud.  
Pattern named and held by group.  
90-Day Compass completed.  
Letter to Future Self written.  
Program complete.  
Foundation permanent.

**REMINDER:** Submit your Worksheet in the portal before closing this tab. Download your Letter and Compass — these are yours to keep.