



# 100 DAYS OF LEADERSHIP

A SELF-REFLECTION JOURNAL TO GUIDE YOU ON YOUR LEADERSHIP JOURNEY

TROOST *LEAD*

# HI!

Welcome to 100 days of leadership!  
We developed this journal to “prompt” you along in your leadership journey one day at a time. Don’t feel pressured to fill this in everyday. Everybody’s leadership journey progresses at a different pace, and we understand that. So whether you finish this in 100 hours, 100 days or 100 months is entirely up to you!

You may find the questions in this book a little different from a traditional view of leadership. Leadership isn’t about holding a position or title. We at ILead believe that everyone can be a leader. Leadership is about empowering others to achieve positive change, but it starts with the self. Only after working on yourself can you work on making change at three different levels: team, organizational, societal (community or beyond). By focusing on the self through this journal we hope you are inspired to lead change in other areas of your life too.

# DAY 1

Children are said to laugh 300 times a day, and adults only 7 times. How many times have you laughed today? What can you do to add more joy to your life?

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# DAY 2

Think of your best work or educational experiences (extra-curriculars, courses, etc.) and try to extract some common themes from them.

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# DAY 3

What if the only way to add to your life was to subtract from it. What would be the first two things that you would remove?

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# DAY 4

When was the last time you participated in guilt-free play? What did you do?

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# DAY 5

What is the best piece of advice you ever received? Write a few sentences about how it has applied. Is this a piece of advice you think others should have as well?

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# DAY 6

Write about 2-3 moments in your life you wish you could freeze and preserve forever.

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# DAY 7

If you could clone yourself, how would you split up your responsibilities? What would you discuss? Would you get along with your clone?

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# DAY 8

You just won an award for integrity. Why do you think you would deserve it?

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# DAY 9

What was the most painful thing you ever went through? What did you learn from it?

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# DAY 10

Would you rather have all traffic lights you approach be green or never have to stand in line again? Why so?

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# DAY 11

In the past month, what is something that you achieved with excellence? What inspired/motivated you to do this? How can you capitalize on this feeling?

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# DAY 12

Imagine one of your friends is stressing out for a final and is worried about failing the course. What would you do to console them? Is this something that you would tell yourself? Why or why not?

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# DAY 13

Name one of your closest friends. Why are they so amazing? What makes them such a good friend?

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# DAY 14

You are such a wonderful friend too! What is one amazing thing that you do for your friends that brings you joy?

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# DAY 15

Define what the following look like for you:  
Success. Wisdom. Love. Courage. Joy.

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# DAY 16

List 5 things that you are worrying about. How can you frame them as learning opportunities?  
Now cross them out. Don't worry be happy!

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# DAY 17

What is one non-tangible gift you gave someone recently?

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# DAY 18

What is one non-tangible gift that you received recently?

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# DAY 19

Write about what an ideal community looks like for you. What is one step you can take to bring this vision closer to reality?

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# DAY 20

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion." - Dalai Lama. Write about the last time you helped someone.

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# DAY 21

Write about something you love doing that you think everyone else should try, too.

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# DAY 22

What is your happy place? Describe it in a few words and say why it is your happy place.

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# DAY 23

What mistakes did you make today, and what can you learn from them?

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# DAY 24

Leadership can exist at four different levels: personal, team, organizational, societal (community or beyond). Which level are you currently most focused on making a difference in? How can you increase your positive influence in this area?

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# DAY 25

If you were a Teaching Assistant for any course, what course would you like to TA for the most? How would you interact with the students?

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# DAY 26

If your favorite magazine asked to write a feature article about you a year from now, what would you want the story to be?

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# DAY 27

What role does kindness play in your work, leadership, and life? How could you invite more in and express more?

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# DAY 28

What does leadership mean to you?

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# DAY 29

Write about two things you've done that you previously thought you could never do.

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# DAY 30

What is an achievement you are proud of that you didn't get recognized for? Do you wish you were recognized for it or are you proud of its modesty?

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# DAY 31

Describe a time when someone tried to motivate you but used a strategy that didn't work. What was the impact of that experience and what strategy could have worked better in that context?

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# DAY 32

What are you looking forward to in the next month?  
Why are you looking forward to it?

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# DAY 33

What's your favorite memory from last year? Would you like it to become a regular event in your life or do you enjoy this event as an occasion?

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# DAY 34

Define what "joy" means to you. What is one thing that brings you immense joy?

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# DAY 35

When do you feel most connected to people?

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# DAY 36

What have you been putting off doing this week?  
Why?

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# DAY 37

Hop three times! Write about how that made you feel.

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# DAY 38

What is your biggest insecurity? Is it really something to be insecure about? What would you say to your friend, if they said they were insecure about the same thing?"

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# DAY 39

Are you comfortable having difficult conversations?  
What skills do you think would help you become more comfortable with confrontation?

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# DAY 40

Do you believe high-performing leaders are born, not made or do you believe that, with proper support and training, any leader can become strong?

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# DAY 41

When was the last time you were humbled?

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# DAY 42

What is one characteristic you wish all the leaders of the world had more of?

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# DAY 43

Name one activity that you dread doing that makes you happy afterwards.

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# DAY 44

Do you believe that the responsibility for decision-making falls primarily on the leader or should it be communal? Are there certain situations in which you would advocate for one over the other?

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# DAY 45

Do you act with impulse more than you act with intention? Or vice versa? How is this behavior affecting your life?

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# DAY 46

How can you lift others up as you climb the “ladder”?

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# DAY 47

Describe a time that you took on a task that called for a particular skill or competency that you did not possess. How did you handle being in that situation and what did you learn from it?

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# DAY 48

Think of one brave action you took today and write down three potential impacts of that action. Thinking of the potential impacts, is there anything you might do differently if you were to do it over again?

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# DAY 49

What can you do to make your school or your community a better place?

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# DAY 50

Woah! You're halfway there! Take this space to reflect on how filling out this journal has made you feel so far. What do you hope to get out of the other half of the journal?

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# DAY 51

Write about one thing that you *think* you should not do, and why you feel that way.

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# DAY 52

When did you learn a lesson the hard way?

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# DAY 53

Who would you like to be closer with and build a stronger relationship with? Brainstorm 3 ways to go about it.

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# DAY 54

At your 95th birthday, who would you want to give a toast about your life, and what would you want them to say about you?

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# DAY 55

What would you do if you were assured of unlimited money and time on the condition that you had to pursue your dream career?

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# DAY 56

What is one thing that you regret the most? What would you do differently if given a second chance?

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# DAY 57

List ten things you do or can do to take care of yourself.

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# DAY 58

Why is it important for leaders to be good listeners? What are some good listening skills that you currently employ?

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# DAY 59

If you could change one thing about yourself, what would it be and why?

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# DAY 60

Why might leaders opt to motivate others when they can often get away with simply telling others what to do?

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# DAY 61

What has become more important to you in the last year? What has become less important in the last year?

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# DAY 62

What, in your opinion, is your greatest weakness?  
Can you think of any situations in which this could  
a strength?

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# DAY 63

If you had one year left to live, but you had to stay in school, what would you do?

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# DAY 64

What did you particularly enjoy doing as a child? Is there a form of this still relevant in your life today?

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# DAY 65

If you were making your life into a movie, what scene would you make sure to add and what scene would you make sure to remove?

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# DAY 66

What is something negative that happened to you this week? If this had happened to a friend, what would you do to console them.

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# DAY 67

What are the ten smallest, most minor, most insignificant things in your life that you are grateful for?

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# DAY 68

What drives you to pursue engineering?

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# DAY 69

Is leadership important to you? Why or why not?

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# DAY 70

What do you consider to be your third greatest strength?

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# DAY 71

Make a map of your 3 most recent failures indicating the rough date they occurred. Write beside each one what you learned.

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# DAY 72

"I dedicate the remainder of my day to the memory of... (a person, an event, a time, a reflection...), which reminds me that..."

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# DAY 73

Many great leaders are determined and committed to their causes. Write about something that you feel passionately about—and then explain how you could lead others to also care about your cause.

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# DAY 74

What music do you regularly listen to and why?  
How do you feel after listening to it?

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# DAY 75

What is the next thing you want to learn? Why are you inspired to learn about this thing?

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# DAY 76

Is leadership important to you? Why or why not?

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# DAY 77

When do you feel most self-confident? Why? How can your self-confidence help you lead others?

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# DAY 78

What are the qualities of an effective leader according to you? How can you incorporate these qualities into your life?

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# DAY 79

Would you rather travel 10 years into the future or 10 years into the past? What would you be hoping for when you get there?

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# DAY 80

Will humanity be better in 100 years? Why or why not? What is something you can do as an engineer to make humanity better in 100 years?

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# DAY 81

Do you think stricter discipline will better your life or worsen it?

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# DAY 82

Note down methods to have better mental hygiene. What are ways you can "clean you brain"?

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# DAY 83

Do you consider yourself to be a leader or a follower in the teams that you are a part of? Why so?

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# DAY 84

Think about your top 3 values (or guiding beliefs) that matter most to you right now, and write about how your actions and words may follow suit this week.

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# DAY 85

Write about someone in your life who is a great leader. Who do they inspire? How do they lead?

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# DAY 86

Should we fear failure? Write a few sentences about a time you experienced failure

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# DAY 87

List the 5 people you spend the most time with, why, and how they're affecting you — your behaviors, your thoughts, your life.

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# DAY 88

Take The Myers Briggs Test (<https://www.16personalities.com/>), and write about the results. Do you agree with those results? And/or did you realize anything new about your personality?

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# DAY 89

If you went into a party where you knew nobody else and pretended to be someone else, you'd be...

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# DAY 90

When do you feel the most like 'You'. When are you the most comfortable? Why?

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# DAY 91

What one event in your life has changed you the most?

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# DAY 92

Assuming your life is a story and you are the author, what does your happy ending look like?

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# DAY 93

If you were unapologetically and truly yourself, day in and day out, and if you fully accepted and loved yourself, what would change for you moving forward?

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# DAY 94

What is something you've been wanting to do but have been too afraid to try? Why are you afraid?

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# DAY 95

Write down 5 positive affirmations about yourself.  
Repeat them daily.

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# DAY 96

You've created so many things out of nothing!  
Write about them here. They could be anything - a  
friendship, a piece of art, or a new perspective.

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# DAY 97

On a scale of 1 to 10, where 1 is completely constrained and 10 is completely free, where do you place yourself today? Write about the reasons you place yourself in that part of the scale.

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# DAY 98

Take stock of how social media/being plugged in makes you feel. Are you happy with how you spend your time online? If not, what is one small thing you can do to change that?

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# DAY 99

Think about an academic subject that inspires you. Describe how you have furthered this interest inside and/or outside of the classroom.

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# DAY 100

Congratulations! You just finished 100 days of leadership! Take this space to reflect on what writing this journal has meant to you, and how you've evolved over the time it took you to finish the book.

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Whenever you finish this journal give us a buzz over at @ileaduoft. Even better drop by the office (MY772) to have a chat with us about what the book helped you learn!

If you liked what you got out of this book then you might want to sign up for our mailing list by sending us an email at [info.ilead@utoronto.ca](mailto:info.ilead@utoronto.ca).

There are so many ways to get involved and continue the self-exploration via leadership labs, our academic courses, a summer fellowship, club leaders roundtable, and a summer program!

You can learn more at our website:  
[ilead.engineering.utoronto.ca](http://ilead.engineering.utoronto.ca)

**THANK YOU!**



UNIVERSITY OF TORONTO  
FACULTY OF APPLIED SCIENCE & ENGINEERING  
Troost Institute for Leadership Education in Engineering

Myhal Centre, Room 772  
55 St. George Street,  
Toronto ON, M5S OC9

TROOST **ILEAD**

ilead.engineering.utoronto.ca  
info.ilead@utoronto.ca  
@ileaduft    