



SPRINT TO SAFE™

A 7-day leadership momentum tool

SMALL
STEPS
BRIGHTER
DAYS

When something feels stuck, don't wait for the perfect plan. Create movement. Small, clear actions build momentum – and momentum makes leadership easier.

1 SPOT WHAT'S STUCK



What is currently taking too much effort, being avoided, or relying on one person?

2 DEFINE "SAFE"



What would "moving well" look like? Keep it observable and simple.

3 CHOOSE THE FIRST MOVE



What is the smallest leadership action that will create movement in the next 24 hours?

Owner: _____ By when: _____ Evidence it's done: _____

4 BUILD THE 7-DAY RUNNING START

What three moves will keep this in motion?



MOVE	ACTION	WHO	WHEN
1			
2			
3			

5 KEEP IT IN MOTION

THE DAILY HABIT

What 5–10 minute action will stop this from sliding backwards?

TRAIN THE FINISH

How will you follow through, check the change and close the loop?

MOMENTUM CHECK At the end of 7 days ask: **What is easier now because we started moving?**



"What's in motion stays in motion."

Start small. Follow through. Build momentum.

SUPPORT · INSPIRE · EMPOWER · CREATE CHANGE

