

“Choose Your Hard”
*The Leadership Edge That
Changes Everything*

WORKBOOK

October 8th, 2025

Hosted by: Debbie Sears-Barnard



DIAMOND CUT LEADERSHIP NETWORK

Building Better Leaders To Get Better Results

www.diamondcutleadershipnetwork.com



Purpose:

We will explore the following areas and share practical tools to help you:

- Understand the “Choose Your Hard” framework as a leadership tool
- Identify areas where you’ve been avoiding discomfort at the cost of impact
- Commit to one “hard” choice that aligns with your values and leadership goals
- Begin closing the gap between knowing and doing



1. “Choose Your Hard”

- Define “Choose Your Hard” in your own words.

- Where are you avoiding discomfort right now?

A. Health / Energy

B. Finances / Resources

C. Relationships / Team Trust

D. Personal Growth / Career

- Write down one area where you’ve been putting off a hard decision (personal or leadership-related).



2. Framework Application

My values:

Write one value that matters deeply to you. How could choosing your hard alignment with this value change your outcomes?

My avoided hard:

If I avoid it:

If I choose it now:



3. Commitment

My 7-day hard choice: Write your “I will” statement here and consider sharing it with a peer/mentor.	
My “I will” statement:	
My accountability plan:	



Accountability partner

System of daily scheduling



Procedure for daily reminder

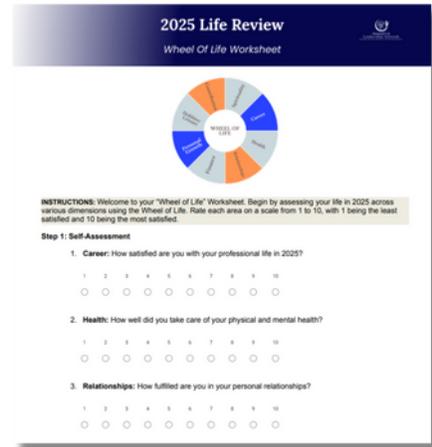
Other





Wheel of Life Worksheet

[Click Here to Download](#)



Summary of Key Takeaways



Conclusion and Next Steps



What are 3 things that you learned today?

1. _____
2. _____
3. _____



Is there **one idea** you are planning to integrate into your personal practice or take back to your organization?

Questions



Your Feedback Matters

New 90-Day Coaching Signature Program

Gain Clarity, Elevate Your Confidence, and Master Your Goals!

Ready to take your 2025 goals to the next level? Let's chat!

Book your complimentary 30-minute Coaching Consultation Call with Debbie now!

<https://calendly.com/diamondcutleadershipnetwork/complimentarysessionwithcoachdebbie>



**READY TO
LIVE YOUR
BEST LIFE?**

**Your 90-Day Peak
Performance Accelerator**

*Gain Clarity, Elevate Your Confidence, and
Master Your Goals!*

Reconnect with YOU with our 90-day
Coaching Program!



SIGN UP TODAY



www.diamondcutleadershipnetwork.com

with Debbie Sears Bamard

Coming Up Next...



DEONDRA R. WARDELLE

*On To The
Next One*
CONSULTING

Register for our next session!

Special Guest Contributor

Wednesday, 12th November

STAY TUNED!

Thank You!



We are here to support you!

✉ diamondcutleadershipnetwork@gmail.com

in [diamond-cut-leadership-network](#)

f [DiamondCutLeadershipNetwork](#)

📷 [@diamondcutleadership](#)

▶ [Diamond Cut Leadership Network YouTube Channel](#)

SCAN ME



Do You Need More Help?

[Schedule a Call](#)

Building Better Leaders To Get Better Results

www.diamondcutleadershipnetwork.com