



# The ECCG High

## Performance Reset

**ENERGY - CLARITY - CONNECTION - GROWTH**  
A reflection framework for sustainable leadership  
performance

Date

What sentence best captures how you led and experienced this year?

### ENERGY

How did this year affect your energy physically, mentally, and emotionally?

### CLARITY

What became clearer to you about what matters and what doesn't this year?

### CONNECTION

Which relationships shaped this year, and how did you show up for others?

### GROWTH

How did this year stretch you and what did you learn about yourself as a result?

Based on this year, what needs your attention IN 2026 and what is ready to be released?