



# Leading Under Pressure

Gold Sheet

## Key Things I Learned

## Actions I Will Take

What	By When	Need to Involve

.....  
Signature

.....  
Today's Date



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## 1. Look In

## 2. Look Out

## 3. Look Ahead

## 4. Look Up

### Resources

- People and Projects Podcast*,  
PeopleAndProjectsPodcast.com
- Better Than Before* by Gretchen Rubin
- Be Excellent at Anything* by Tony Schwartz
- Eat Move Sleep* by Tom Rath
- The Power of Habit* by Charles Duhigg
- Work Without Stress* by Derek Roger
- Brain Rules for Aging Well* by John Medina
- Networking for People Who Hate Networking*  
by Devora Zack
- Who's Got Your Back* by Keith Ferrazzi
- Act Like a Leader, Think Like a Leader* by  
Herminia Ibarra
- Barking Up the Wrong Tree* by Eric Barker
- Good Authority* by Jonathan Raymond
- The Mind of The Leader* by Rasmus Hougaard  
and Jacqueline Carter
- The Leadership Challenge* by Jim Kouzes and  
Barry Posner
- Better Under Pressure* by Justin Menkes
- 18 Minutes* by Peter Bregman
- The Procrastination Equation* by Piers Steel
- The Happiness Advantage* by Shawn Achor
- Broadcasting Happiness* by Michelle Gielan