



30-Day

INTEGRATION TRACKER

Leadership Integrity Framework

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MY START DATE

Thirty Days of Attention, Not Accumulation.

This tracker follows the 30-day arc described in the Leadership Integrity Framework blog. Each day carries one specific practice drawn directly from that piece. You don't need to do all of them perfectly — you need one with genuine attention.

The structure is intentional. One dimension per week, so that by the end of the month you've moved through the full range of the work. Weeks one and two typically bring awareness. Weeks three and four are when awareness starts to carry weight.

The last four days are for integration rather than new practice — looking back across the month to understand what you noticed and what you're choosing to carry forward.

THE FOUR DIMENSIONS

PURPOSE

Leader's Inner World
Days 1–7

Who am I in this situation?

PRESENCE

Observable Behaviors
Days 8–14

How am I showing up?

PARTNERSHIP

Relational Dynamics
Days 15–21

What are we building together?

PERSPECTIVE

Systemic Awareness
Days 22–26

What am I not seeing?

A few notes before you begin. Choose whatever start date works for you — this doesn't have to be a Monday. Weekend days have a reflection prompt rather than a behavioral practice. The lines are for whatever serves you: a word, a sentence, or a longer note.

WEEK 1

PURPOSE

Leader's Inner World

Where is my leadership grounded?

Where is it borrowed?

Days 1-7



WEEK 2

PRESENCE

Observable Behaviors

*Is my presence creating
the impact I want?*

Days 8–14



WEEK 3

PARTNERSHIP

Relational Dynamics

What are we building together?

Is it actually what we want to be building?

Days 15–21



WEEK 4

PERSPECTIVE

Systemic Awareness

Where is my perspective serving the situation?

Where is it limiting my view of it?

Days 22–26



DAYS 27-30

INTEGRATION

No new practices. Just honest reflection.

Looking back.

Carrying forward.





*Thirty days of genuine attention,
followed by another thirty.
That's where something changes.*

Leadership Integrity Framework · Maria Wade

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