

WORKBOOK FOR

LEADING THE WOLFPACK

Become the Wolf



Dr. Philippe J.S. De Brouwer
2026

Identification

First Name:

Address:

1 Learn as a Wolf-pup

1.1 Self Knowledge

1.1.1 Purpose

Mission:

Vision:

Goals:

1.1.2 Strong and Weak Points

MBTI Profile:

Strengths:

Attention Points:

1.1.3 Blockers and Drivers

Anchor	Score	Importance[*]
Technical / Functional		
Leadership		
Autonomy / Independence		
Security / Stability		
Entrepreneurial / Creativity		
Ethics		
Pure Challenge		
Lifestyle		
Prestige		

1.1.4 Reflections on Ikigai

My Ikigai:

1.1.5 Values

My values:

1.1.6 Re-write Foundational Statements

If you feel like it, you can now re-define your foundational statements

Mission:

Vision:

Goals:

1.2 Plan

1.2.1 Long Term Plan

Goal	by When
1	
2	
3	
4	
5	

1.2.2 Plan for the Year

LT goal	Goal	Quarter
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1.2.3 Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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1.2.4 Habits to change

1.2.5 Perspective: 4000 weeks

1.3 Outside of Myself

1.3.1 Personal Board of Directors

Role	Name(s)
Mentor	
Cheerleader	
Big-Picture	
Cross Industry	
Confidant	
Role model	
Connector	

1.3.2 Keeping Your Sanity

What	OK?	Action
Morning Ritual		
Goals Defined		
Journaling		
Introspect		
Read		
Work Out		
Sleep		
Embrace Discomfort		
Embrace Fate		
Improve every day		

2 Teamwork

2.1 Build Trust

Do you know the following of your team members?

Category	Description	Status
MBTI Profile	Personality type; guides communication and collaboration.	
Core Motivators	What drives them (autonomy, mastery, purpose).	
Drivers & Blockers	What accelerates their momentum vs. what stalls it.	
Strengths	Their natural talents and highest-value skills.	
Growth Areas	Skill gaps requiring coaching or development.	
Workload & Bandwidth	Current capacity and mental runway to prevent burnout.	
Boundaries & Context	Personal limits and life factors impacting work energy.	

2.2 Clarity in the Team

Mission:

Vision:

Purpose:

Goals:

Clear Actions:

2.3 Structure in Team Meetings

What	OK?	Action
1 or 2 off-sites per year		
Monthly Strategic		
Weekly or Daily Standup		

3 Final Thoughts and Actions