

Neiman Young Releases Free Leadership Clarity Self-Audit to Help Individuals Align Goals and Actions

Houston executive coach Neiman Young has introduced a free Leadership Clarity Self-Audit designed to help people improve focus, strengthen decision-making, and create greater alignment between their daily actions and long-term goals.

Houston, Texas Jun 19, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Executive coach, retired U.S. Army officer, and former municipal leader Neiman C. Young has released a free resource aimed at helping individuals take a practical step towards greater clarity, focus, and effectiveness.

The new resource, the **Leadership Clarity Self-Audit**, is a simple self-assessment designed to help people evaluate how well their daily activities support their long-term goals and personal values.

Young developed the tool based on lessons learned throughout a career that spanned military leadership, local government administration, and executive coaching.

“Strong leadership starts with clarity,” Young said. “You cannot move forward effectively if you are unsure where you are going or why it matters.”

The resource addresses a challenge facing many professionals today: maintaining focus in an increasingly distracted world.

Research from Microsoft found that nearly **70% of workers report struggling to find uninterrupted time to focus**, while studies suggest the average employee is interrupted dozens of times per day. Gallup has also reported that only **one in three employees feels fully engaged at work**, and research from the University of California, Irvine found that it can take **more than 20 minutes to fully regain focus after an interruption**.

Young believes many people spend more time reacting than intentionally moving towards meaningful goals.

“When people lose sight of the bigger picture, it becomes easy to focus only on what's directly in front of them,” he said. “The challenge is creating alignment between your actions and your priorities.”

The Leadership Clarity Self-Audit helps users assess four key areas:

- Long-term vision
- Current priorities
- Daily habits
- Personal alignment

The framework reflects the same principles Young used while leading large teams and complex organisations.

“I rely on a layered approach,” he said. “Long-term vision defines where we are going. Annual goals create priorities. Quarterly focus areas maintain momentum.”

Throughout his career, Young has seen how clarity can improve both individual and organisational

performance.

“When people understand how their work connects to a larger purpose, engagement improves and decision-making becomes more effective,” he said.

Use This in 15 Minutes

The Leadership Clarity Self-Audit can be completed in a single sitting:

Minutes 1–5: Identify your three most important long-term goals.

Minutes 6–10: Write down where most of your time and energy currently go.

Minutes 11–13: Compare your daily actions to your stated priorities.

Minutes 14–15: Select one behaviour to strengthen and one distraction to reduce this week.

The purpose is to create awareness and encourage intentional action.

“Strong leadership is not about intensity for a short period of time,” Young said. “It is about creating impact that lasts.”

Common Mistakes People Make

According to Young, several habits often prevent people from making meaningful progress:

- Confusing activity with progress
- Focusing on urgent tasks instead of important priorities
- Setting goals without creating supporting systems
- Failing to regularly evaluate priorities
- Trying to change everything at once

“Progress often comes from small, consistent actions,” Young said. “Clarity helps people identify which actions matter most.”

Call to Action

Young encourages readers to set aside 15 uninterrupted minutes this week to complete the Leadership Clarity Self-Audit. Review your goals, assess where your time is currently being spent, and identify one action that will bring your daily habits into closer alignment with your long-term priorities.

“The most valuable breakthroughs often begin with a simple question,” Young said. “Are my actions aligned with the future I want to create?”

To read the full interview, visit the website [here](#).

About Neiman Young

Neiman C. Young is a Houston, Texas-based executive coach, retired U.S. Army officer, and former Assistant City Manager. During his 23-year military career and subsequent public sector leadership

roles, he led complex operations, strategic initiatives, and large-scale teams. Today, he focuses on helping leaders strengthen clarity, resilience, decision-making, and long-term effectiveness through practical leadership principles and structured personal development.

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