100 Common Peak Leaks™ – Reference Guide

These examples help teams quickly identify the most common distractions and inefficiencies that reduce performance across five leak categories.

Behavioral Leaks

- - Constant context switching
- - Multitasking during meetings
- - Avoiding hard conversations
- - Checking email every 5 minutes
- - Not setting a daily top priority

Structural Leaks

- - Unclear roles and responsibilities
- - Broken or delayed handoffs
- - No process for recurring tasks
- - Meetings without agendas
- - Multiple people owning the same outcome

Technological Leaks

- - Tool overload and app fatigue
- - Notifications from 7+ platforms
- - Slow or outdated systems
- - Ineffective task/project management software
- - Re-entering the same data in multiple places

Leadership Leaks

- - Micromanagement or control loops
- - Lack of follow-through on commitments
- - Unclear or shifting priorities
- - No feedback or coaching rhythm
- - Rewarding effort, not results

What You Tolerate

- - Chronic lateness or lack of preparation
- - Incomplete work being passed forward
- - Interruptions normalized as culture
- - Toxic behavior that's never addressed
- - Lack of recognition for focused effort

Use this list as a starting point. Expand it with your own team's observations to build a customized Peak Leaks™ library.