

SELF-ASSURANCE & EMPOWERMENT | WORKSHEET

This worksheet contains a few simple prompts to help you explore the practice of self-inquiry and reframing with regard to self-assurance and empowerment. It's important to remember that understanding is only part of the equation. It's through our actions that we breed true confidence. So, spend a few minutes on each prompt, give each some real thought, and then consider ways to take real action and apply these insights in your life.

WORKSHEET

DISEMPOWERING THOUGHTS

Record any low confidence/disempowering thoughts you commonly have (comparisons, critical inner dialog, etc.).

EMPOWERING THOUGHTS

What empowering thoughts would help you feel more confident and capable? What truths can you call upon when you feel uncertain?

EMPOWERED BEHAVIOR

How does feeling confident and empowered show up in your behavior: specific actions, verbal language, body language, etc.? How is this different from when you think disempowering thoughts?

SELF-ASSURANCE & EMPOWERMENT | WORKSHEET

WORKSHEET CONTINUED

STRENGTHS

What do you do well? Which of your personality / character traits might help you reach your goals?

GROWTH PLAN

What areas do you need to work on? What new skills would help you feel more confident (practical skills, interpersonal skills, emotional skills, etc.)?

PERMISSION PLAN

You don't need permission to speak up or to take action. Identify some opportunities where you might normally hold back but feel your voice is needed. Then, give yourself permission to act.

POSITIVE REFRAMING

Obstacles are opportunities for growth. Reframe a recent setback or obstacle in a positive light. How might it help you grow?