

FIND RENEWED EMPOWERMENT

AND DIRECTION FOR THE NEXT PHASE
OF YOUR LIFE AND CAREER



WORK SHEET

THE EMPOWERMENT WITHIN

How to Gain Empowerment & Influence at Work and in Life

Personal empowerment is about taking control of your own life and making positive decisions based on what you want.

It's closely linked to attributes like self-esteem and self-confidence, but true empowerment comes when you convert intention into action.

Personal empowerment means giving yourself permission to succeed. But it doesn't mean "going it alone." Chances are, you'll need the input, support, and guidance of others to achieve your objectives.

And, in many cases, you'll need their permission, too, in the form of trust, resources, time, or autonomy, for example.

Bear in mind that "empowerment" is not the same as "entitlement." People who feel entitled tend to believe that benefits and privileges should come to them automatically, while empowered people achieve success through hard work, reflection and cooperation.

Answer these questions to help you make a plan to gain more power in your life.

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1 What does empowerment mean to you?

At work

At home

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2 What is holding you back from your dreams?

At work

At home

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3 What can you do today to feel more empowered?

At work

At home

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4 Where do you see yourself in 3 years from now?

At work

At home

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5 What are you wasting your time with?

At work

At home

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6 What's important to you at the moment?

At work

At home

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7 What will your impact be 100 years from now?

At work

At home

My Notes

A large, light gray rectangular area with horizontal lines, intended for writing notes. The lines are evenly spaced and extend across the width of the page.