

Self-Awareness Workbook

Unlock Your Power: Get Clear. Get Confident. Get Moving — Fast.



Welcome & How to Use This Workbook

Welcome!

Embark on a transformative journey inward to understand who you are, what you want, and what might be holding you back. This workbook is your tool to activate self-awareness and unlock clarity, confidence, and momentum.

How to Use This Workbook:

1. **Reflect:** Slow down and think deeply.
2. **Write Freely:** There are no right or wrong answers.
3. **Prepare for Coaching:** Bring your completed workbook to your session to enhance your results.


Your Strengths, Values, and True Priorities

Step 1: Discover Your Strengths

"You can't use what you don't know you have."

Identify your strengths—skills, talents, and qualities that are often recognized by others.

- Strength #1: _____
- Strength #2: _____
- Strength #3: _____


 **Reflect:** When do you feel most powerful and alive?

Step 2: Reconnect to Your Core Values

"Your values are the compass that keep you on track."

Choose your top 5 values or add your own:

- My Top 5 Values:


 **Reflect:** Where are you fully aligned with these values? Where are you out of alignment?

Breakthrough Barriers

Step 3: Identify What's Been Holding You Back

"Self-awareness without action is just observation."


- The biggest challenge or pattern I keep facing is:
- I notice I get stuck when:
- I sometimes sabotage myself by:

 **Reflect:** What stories, beliefs, or fears might be keeping you small?

Step 4: Define Your Motivators

"Clarity + Energy = Unstoppable."

- I am most motivated when:
- I feel most drained when:

 **Reflect:** What would it feel like to make decisions based on what energizes you?

Clarifying Your Current Challenge

Step 5: Identify the Challenge You Want to Focus On

"Clarity now = Breakthroughs later."

- Describe the challenge or decision you're facing.
- How long have you been facing this challenge?
- What actions have you taken to resolve it?
- What feels most confusing or frustrating about it?
- What outcome would feel like a “win” for you?

 **Bonus Reflection:** If you could solve this instantly, what would the ideal outcome look like?

Your Action Blueprint

Step 6: Create Your Clear Next Steps

"A goal without a plan is just a wish."

- My Immediate Focus Area:
- My 3 Next Bold Actions:
- My Support System:
- How I'll Celebrate Progress:

Final Reflection:

👉 *If I trusted myself fully, what would be my very next move?*

Get Ready to Unlock Your Power

You've taken the first step. Now, bring your courage and honesty to uncover the clearest, boldest version of you. Let's set a plan in motion for your future self.

🔥 **You are ready. Let's do this.**