

AWAKENING WORTH

Belinda
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EPISODE #4

What will you do differently now that you have increased your self-awareness and tapped into your true worth?

“With a new day comes new strength and new thoughts.”

Eleanor Roosevelt

To get started, bring your big discoveries for each episode to this document.

Episode #1 – You are Worth More Than You Know, Just by Being Unashamedly You

What did you uncover about yourself when you explored *Self- Esteem vs Other- Esteem*? Is there a place, person, or situation that triggers you to look outside of yourself for acknowledgment or answers rather than within? Note them below.

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Episode #2 – Do You Know the Value of What You do Naturally?

When you explored the roles you played as a child, what were the skills that you developed that help you today in life and as a leader?

An ability to read a room, de-escalate a situation with ease, masterful communication, bring people together through laughter, think strategically, ...

Note your skills, strengths and the impact they create below:

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Guillaume Apollinaire

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Write up the key take aways/insights you uncovered that may be holding you back or getting in your way. Then make note of what you can do to break through.



When you combine all you have uncovered, what have you learned about yourself, you become more clear of your value and the impact you create.

The point is to truly own what you are discovering and live into the impact that you make just by being you.

On the next page write up your I AM + Impact statements

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♦ **I am a masterful communicator**

- Creating a safe space for difficult conversations to be productive & respectful.

♦ **I am comfortable being uncomfortable**

- Allowing me to make sound business decisions even if they are not popular.

♦ **I am not afraid of a blank page**

- Creating from scratch (programs, software, product, events...) is my sweet spot.

♦ **I am someone people turn to in times of crisis**

- I remain grounded in challenging time, anticipating needs, identifying solutions and keeping people safe.

Write your “I AM” + Impact Statements below

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Take your *I AM* + *Impact Statements* to the next level

When you look at your “*I AM*” + *Impact statements* do you see a theme?

Do they naturally solve a certain type of challenge or inspire others to great things?

If you are thinking of your professional life, who needs your unique skill set most?

- ◆ What type of
 - Industry
 - Company, organization, non-profit services...
 - Position
 - Role

- ◆ Is what you do naturally on the edge of
 - Innovation– creating something new
 - Organizational – bring order to chaos
 - Strategic – forward thinking for smoother and more effective workflow
 - Change Management – orchestrating all the moving elements to move in harmony

- ◆ Are you the:
 - Trailblazer – creating new paths for those without a voice, new industries
 - Visionary – inspiring others to play a bigger game
 - Problem Seeker – those looking for potential issues down the road so they can be addressed before a problem occurs
 - ...

- ◆ Is there an uncommon connection between your *I AM* + *Impact Statements* and all you have learned about yourself?

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◆ For example

- I am a Creative Businesswoman – below are some impact statements that come from being a Creative Businesswoman.
 - I look at things differently than most
 - I am not afraid of a blank page or doing something that has never been done before.
 - I can see the bigger picture and all the elements required to bring it to life
 - I speak both Creative and Business languages – I can express creative ideas to a businessperson, so they understand and vice versa.
 - ...
- Once I understood that those are some of what makes me good at what I do and add value in all I do. I changed the way I embraced them
- Does that make me better than anyone – NO!
- It makes me, me and you, you
- It is where my sweet spot is
- It is what I uniquely bring to the table
- My value add (beyond the specs of my role)

◆ What is that for you?

◆ What is something you have taken for granted about yourself or thought everyone took action that way?

◆ Identify it

◆ Own it

◆ Celebrate it

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Write up your value add and who needs you most – where you can bring the greatest value, just by being you and honoring all that makes you who you are.

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“I read and walked for miles at night along the beach.

*Writing bad blank verse and searching endlessly for
someone wonderful*

*who would step out of the darkness
and change my life.*

It never crossed my mind that that person

could be

ME”

Anna Quindlen