

4 WEEK
EMPOWERED
TRANSFORMATION
SERIES

WEEK 1
WORKBOOK

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REVIEW AND REFLECT

Review either the last year or quarter.

What were your wins (big or small)? After you write them down, take time to celebrate them.



What were your biggest lessons (both positive and negative)?

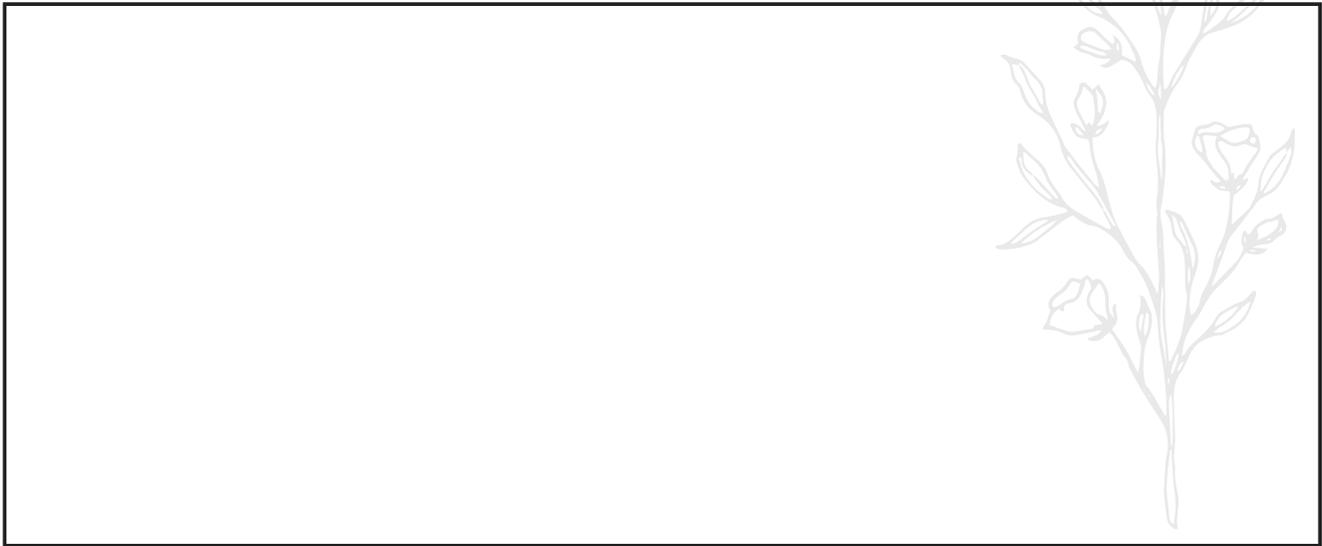


What disempowering and limiting stories must you release this year to create energetic space for a new and empowering year?



NEW GOALS AND COMMITMENTS

If money and time were not a factor, what would you want to do and accomplish? Brainstorm everything (big and small) below.



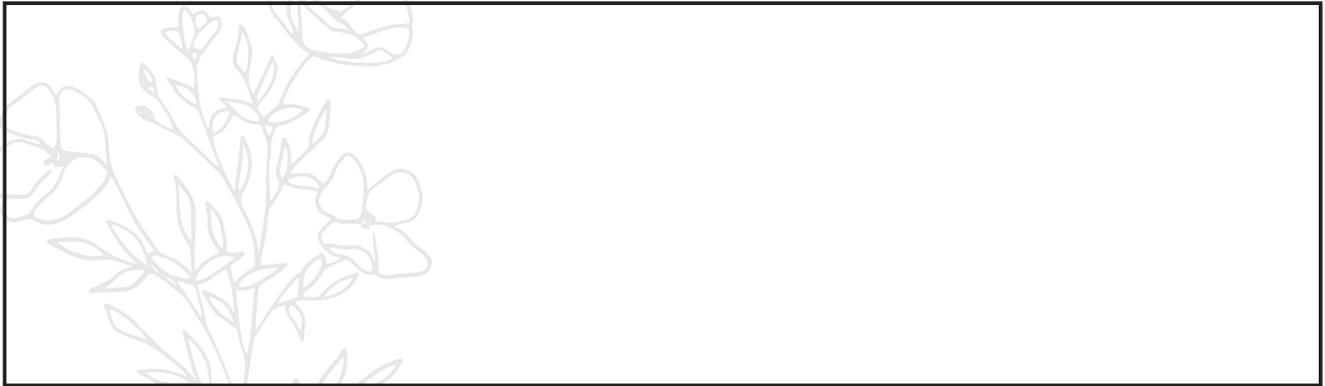
What do you think you're able to accomplish?



Recognize that the difference between your answer to both above is your limiting beliefs.

NEW GOALS AND COMMITMENTS

For the goals you've written down, identify the top 3-5 that are the most important to you.



WHY are these goals important to you? What will it give you? What impact will it make to you and your family and the greater society?

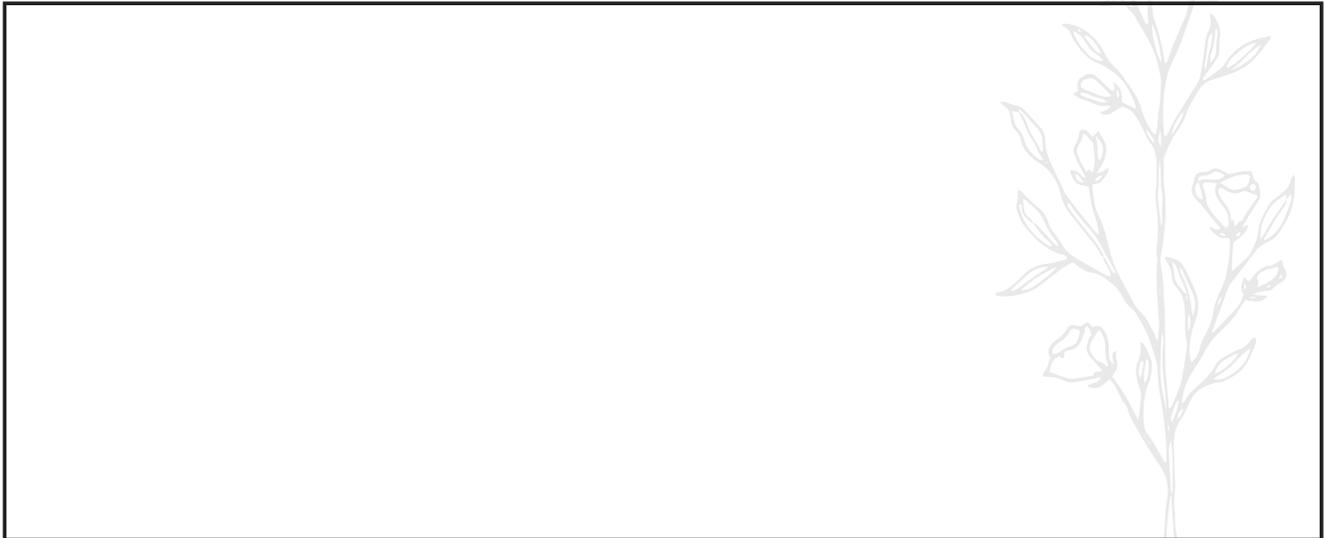


What are the consequences of not accomplishing your goals?



STRATEGIC PLANNING

What are your top 3-5 goals and priorities for this new quarter?



For each goal, break them down. What tactical actions do you need to achieve them?

Goal 1

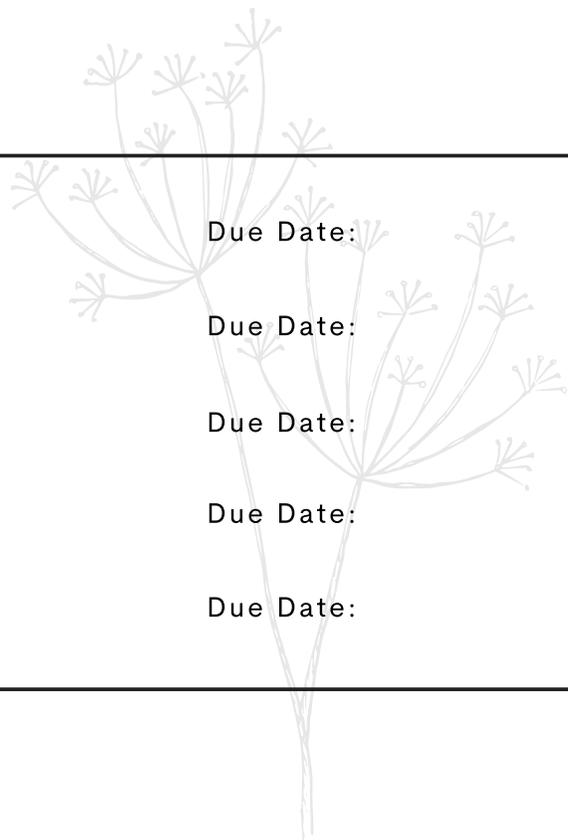
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D)	Due Date:
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STRATEGIC PLANNING

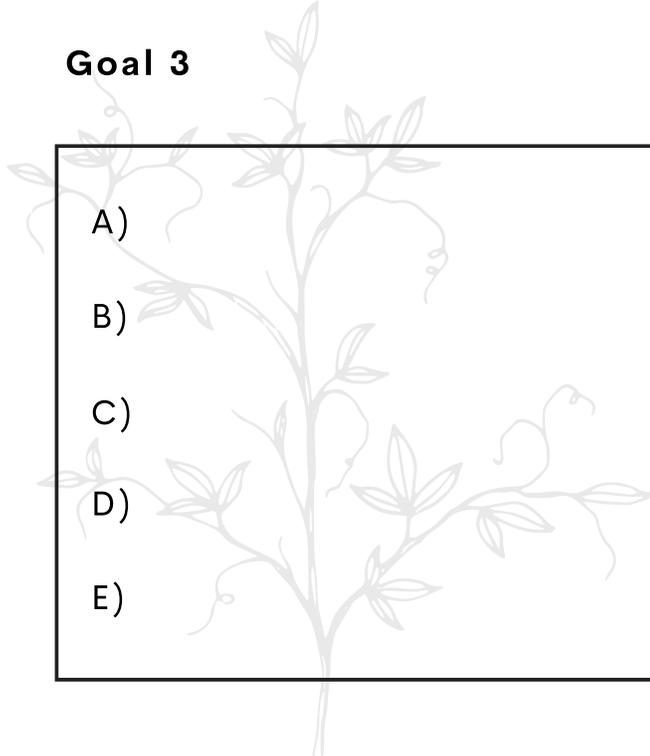
Goal 2

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Goal 3

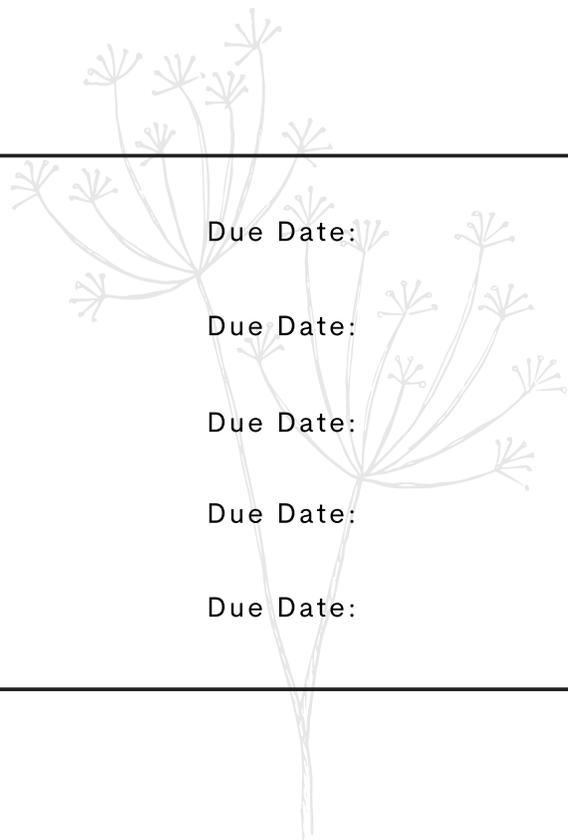
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STRATEGIC PLANNING

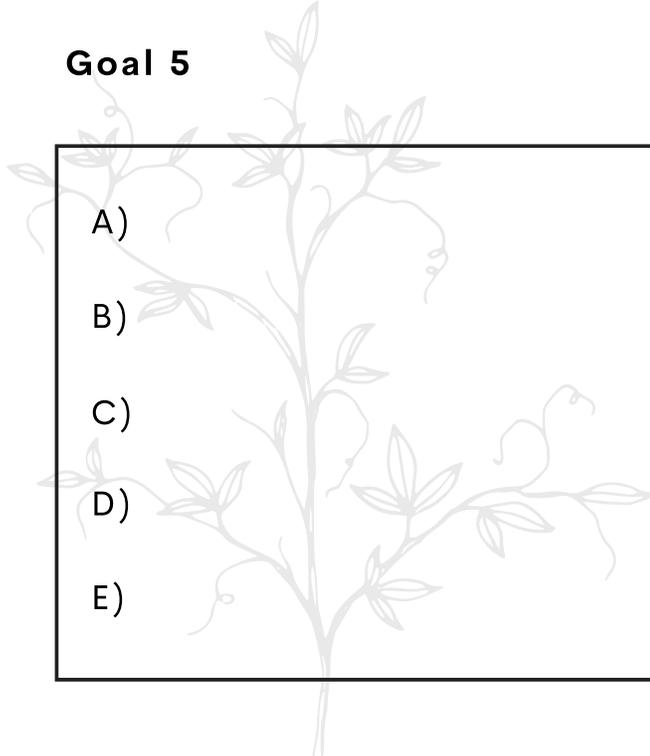
Goal 4

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D)	Due Date:
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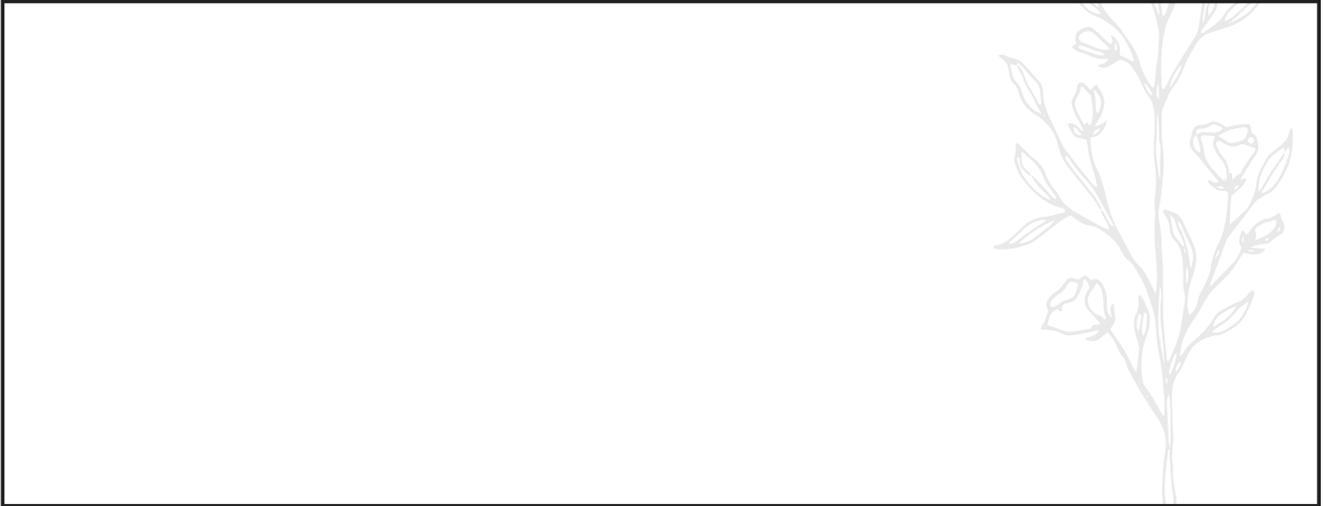
Goal 5

A)	Due Date:
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C)	Due Date:
D)	Due Date:
E)	Due Date:



STRATEGIC PLANNING

What skills and capabilities (if any) are needed in order for you to accomplish your goals?



What support resources, training, or investments will you need to achieve it?



STRATEGIC PLANNING

What behaviours, habits, and actions will best support the goals and outcomes you want?



How will you measure success and know that your goals are accomplished?



EMBODYING YOUR GOALS

What stories and beliefs would you have if you already achieved your goals? (Journal it out DAILY)



How will you anchor your new stories and beliefs?



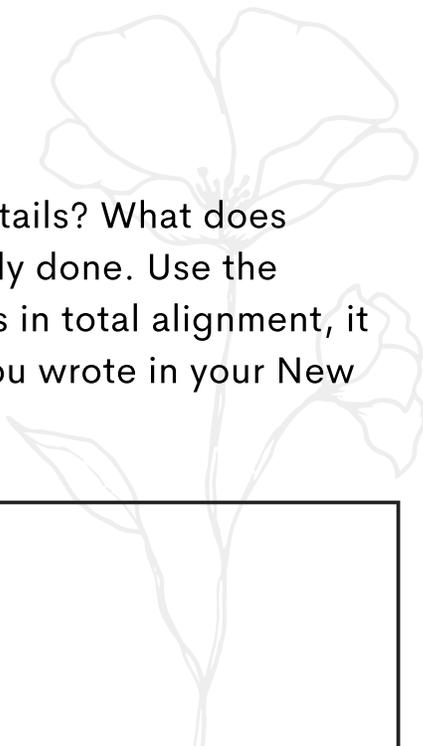
Who do you need to become, in order to achieve your goals? (Identify – i.e., committed, disciplined, calm, etc.)



KEYS TO SUCCESS

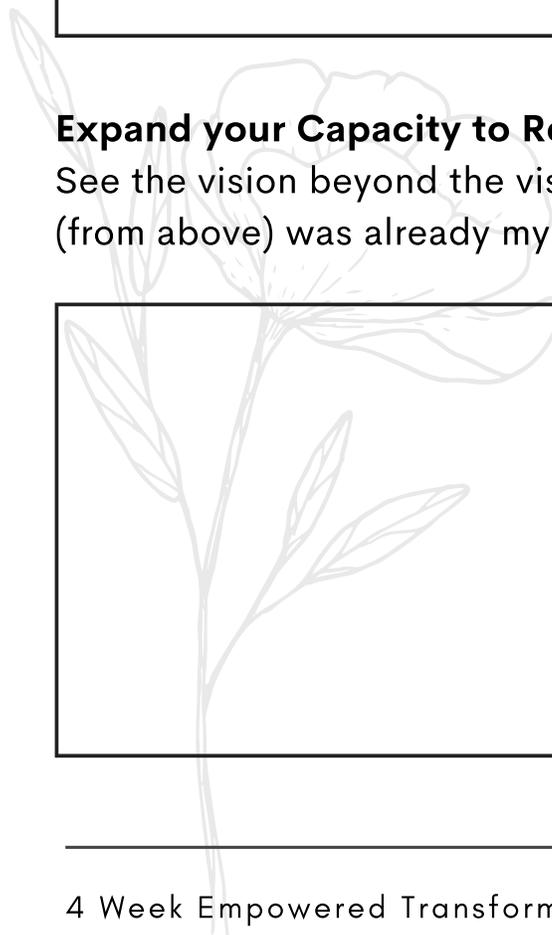
Lock in your Vision

What vision do you want to lock in? What are the details? What does success look like for you? Write it out as if it's already done. Use the following prompt... 'If I was to call in my vision that's in total alignment, it would look like.....' (This can be the same as what you wrote in your New Goals and Commitment section).



Expand your Capacity to Receive

See the vision beyond the vision. Use the following prompt... 'If my vision (from above) was already my current reality, what would my vision be?'



KEYS TO SUCCESS

Identify your Blocks and Limiting Beliefs

Dig into the stories that's holding you back from creating your vision. If you don't have what you consciously want, then you have internal factors stopping and blocking you from achieving it. Use the following prompt... 'What is currently holding me back from calling in my vision?'

Who do you Need to Become?

Remember, you don't get what you do, you get who you are. Use the following prompt... 'Who do I choose to become, in order to support my vision? How would I show up? What would be import to me? What would I tolerate or not tolerate? What would I put in my body or not put in my body? Etc.'

Detached, Intentional and Aligned Action

Use the following prompt: 'Considering what I'm already calling in is a done deal, what do I chose to do right now in order to accelerate the manifestation process? (Do they match with the behaviours you identified in the Strategic Planning section?)'