



Tools for the *Excelerated* Life

EMPOWERED SELF WORK SHEET

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EMPOWERED SELF WORK SHEET

How To Play

Her / His story: Think of a time when you were at your best – on top of the world. It could be recently or years ago. It may have lasted minutes or days, but during this time you were your best self. Take a few minutes to remember this time then, on the next page of this work sheet, write a short paragraph describing the incident or event.

Free association: Read over your description. Now write down 5 or 6 words about your **Empowered Self** that come to mind.

Name: Give your **Empowered Self** a name. It can be an actual name, for example, The Real Susan or Hercules. Or it can be a descriptive name, for example Competent One, Spirit.

Consequences of allowing [write your **ES Name** here] to remain in control:

.

When [write your **ES Name** here] is in control, how does that affect your . . .

Thoughts: When you are your **Empowered Self**, what are your dominant thoughts?

Behavior: When you are your **Empowered Self**, what are your primary behaviors?

Emotions: When you are your **Empowered Self**, what emotions do you experience?

Interactions with other people: When you are your **Empowered Self**, how do you interact with others?

Wants / Intentions: When you are your **Empowered Self**, what do you want to do, be, and have?

Practice: Look over what you have written and become that version of you, the **Empowered Self**. How does your **Empowered Self** walk? Walk that way. How does your **Empowered Self** sit? Sit that way. How does your **Empowered Self** stand? Stand that way.

When you want to assume the attitude of your **Empowered Self**, use these physical postures to become your **Empowered Self**.

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Date: mm/dd/yy

Client Name

Her / His story:

Free association:

Name:

Consequences of allowing **ES Name** to remain in control:

When **ES Name** is in control, how does that affect your . . .

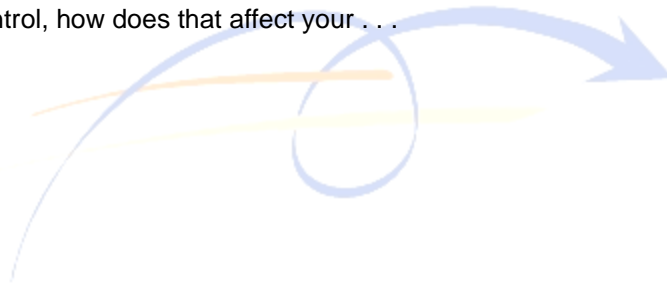
Thoughts:

Behavior:

Emotions:

Interactions with other people:

Wants / Intentions:



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