
Pre work

Each concept within this questionnaire is important to success and empowerment. Each section includes: inquiry/exploration statements that are specific to each concept. Prior to commencing please complete the following questions.

1) Rate your level of satisfaction in each area of business empowerment

1 very dissatisfied 10 fully satisfied and expressed

- a) Ability to make myself and my business a priority
- b) Support for your business goals/empowerment from others
- c) Enjoying my business success
- d) Intangible skills (overall confidence, achievement skills, willingness to reach out to clients, sales ability...)
- e) Communicating business needs to others

2) How do you feel about your ratings when you look at them? Any surprises?

3) Is there an area of you would most like to improve?

4) How would improving that area impact your life (business and personal)?

5) What has been stopping you What do you need to release/work through? What would a breakthrough look like?

Concept 1 – Self-care, Avoiding Burnout and Personal Empowerment

1) Rate yourself on the following - 1 very dissatisfied 10 fully satisfied and expressed

- I prioritize my self-care and well-being
- I take care of my needs
- I value myself
- I feel guilty putting my needs first

2) Which of these statements was rated lowest? Why?

3) Which of these statements was rated highest? Why?

4) Based on the two questions what do you think you need to create progress? How would prioritizing your wellbeing and needs make a difference?

Concept 2 – Support/Community for your Empowerment

1) Rate yourself on the following - 1 very dissatisfied 10 fully satisfied and expressed

- I feel grounded and settled
- I am supported (by friends, family)
- I support myself
- I ask for support
- I fear of disappointing people (friends, family, myself)?

2) Which of these statements was rated lowest? Why?

3) Which of these statements was rated highest? Why?

4) Based on the two questions what do you think you need to do to create progress?
How would asking for support and creating community make a difference?

Concept 3- Expression of Personal Achievement Skills

1) Rate yourself on the following - 1 very dissatisfied 10 fully satisfied and expressed

- I am creative
- I generate new ideas easily and use my skills often
- I am resilient
- I am persistent and perseverant
- I am confident and self assured around connecting with clients, marketing myself, etc..

2) Which of these statements was rated lowest? Why?

3) Which of these statements was rated highest? Why?

4) Based on the two questions what do you think you need to create progress? How would discovering and tapping into your strengths make a difference?

Concept 4 – Resilience

1) Rate yourself on the following - 1 very dissatisfied 10 fully satisfied and expressed

- I like change
- I embrace mistakes and adversity
- I learn from mistakes and adversity
- I let go of mistakes easily and move on

2) Which of these statements was rated lowest? Why?

3) Which of these statements was rated highest? Why?

4) Based on the two questions what do you think you need to create progress? How would resilience strategies and skills make a difference?