

The Power within her

Mini-Workbook:

Exercises to Help You Be More Intentional!



Hi friend!

I'm so glad that you downloaded this free mini-workbook because its been *tailor-made* for an ambitious woman like you. Because we've got tons of goals & dreams on our hearts, it's crucial to get *super* intentional about how we think & act on a daily basis.

In this mini-workbook, you'll find all kinds of tactical exercises that will challenge you to think critically so that you can empower yourself to keep building a life that excites you.

So, I'd invite you to grab a pen & paper and get started!

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How to Navigate Task-Based Overwhelm



As ambitious women, we often want to do all the things, which can sometimes mean that we get overwhelmed! For real, though. It's so easy to slip into overwhelm by focusing too much on the bigger picture, rather than all the smaller steps that add up to accomplishing that bigger picture.

Think of it like cleaning an entire house. At the end of the day, we want the whole house clean, but if we focus on cleaning the entire thing all at once, it gets overwhelming. Though, if we shift our mindset & focus on one room at a time, we can tackle the task, right?!

The point is that overwhelm occurs because we focus too much on that bigger picture or end result. So, if we approach the bigger picture in gradual steps AND focus on making it fun, we can empower ourselves by having an overall better experience.

Take a moment to think about these questions:

- How can I make this process more gradual? How can I break down my task or goal into more manageable pieces?
- How can I make the process more fun? What can I do on this journey to feel proud & fulfilled as I work toward achieving bigger picture reality?

At the end of the day, my friend, we get where we want to go step-by-step! We can't tackle our big goals & dreams all in one day. And if we're not making the process fun, or finding the joy in the work, what's the point?!



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How to Get Tactical with Our Time



As ambitious women, we've all wished we had more time, right? Between pouring into our relationships, working on ourselves, stuff for work & kids (if you're a mom), our goals, and taking care of us/our health....wowza!

It's all important & worth it, but it's also a lot. That's why it's so easy to slip into that position where we're just lamenting the scarcity of time, especially when we have lots going on. But...there's no remote that can pause time like a movie, nor is there a magic lamp that can grant us the ability to add more time in a day.

So, what we CAN do?

We can pause and think critically about how we're using our time:

- Pull up your calendar & ask yourself: what are the fixed events on my schedule? *Put those onto the calendar.*
- Then, look at what time is left & ask yourself: what time remains in my schedule? *Put those things onto the calendar, too.*
- And if you really need more time in your season of life right now, relook at your calendar & ask yourself: what could I cut out or slim down just for now to reallocate more time? *Make calendar adjustments.*

It's not easy, but it's definitely worth it!



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Invitation: *Use this space to write down any thoughts or ideas.*

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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How to Navigate Following Through



When we're getting close to achieving our dreams, sometimes we unintentionally trip ourselves up as we approach the finish line.

To combat this, we can put pen to paper & work our way through this ISH so that we can cross the damn finish line! Because, remember, it's not about you. Other women are counting on you for your podcast, book, business, or service you're going to offer.

So, when in doubt, focus on that *one* woman you're going to help and inspire and empower because she needs you to follow through!

Ask yourself:

- What's currently in my way? Why?
- What am I going to do about it? How am I going to work on this issue so that I can cross that finish line?



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How to Detach Your Self-Worth from External Factors



We live in a society that places more value on what we accomplish, which means that our self-worth gets tied to external factors that we cannot control. For example, focusing on the number of followers we have on social media, how many people buy our book, how many downloads our podcast has, our jeans size, the number on the scale, etc. The bottom line is that it feels like everything outside of ourselves dictates our worth.

But you and I know that self-worth actually has nothing to do with the outside world. Self-worth is 100% an internal thing. You can't get self-worth anywhere but from within.

So, to help define our self-worth from the inside out, we need to ask ourselves two important questions:

- Who am I as a person?
- What do I value?

Remember friend, you don't have to earn your self-worth with likes or downloads or trophies. It's already inside you. You are worthy all on your own just by being you.



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How to Determine if Your Goals are in Alignment



We only get one chance at this life, which is why we're dedicated to creating a life that's fulfilling. That's also why it's so important to consistently reassess our goals and actions every now and then to make sure that they're actually in alignment and contributing to our feelings of fulfillment.

Sometimes, it can be really tough to make decisions that are in alignment because as humans we like to cling to the familiar and what's comfortable. But, we know in our bones that it's time to let go because hanging onto it hurts more than letting it go.

Here are some questions to determine if you're living in alignment:

- **Choose to Check-In**

- Ask yourself: *on a fundamental level, does this—my job, my side hustle, my marriage, my major, whatever it is—make me miserable, happy, or both? Why or why not?*

- **Play the Thought Out**

- Ask yourself: *if I keep going on this path, what does my life look and feel like? Does it make me happier or more miserable? Why or why not?*

Of course, it's never easy, but it *is* worth it.



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How to Tell Yourself a Better Story



Human beings are meaning making machines! Depending on our mindset, this can be a wonderful thing or it can be the thing that keeps us stuck.

For example, if we make a mistake at work, and we have a negative mindset, we might make that mistake mean that we're incompetent. Comparatively, if we make a mistake at work, but we have an optimistic mindset, we might make that mistake mean that we're still learning and can improve next time. This is why we're the kind of women who intentionally *choose* better meanings for the stories we tell ourselves!

Here's a powerful exercise you can try:

- **Pause. Then, Ask Yourself:** *is the story I'm telling myself kind? Is it something I'd tell a friend? (If not, then you definitely need a new story, my friend).*
- **Select a Believable Affirmation that Uplifts You**
 - The key is to honor where you're at and point toward where you're going.
 - For example, you could tell yourself, "I'm open to believing that I'm worthy of..." or "I'm in the process of believing that I can..."
- **When You Spiral, Simply Catch Yourself. Then Rephrase.**
 - We're human beings. It's okay to slip up now and again; this is a process.
 - So, when you do, gently guide yourself back to an affirmation that'll keep you going.
 - For example, you could tell yourself, "You know, I'm actually not an idiot. I'm just a human. I'm opening to believing it's okay to make mistakes."

Remember, you're the author of your own story. Tell yourself a good one that keeps you going!



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How to Make the Process More Fun!



There's no question that you're a hard worker, friend! I know that you're working your tail off behind the scenes with late nights or early mornings or in the little pockets of time throughout your busy day.

But... are you also finding the joy in the work? Are you also focusing on how this goal or dream can be fun as you pursue it?

The thing is that fun *is* a necessary part of the process! So, here's an exercise to reconnect to FUN:

- **Ask yourself, *what do I love & enjoy about*** _____ **?**
- **Then, ask yourself, *what do I like and enjoy about the current stage or season that I'm in? How can I embrace that joy more consistently?***
- **After that, consider: *what sort of reward system can I implement to stay motivated, have fun, and find the joy in the work?***
- **Finally, reflect on: *how am I talking about the goal or dream? is it unintentionally negative? If so, how can I rephrase?***

Because at the end of the day, girlfriend, no goal is actually worth it if it makes us miserable! So, loosen up & find some joy as you go!



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How to Ask for Support of Your Dreams



If you've got a goal or dream on your heart, then I'd be willing to bet you're super pumped & want to loop the people you care about into your plans. Since we've had lots of time to sit with our plans, whereas our loved ones haven't, they might not be as pumped as we are.

So, what can we do to support ourselves?

- **Proactively Consider Your Audience**

- *Who are you talking to? What is this person like? What do they value/believe as a person? What problems could they raise about your idea, goal, or dream?*
- *How might you proactively plan to address those concerns or problems?*
- *How can you present the idea, goal, or dream in a way that will make sense to THEM?*

- **Be Clear on What YOU Need from Them**

- **We're responsible for framing what we're about to say to our loved one.**
 - *For example, we could say, "I'm so excited to tell you about something I'm super passionate about! But, before I do, I want to set some ground rules, which are..."*
- **The goal is to ask for what you need in this moment.**

- **Affirmations to Support Yourself**

- **Let's be honest, sometimes we won't get that support from our loved ones, so we must support ourselves.** For example, we might tell ourselves:
 - *"I am open to being patient as my friend or family member processes my goal and dream."*
 - *"I do not need anyone's permission slip or approval to chase my dreams."*
 - *"I am open to finding supportive people elsewhere because my dreams matter."*

And remember, at the end of the day, we're not here to live our life for someone else.



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How to Untangle Yourself from the Comparison Trap



As Teddy Roosevelt said, “comparison is the thief of joy,” especially since it incites feelings of jealousy and insecurity, which trips us up and halts our progress. Then, we get in our heads about "shoulds" and arbitrary timelines, which definitely does not serve us!

So, what can we do?

- **Think Critically**

- Ask yourself, *what triggered me to go down this path? Why?*
- It's important to know what triggered you so that you can support yourself moving forward--i.e.: if a certain account on Instagram makes you feel behind, *hit the unfollow button!*

- **Embrace Contrast**

- Instead of comparing yourself to another woman, focus on thoughts of *contrast*.
- Ask yourself, *what makes me uniquely different than her? Why?*
- Doing so will help you embrace your unique individuality & lived experiences.

- **Tell Yourself Empowering Affirmations**

- These can help us remain focused & centered on ourselves. For example, we might tell ourselves:
 - *I'm not where I want to be now, but I certainly will be.*
 - *It takes as long as it's going to take, so I'm not behind.*
 - *I don't have to keep pace with her because I'm on my own journey.*



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Steps to Help You Figure Out How!



Of course you don't know how, girlfriend! Because you've never ever done it before. So, take that non-serving expectation off of yourself to know everything! Instead of saying, "I don't know," let's start saying, "I don't know... *yet*." Because you are smart, resourceful, and wildly capable of figuring it out.

Here are some steps you can take to get the answers or to figure out how to do what you want to do:

1. **Get organized.** *Make a list of all the things you don't know & need to find the answers to, or list out your questions. This will save valuable space in your brain & it gives you a concrete list to work off of for #2.*
2. **Research.** *Using your list of items & questions from #1, hit up Google to start finding the answers to what you don't know.*
3. **Save the Research.** *Be sure to save yourself the headache later & just save the links to the articles you find now. It'll make reading, rereading or referencing easier down the road.*
4. **Ask for Help.** *Consult the people in your life & women you meet on social media. Their lived experiences & perspectives can give you a unique insight.*

You might not know now, but you have the power within you to figure it out!



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Steps to Figure Out How!



Instructions: Use this worksheet to get yourself started!

1. **Get organized.** *Make a list of all the things you don't know & need to find the answers to or list out your questions.*

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Steps to Figure Out How!



Instructions: Use this worksheet to get yourself started!

2. Research. *Hit up Google to start finding the answers to what you don't know. You can use the space below to jot down what you find.*

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Steps to Figure Out How!



Instructions: Use this worksheet to get yourself started!

3. Save the Research. *Be sure to save yourself the headache later & just save the links to the articles you find now. You can use the space below to write down the website names & addresses.*

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Steps to Figure Out How!



Instructions: Use this worksheet to get yourself started!

4. Ask for Help. *Consult the people in your life & women you meet on social media to get their perspective. Use the space below to generate a list of people you can chat with.*

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Journal Prompt: *How did you feel about 'I don't know' before this exercise? Now that you've taken tactical action to get answers & information, how do you feel now? What are your next steps?*



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Thank You for Being Here!



Do you feel really freakin' *proud* of yourself, my friend!?

You better! Because you decided to dedicate some of your precious time & energy to think critically about so many important topics that affect ambitious women like you & me.

We both know that this is the kind of work that isn't necessarily sexy, but it's 110% worth it. By getting intentional & strategic like this, you've undoubtedly empowered yourself to get to that next level.

If you found this mini-workbook helpful, I'd be so grateful if you could either:

- Tell your friends about it so they can get intentional with us by also downloading the workbook!
- Or, share your takeaways from this mini-workbook on your Instagram stories & tag me (@dr.meggymarie) so that I can personally thank you for being a part of the incredible The Power Within Her community.

I'm so glad that we've linked arms & are figuring it all out together!

If you want a deeper look at any of these topics & more, check out *The Power Within Her Podcast*.

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