

# Empowerment Worksheet for Pre-Menopausal Years: Finding Your Power

This worksheet will help you identify which areas in your life need empowerment. Please take a moment to answer each question. We will discuss and reflect at the end of the course.

1. Name an area in your life that you feel strong:
2. Name an area in your life that you feel empowered:
3. What does confidence look like to you?
4. What does insecurity look like to you?
5. Is anything holding you back from stepping in to a position of knowing / confidence / etc?
6. What if you remove those obstacles? Imagine a clear path. What does that look like?
7. What does your inner voice say? What tape are you playing?
8. Unfortunately we are often our own biggest critic. Let's cultivate a positive and empowering message. What does that change sound like to you?
9. Set intention to begin to cultivate life without obstacles identified in questions 5 & 6.