

BUILDING COMMANDING PRESENCE

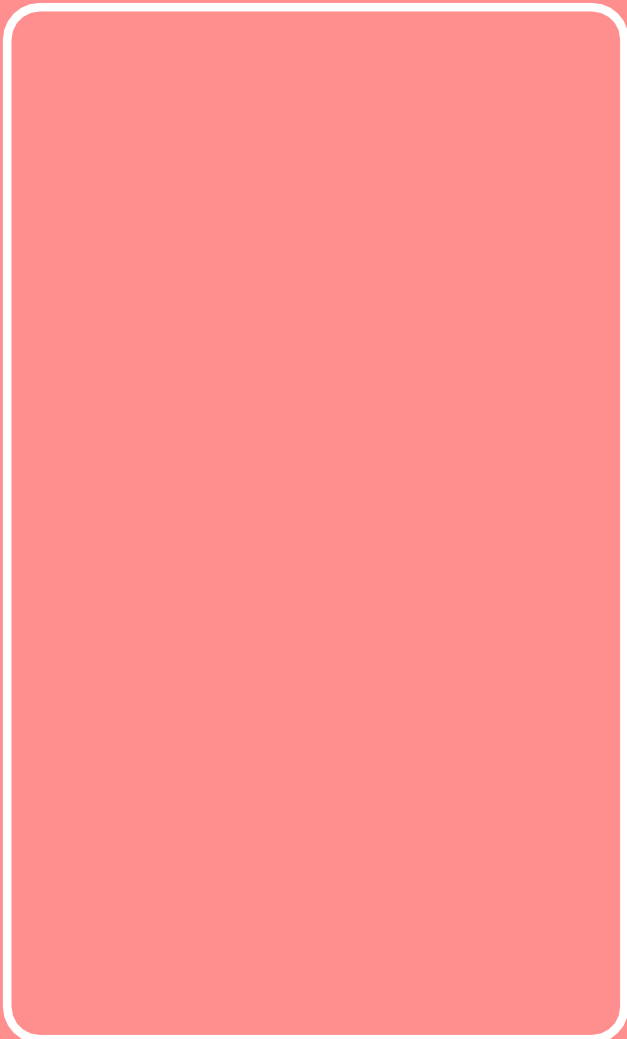
**Worksheet For Self-Leadership and Values
to create the capacity for
Authoritative and Commanding
Presence**

task 1.

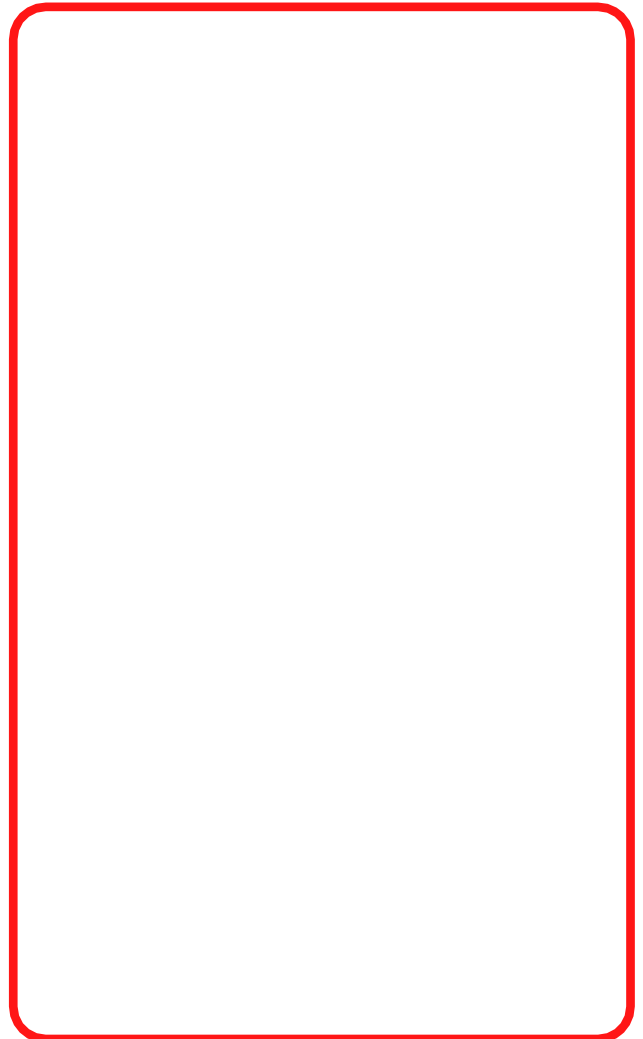
This section is split into two areas. On the left side, list all the areas where you are congruent with the following 5 words from the video, and on the right side list all the areas where you have opportunity to grow and might not be as consistent and wish to improve upon.

1. Control
2. Discipline
3. Leadership
4. Gratitude and
5. Enjoyment

THINGS THAT YOU ARE CONSISTENT:



THINGS THAT YOU ARE NOT CONSISTENT:



task 2.

I

1. Please list the 3 – 6 values you believe define your behavior and how you show up in your life.



2. Please define these 3 - 6 values using the dictionary meaning.



3. Now define these 6 values using your own personal definition and what they mean to you and how they help you make decisions?



4. List how you feel these values are congruent or could be with your daily behavior, actions and decisions within your personal and business life.



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