



90 DAYS TO POWER LEADERSHIP INTENSIVE

Plan. Execute. Thrive.

*for leaders to break through
barriers, pursue
their B.I.G. Goal and thrive*

MODULE 2 - ACTION GUIDE



PAUSE



Pause for the cause and be present in the moment. Celebrate and grieve everything. With grace for your journey, and trust in the process in tow, you will accomplish all that you desire and more!

MODULE 2 ACTIVITIES

GOAL: COMPLETE A LIFE-IMPACT STORY MAP

Part 1: Acknowledge Your Journey & Go

Beneath the Surface

Part 2: Do The Heavy Lifting with Truth in Tow

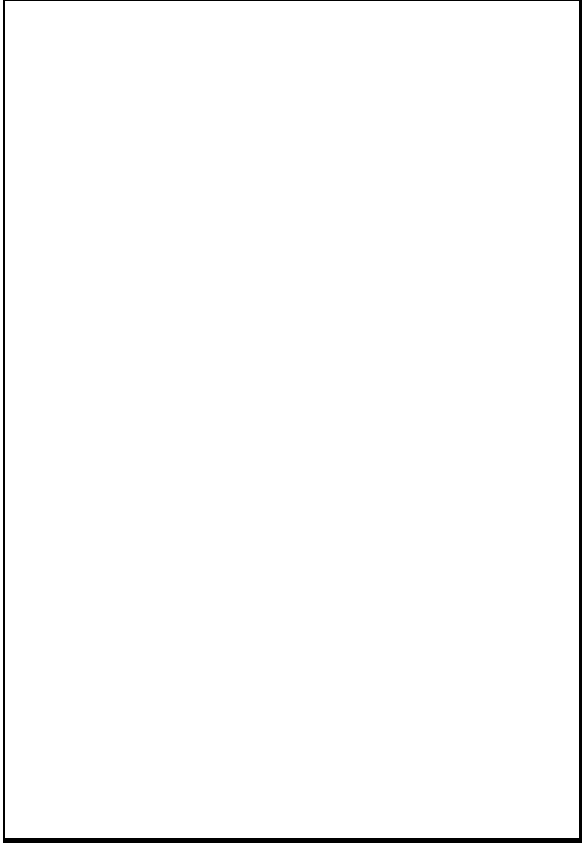
Part 3: Celebrate and Grieve EVERYTHING

PART 1: ACKNOWLEDGE THE JOURNEY & GO BENEATH THE SURFACE

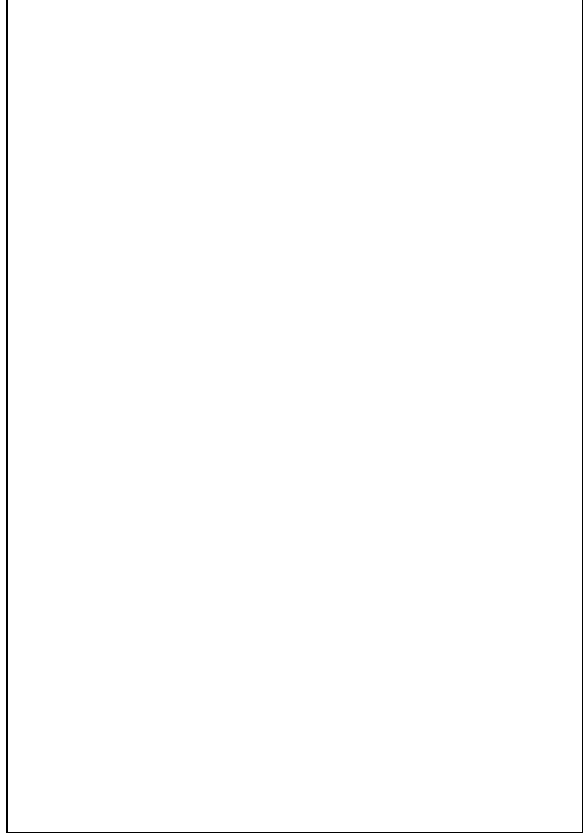
Complete a Life-Impact Story Map

Step 1: Identify the moments that had a major impact on your life utilizing the guiding questions below.

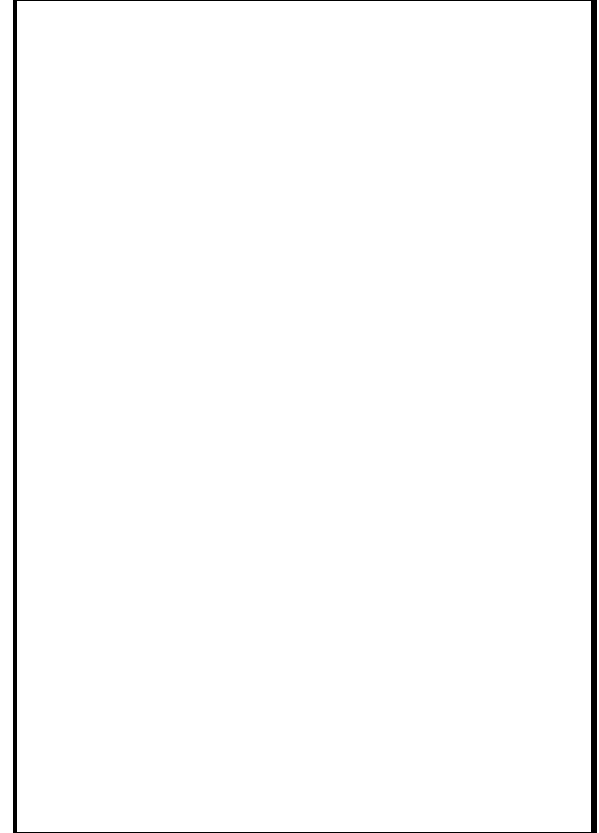
Moments that Make
My Heart Smile



Moments that Make
My Soul Cry



Moments that Leave my Heart
and Mind Unsettled



PART 1: ACKNOWLEDGE THE JOURNEY & GO BENEATH THE SURFACE

Timeline

Step 2: Place moments in chronological order in the space provided below (Hint: Use pencil)

Born 19__

19__

19__

19__

19__

19__

19__

19__

19__

19__

19__

20__

20__

20__

20__

20__

20__

20__

Step 3

PART 1: ACKNOWLEDGE THE JOURNEY & GO BENEATH THE SURFACE

Timeline

Step 2: Place moments in chronological order in the space provided below (Hint: Use pencil)

Born 19__

19__

19__

19__

19__

19__

19__

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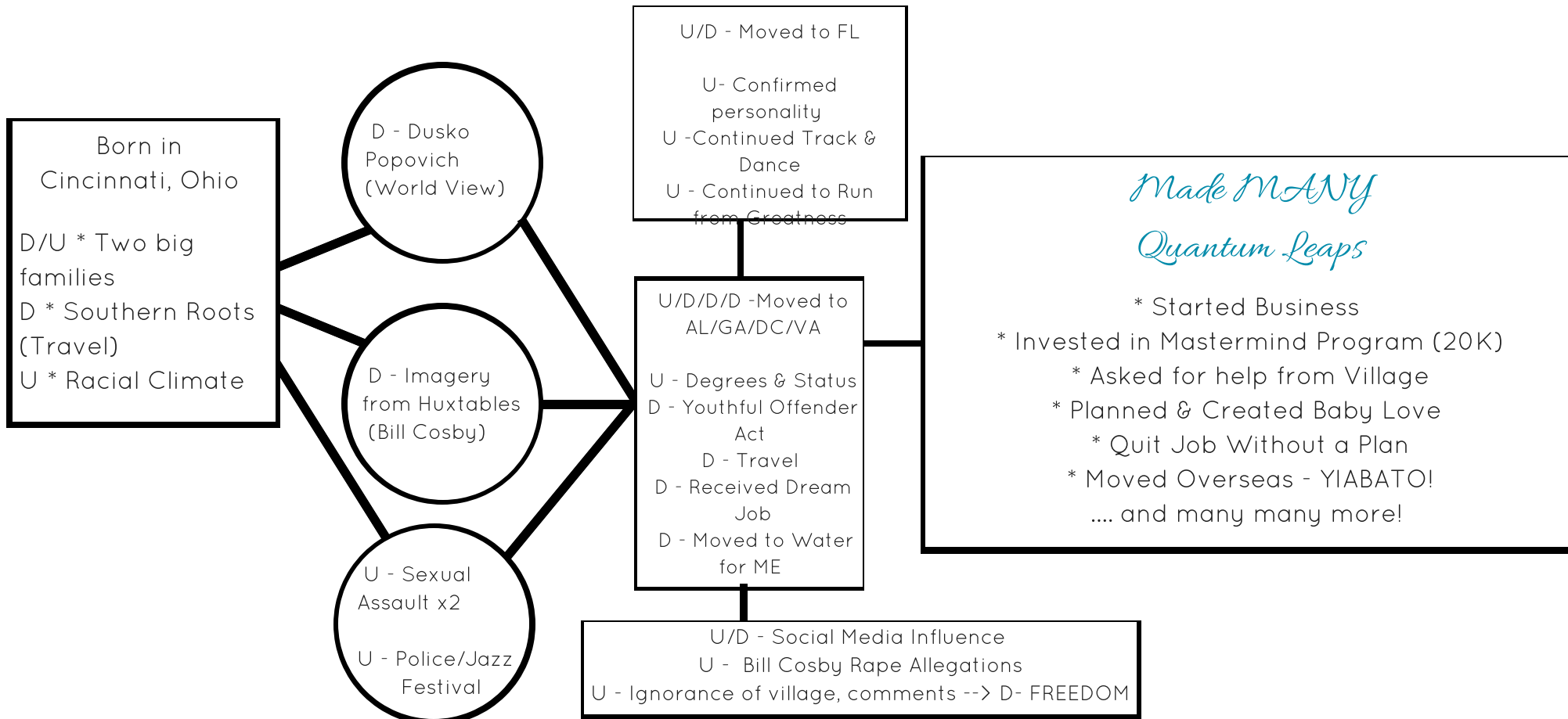
Step 3

Step 3: Identify your perception of this moment. In the space provided identify if the impact of this moment was (D) desirable or (U) undesirable. If there are any additional quick notes, e.g. a person, place or item that you want to note, identify that as well.

PART 2: DO THE HEAVY LIFTING WITH TRUTH IN TOW

Life Course of Events & Impact

Step #1 - Utilizing the moments you have identified above, identify the course of events that have happened in your life and impact they've had on your journey. Consider what influenced each moment and subsequent experiences, by both actions and mindset. Use the space on the following pages to chart your path. An example is provided as well.



PART 2: DO THE HEAVY LIFTING
WITH TRUTH IN TOW

My Life Course of Events & Impact

PART 2: DO THE HEAVY LIFTING WITH TRUTH IN TOW

My Life Course of Events & Impact

Step #2 - At each moment of impact or course redirection acknowledge your (V)oice - Consider was your voice heard, ignored, silenced or welcomed. Lastly, acknowledge your level of (C)hoice by identifying if the decision was made for or by you. Identify the times where you felt powerful, powerless and or in partnership.

Utilize the space above and build upon the information you have already identified.

PART 3: CELEBRATE AND GRIEVE EVERYTHING

My Experience is Worth My Attention

Step #1 - Reflect upon those moments and identify was it one that needed to be grieved or celebrated. Acknowledge if you were allowed or encouraged to give it the proper respect it deserved. Then, allow yourself to re-frame or revisit the experience and give it the respect it deserves.

Lastly, it may also be important to grieve the experience that you thought you would have and or felt that you needed at this time.

Complete this task however you feel led. A few examples are provided in this module's recording.

MODULE 2 - REFLECTION SPACE

Barriers I've Identified or Removed, Clarity I've Received. Power Scale?

A large, empty rectangular box with a black border, intended for a reflection exercise. The box is currently blank, providing space for the user to write their thoughts on barriers, clarity, and power scale.