

DRESS YOURSELF IN YOUR ARMOUR

You need a timer and an un-interrupted 30 minutes for this exercise. Find a quiet room, switch off the phone, close your email. Click on "The Journal" button to download and print the workbooks. You will need the "My Kick-Ass Armor" worksheet.

Kick-ass women take stock. Real Galahads know how important it is to own their successes and learn from their failures. Your armor is your confidence – your confidence is built through acknowledging and owning your results. Your confidence comes from knowing that you are capable of being your best self. Many women minimize their contributions to a success (even their own), Galahads don't.

Let's put on your armor. You may have misplaced your strongest shiniest pieces of your armor. Let's go and find them.

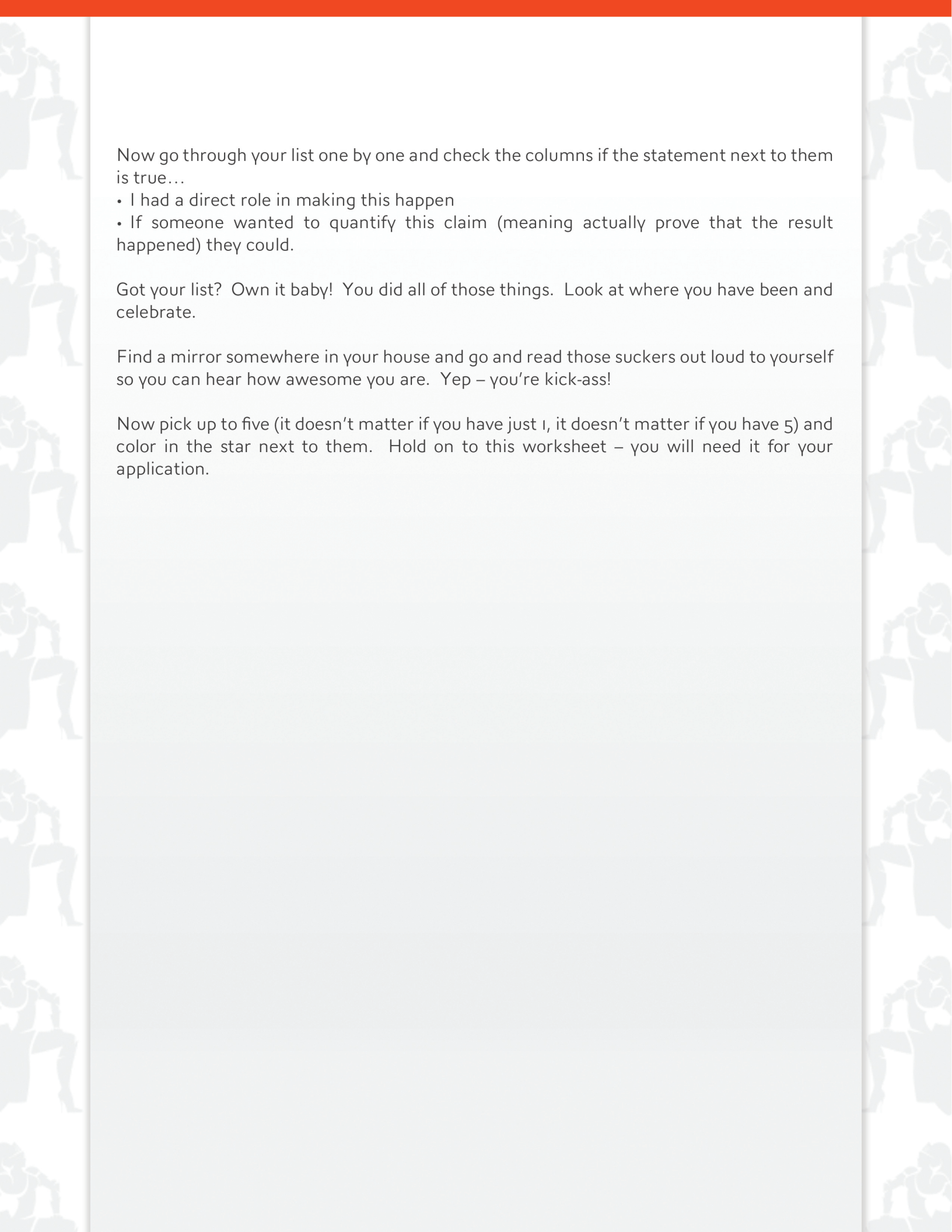
Find a nice clear, uncluttered space on your desk or table. Uncluttered spaces equal uncluttered minds. Take out your favorite pen. Place your "My Kick-Ass Armor" worksheet on the space in front of you.

For the next 8 minutes you will put your pen to paper and write. You won't stop writing until your time is up.

Make a list of the best things that ever happened to you and all of the achievements you are the most proud of. Close your laptop (don't even think about typing this!)

Set your timer...Go!

Fabulous job! Now we have some work to do. We are looking for your top results. Go through your list and cross out everything that happened to you, that you didn't make happen. Like, winning the lottery, meeting a movie star on the street, etc...



Now go through your list one by one and check the columns if the statement next to them is true...

- I had a direct role in making this happen
- If someone wanted to quantify this claim (meaning actually prove that the result happened) they could.

Got your list? Own it baby! You did all of those things. Look at where you have been and celebrate.

Find a mirror somewhere in your house and go and read those suckers out loud to yourself so you can hear how awesome you are. Yep – you're kick-ass!

Now pick up to five (it doesn't matter if you have just 1, it doesn't matter if you have 5) and color in the star next to them. Hold on to this worksheet – you will need it for your application.