

Empowerment Exercise for Founders and Leaders



Thank you for your interest in Coaching Crüe coaching materials. We've designed a simple, yet powerful self-coaching exercise tailored specifically for successful business leaders like yourself. By focusing on what you can control, this exercise will help you clarify your thoughts, prioritize your actions, and propel you toward your goals. Let's get started!

Objectives

1. **Self-awareness:** To enhance your understanding of your current challenges, potential solutions, and the factors within your control to effect change.
2. **Action-orientation:** To enable you to create a practical, achievable plan to address your situation, focusing on manageable steps that lead to significant improvements.

Step 1: Reflect

Take a moment to contemplate your current work-related scenario, hurdle, or goal that's capturing your attention. Describe it concisely in a sentence or two.

Ex. I am constantly pulled from what I enjoy in my role due to administrative tasks. Often times when I set out to accomplish one task, I realize there are a ton of small tasks that I need to get done I end up prioritizing.

Step 2: Identify Areas of Improvement

List down three things that, if improved, would help resolve the situation or better handle the

challenge you're facing.

Ex. 1.) If I could prioritize tasks 2.) If I had help with my schedule and administrative tasks 3.) Better management of schedule.

1	
2	
3	

Step 3: Recognize what's in your control

Of those three things you've listed, which ones or what can you directly influence or control? Or what can you do to reach your goal? Write them down.

Ex. 1.) Hiring a virtual assistant 2.) Utilizing an app to better manage my time and tasks 3.) Actually utilizing my schedule

1	
2	
3	

Step 4: Eliminate Your Distractions

Consider the biggest distractions or barriers that could prevent you from taking action to improve your situation. List them down and brainstorm ways to eliminate or mitigate them.

Ex. 1.) Phone - put on "do not disturb" in another room 2.) Multi-tasking my "to-do list" 3.) Working from home

1	
2	
3	

Step 5: Set one immediate goal.

Choose one action in your control from Step 3 that you can start working on immediately. Write it down along with a specific, achievable deadline.

Ex. Action - Hire a virtual assistant. Deadline - 2 weeks

Action	Deadline

Step 6: Accountability

To ensure you follow through, identify a person or mechanism (productivity app, reward, etc) that will hold you accountable for completing this action by the deadline. Write it down.

Ex. - John Smith - will inform them of my plan and ask them to check my progress. Download a task manager app and begin to utilize it properly.

Accountability Partner/Mechanism

Remember, as a successful business leader, **you** have the power to shape your reality and impact your company and future in meaningful ways. This exercise serves as a reminder of that power. The answers to your challenges often lie within you - all it takes is a moment of introspection, and a willingness to take control of what you can control.

Let's embrace this journey together!

Note: This exercise is a self-guided tool. For more personalized guidance, consider reaching out to us for professional executive coaching services.





Pro Tip: Print or save this exercise for future use. Glance at it daily as a constant reminder to stay focused on your goals and committed to your plan of action.



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