

# INVINCIBLE GRIT

---

## Balance

*"Digging Deep to Unlock the Power of Self Leadership"*

## Module 2 Workbook

## TRAPPED

I can't

I never will

His/her fault

I have always been like this

No way I can even try

It's not possible

I'll never be like him/her

I was born this way

My family told me I have too

I hate change

I am set in my ways

I am too old

It has to be this way

It will last forever

I have too

## SELF-LEADERSHIP

I can

I will try

I take personal accountability

I willing to explore

I will give it my best

I will find a way to create

I am my own person

I am open to look at new ways

I make my own choices

I am flexible and will adapt

I am open minded to see other ways

It's never too late

I welcome new ways

Everything is only temporary

I want to

Take some time and think about how you show up as a prisoner and a self-leader in your life. Write in the box below. I invite you to be as honest with yourself in this process and see what truly comes up for you. I would also invite you to start to listen to the language you use verbally and internally. This will become more aware once you start putting this into practice.

Use this space to explore Prisoner mode.

Take some time and think about how you show up as a prisoner and a self-leader in your life. Write in the box below. I invite you to be as honest with yourself in this process and see what truly comes up for you. I would also invite you to start to listen to the language you use verbally and internally. This will become more aware once you start putting this into practice.

Use this space to explore Self Leadership Mode.

I would like you to now draw a picture of yourself as a prisoner, make this as crazy as you want. I want to see your creativity. If you don't like drawing, find an image that you see total prisoner mode.

I would like you to now draw a picture of yourself as a self-leader, make this as crazy as you want. I want to see your creativity. If you don't like drawing, find an image that you see total self-leader mode.