

Part 1: PPSS™ Check-in

1. How powerful do you feel right now? Ex. beginner, novice, intermediate, expert, high-level expert.
2. Give an example of when you applied your PPSS™ in the last month.
3. In what situation do you wish you had applied your PPSS™?
4. Where does your PPSS™ need some work?

Part 2: The Different Layers to Power

A. Self-Confidence:

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What are you confident to do?

What are you not so confident about?

B. Self-Esteem:

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-
-
-
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Module Five: The Level of Power

What do you like about yourself?

- ✓ I believe I am _____ and I'm happy about that.
- ✓ I believe I am _____ and I'm happy about that.
- ✓ I believe I am _____ and I'm happy about that.
- ✓ I believe I am _____ and I'm happy about that.
- ✓ I believe I am _____ and I'm happy about that.

How do you judge yourself? Write them as positive statements.

- ✓ I believe I am _____ and I'm happy about that.
- ✓ I believe I am _____ and I'm happy about that.
- ✓ I believe I am _____ and I'm happy about that.
- ✓ I believe I am _____ and I'm happy about that.
- ✓ I believe I am _____ and I'm happy about that.

C. Self-Efficacy:

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-
-
-

Are you willing to do whatever it takes to reach your goals?

Module Five: The Level of Power

Part 3: The Influence of Others on Your Power

Who is Taking Your Power?

A. Triggers:

Who are your Triggers?

B. Silent Stealers:

Who are your Silent Stealers?

C. Constant Zappers:

Who are your Constant Zappers?

Module Five: The Level of Power

Who is Giving You Power?

A. Givers:

Who are your Givers?

B. Catalysts:

Who are your Catalysts?

C. Chargers:

Who are your Chargers?

Part 4: Your Power Circle®

1. Who do you work with regularly?

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2. Who do you like to spend time with?

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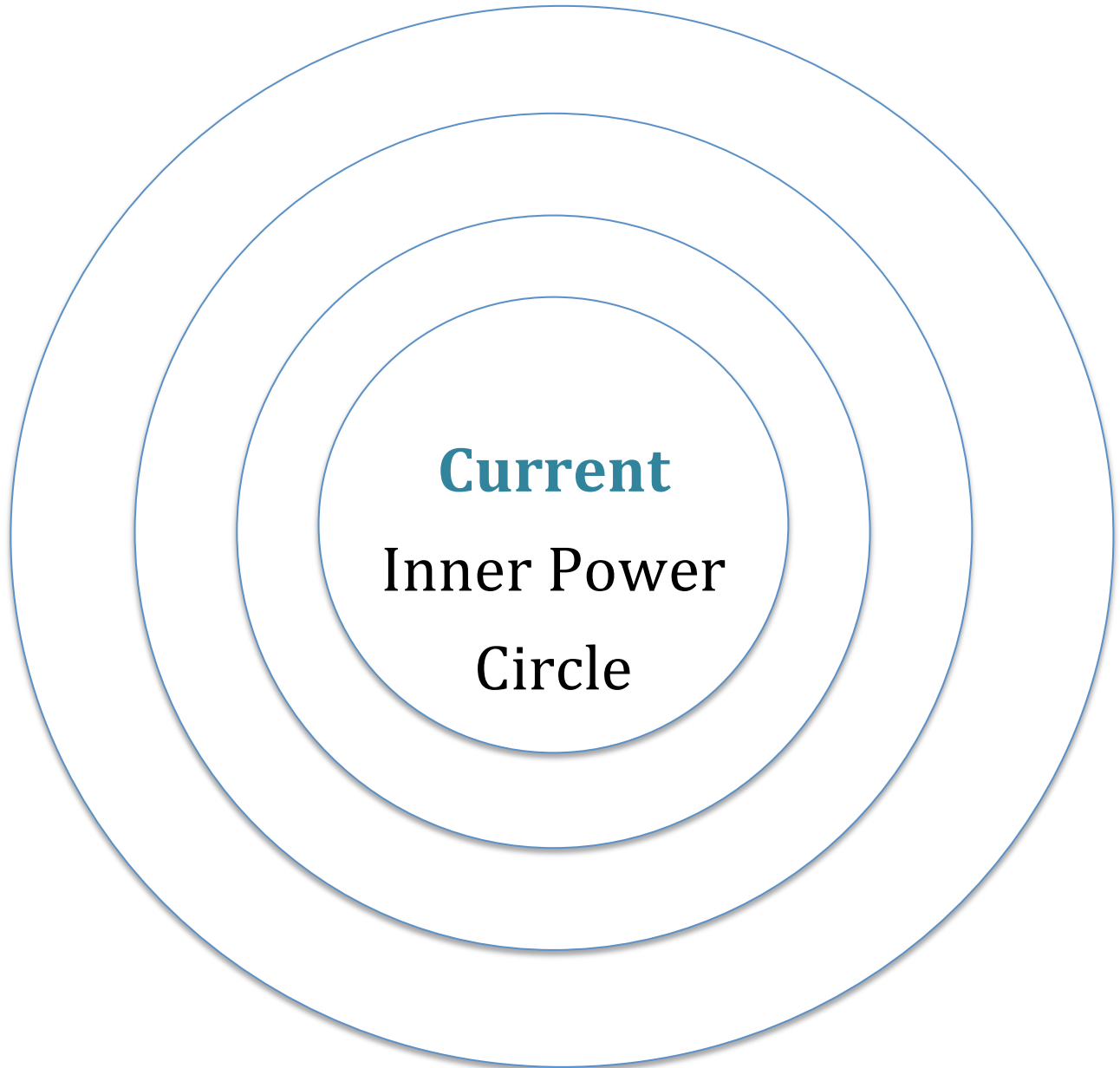
3. Who do you see often in groups or community locations? (Ex. Sports, volunteering, PTA, church, networking)

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*Dynamically
Powerful®*

Diamond Coaching Mastermind Program

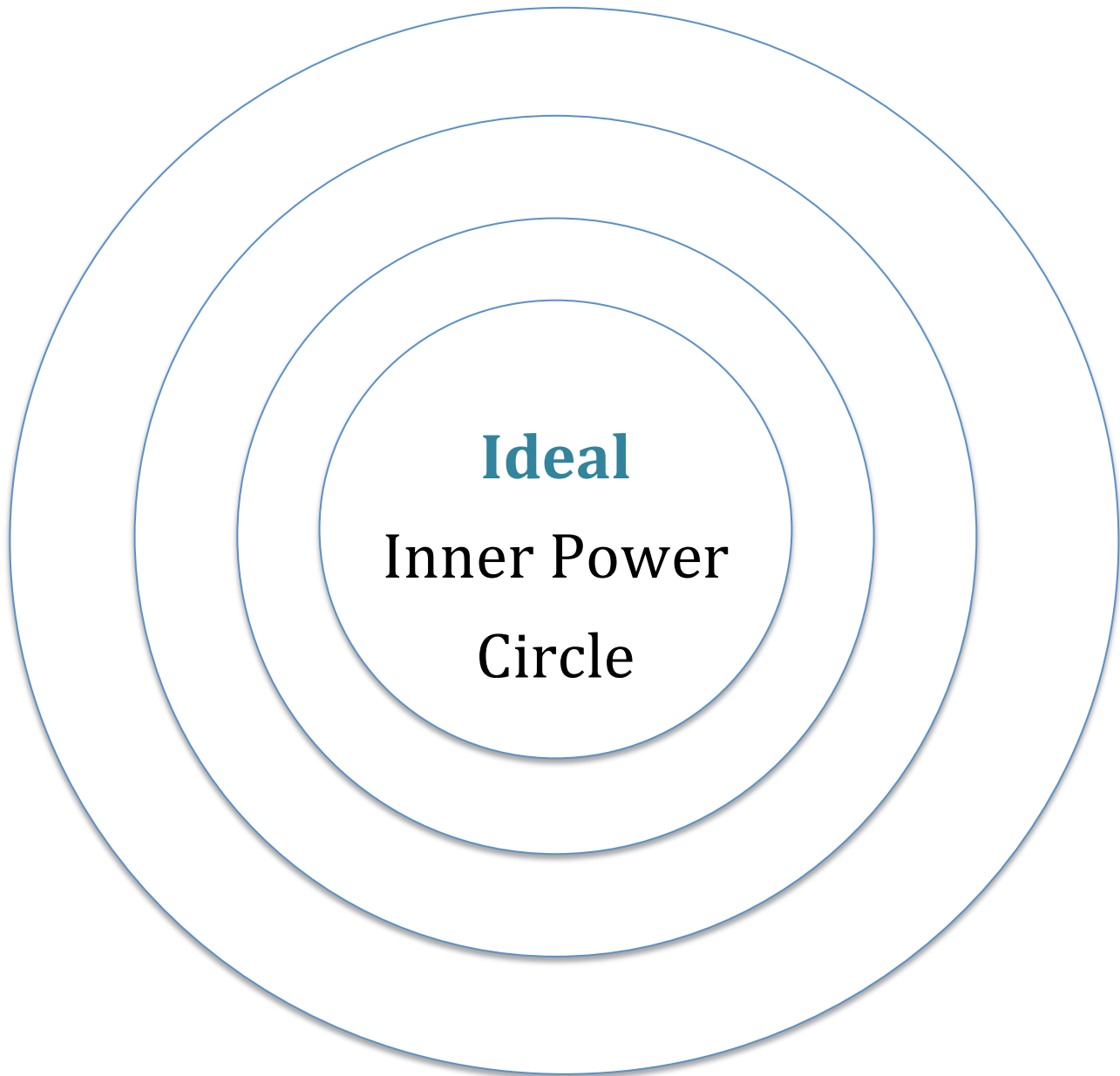
Module Five: The Level of Power



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Module Five: The Level of Power



Module Five: The Level of Power

How to Measure Each Person's Power

4. What score out of 100% would you give everyone in your inner circle? (Score it right on your Power Circle.)

Outer Circle

5. Who do you need to move to the outer circle?

6. Who do you need to have a conversation with so they can move into your inner circle from the outer circle?

How to Boost it

7. Who do you want to spend more time with so you can live more fully in your PPSS®?

8. What do you want to now do to increase your Self-Confidence?

9. What do you want to now do to improve your Self-Esteem?