



The **MOST POWERFUL YOU**

7 Bravery-Boosting Paths
to Career Bliss

**7-DAY POWER-BOOST
CHALLENGE WORKBOOK**

with
KATHY CAPRINO



KATHYCAPRINO.COM

If you're here, I'm guessing you're a professional woman who has worked very hard and experienced some strong successes and achievements in the past. You've strived to do "all the right things" but recently awakened to the harsh realization that where you are today is not where you wish to be in the future, but perhaps don't have a clear path forward to what you do want.

You may be feeling that no matter what you try or endeavor to change, your career and professional life just aren't sustainable or acceptable, and it's difficult for you to speak up powerfully and ask for and get what you feel you deserve. Or perhaps the dreams you started out with after college for the exciting work you could do and how it would matter in the world has become a faint memory and is SO far from what your real-world situation is today. And I'm guessing you're longing for something **more, different or better** in your work but can't seem to figure out what that is or how to get it. If this is you, my book *The Most Powerful You*, and this 7-day power-boost challenge, is just right for you.

In the opening to *The Most Powerful You*, I introduced readers to the shocking finding that emerged from my research over the past 15 years working with thousands of professional women around the globe, that:

98% of professional women surveyed are experiencing **at least one of the 7 most damaging power gaps** that keep women from thriving and advancing successfully in their careers, and over 75% of them are facing 3 or more of these gaps at the same time.

The bottom line: Women are experiencing an epidemic of power challenges that block them from the happiness, success and reward they want and deserve.

To recap, the 7 most damaging power gaps are:

- Gap #1. Not recognizing your special talents, abilities, and accomplishments
- Gap #2. Communicating from fear not strength
- Gap #3. Reluctance to ask for what you deserve
- Gap #4. Isolating from influential support
- Gap #5. Acquiescing instead of saying "stop!" to mistreatment
- Gap #6. Losing sight of your thrilling dream
- Gap #7. Allowing past trauma to shape and define you

Each of these gaps, in their own unique way, keeps us from seeing ourselves powerfully, and speaking, asking, connecting, challenging, serving and healing as we need to, to thrive.

That's the "bad" news. So, what's good news? You're in AMAZING company and there IS a pathway out of this experience of powerlessness. But we can only change what we have awareness of, and greater awareness equals greater choice. The first step is to understand more clearly and deeply what you're going through and where you may be gapped.

This 7-day power-boost challenge aims to help you achieve that expanded awareness, and then make different choices for more empowered behaviors, thoughts, habits and actions, so you can break out of feeling thwarted in your access to power. We all need more internal and external power and self-authority if we want to build an amazing, rewarding career. And these steps will help you grow more authoritative, confident, self-assured, and clear about the new path you want to take and how to get there.

This power-boosting work will help you develop now and for the rest of your life:

Brave Sight

Brave Speak

Brave Ask

Brave Connection

Brave Challenge

Brave Service

Brave Healing

Ready to get started?

First, let's help you figure out which gap(s) you may be struggling with most today.

Please take the power gap survey here:

Power Gap Survey

Answer these questions below:

1. Of all 7 power gaps, which ONE that is affecting your career and life most today that you would like to address now?
2. How long do you believe you've been dealing with this power challenge?
3. Is there anything you can think of from your childhood, upbringing, messages you received in early life, or pivotal life experiences that may have shaped you to be more vulnerable to this gap?

Thank you for digging deep on these beginning questions. All through this challenge, it's absolutely fine that you don't know all the answers yet. This is a journey of introspection and growth that unfolds, and the more you do the deep work to listen to your internal voice and intuition, and build a strong, intimate relationship with yourself, the more the answers will come!

Now let's start our 7-day power-boost challenge...

Power Gap #1

Not Recognizing Your Special Talents, Abilities, and Accomplishments

What people with this gap often say: *"I have no idea how (or if) I'm special, unique, or talented. I don't think I have any special abilities."*

In *The Most Powerful You*, we learned all about Power Gap #1 through Karen, who struggled deeply to recognize that she was indeed talented and had skilled, and possessed abilities and gifts were truly valuable and important in the world. Her lack of recognizing her value kept her from satisfying work and fulfilling outcomes, and from doing work that felt meaningful and purposeful in the world. In our coaching time together, Karen engaged in internal and external work that helped her develop what I call *brave sight*, and took courageous steps that helped her experience greater self-love, self-respect, self-esteem, new focus, vitality and energy, and a greater appreciation of all she brings to the world. This, in turn, helped her step up to more thrilling ways to use her talents, and her life and career began to positively transform.

To get on the path to Brave Sight, take these steps:

Internal Exploration:

Answer these questions as a start:

1. What have been the ten most exciting and meaningful accomplishments and achievements you've made in a) school, b) each job you've held, and 3) your personal life?
2. What about your personal history, upbringing, family life, culture, etc. has given you a unique perspective on life that others don't have?
3. About the early you: What did you absolutely love to do (natural talents, hobbies, activities, passions, interests, etc.) that made time fly and made you happy to be alive?
4. What comes easily and naturally to you that perhaps others might struggle with?

External Exploration:

Choose one of these steps:

1. **Tease out** the skills you have that reflect you at your happiest and best. Take some time to do a full inventory of your career trajectory. Make a list of every job you've ever had, and write down what you loved about it, what was challenging, what you never want to do again, and what

you would like to bring forward in the next chapter. (Feel free to take my free [Career Path Self-Assessment](#) to gain much deeper clarity and understanding of who you are and what you have to offer).

2. **Find out.** Ask five people in your life whom you respect and admire what they see in you that is special and different. Ask your friends, “Why are you drawn to a friendship with me? What do you see in me that makes you want to continue to have me in your life?”

Ask your family, “You’ve known me for all my life. What do you think makes me stand out as an individual? What special talents and abilities do you think I have?”

3. **Work it.** How you “do” LinkedIn is exactly how you’re doing your career. A great deal about a person’s beliefs about themselves and their work is glaringly obvious in their LinkedIn profile, but they don’t know it. It’s clear when folks are hiding, or not excited about what they do or are insecure and confused about their strengths and their personal brand and trajectory. And it’s clear when you are struggling to share what you’re great at and why people should want to connect with you.

Work on your LinkedIn profile (download my one-hour webinar training [Polish Your LinkedIn Profile For Success](#)) this week to use those tips and strategies to make it shine and begin networking more powerfully! Speak confidently and with authority about who you are, what you do, who you do it for, and why that matters.

4. **Connect with it.** After you’ve tweaked your profile to show off the outstanding achievements and outcomes you’ve achieved and why those matter to you, and after you’ve created your list of top 30 skills and talents that you possess and select those on LinkedIn for others to endorse, then connect with 5 people you’ve loved working and collaborating with, and ask them if they’d give you a recommendation, and share what they think is special about you and how working together was beneficial for them. I promise you, you’ll be blown away by the glowing words they share about you. Just that act alone will boost your self-confidence.

Reframe It:

Remember, you’re not selfish, arrogant or a braggart if you speak compellingly about what you do and offer in an exciting way. It’s up to each of us to identify clearly and powerfully what we have to offer the world, and make great use of it, in service of others. No one is going to do that for you.

Make this the week you start becoming the person your young self knew you could be and use your amazing gifts to illuminate the world.

Power Gap #2

Communicating from Fear Not Strength

What people with this gap often share: *"I can't speak up confidently or with authority."*

Melody's childhood and the way in which her childhood experiences kept her from speaking up are indeed individual, but Melody represents literally millions of women around the world who, in some core way, received damaging parental, societal and cultural messages that hurt them and suppressed their ability to communicate effectively today.

Every year, I work with hundreds of women from all walks of life who come for help with one key problem—they can't speak up for themselves or assert their boundaries. In many cases, their boundaries are nonexistent, which translates to their allowing anyone to do anything they wish to them.

Many women are being disrespected, devalued, and trampled on, in work and in their personal lives. Further, they find they can't make effective decisions that will help them navigate through their challenges or take the right steps to increase their success, because they've been trained from childhood not to trust their own beliefs and instincts. They're told they're not smart, savvy, or strong enough to understand what they want and how to get it. In a way, it's a bit like cultural brainwashing—millions of women have been given the message that they don't have the right or the know-how to decide their own path and authoritatively pursue it.

If you feel that you communicate from fear not strength, and just cannot say what you want to, or what you do say comes out weak and non-impactful, let's address this gap today.

To start developing Brave Speak, take these steps:

Internal Exploration:

Answer these questions as a start:

1. What or who has shaped you most in your struggle to speak up powerfully and say what you want to say, especially if it's going to upset someone?
2. What keeps you locked in the mode of not speaking up? Is it fear, anxiety, lack of safety, not knowing how?
3. What is the most critical conversation you've been avoiding that you must have? Why have you been avoiding it? What are you afraid will happen?

4. What are your internal beliefs about commanding and assertive women? Are there lingering negative biases you harbor against strong women that you need to address (such as “forceful women are bitchy”)?
5. What do you think will be possible in your life when you start speaking up for yourself in a way that has not been possible before? List those positive, thrilling outcomes that are awaiting you.

External Exploration:

Choose one of these steps:

1. **Develop “Twenty Facts of You” bragging rights statements.** In my TEDx talk “[Time To Brave Up](#),” I talk about how women are taught from an early age not to brag, not to assertively state our opinions or seem overly confident. This week, identify what I call the twenty “facts of you”—measurable, validatable, and irrefutable facts about what you’ve accomplished in your career that has made a positive difference to the organizations you’ve worked for. These are critical for you to know, talk about, and leverage if you want to speak with power about who you are as a professional contributor.
2. **Be impeccable with your word.** From the helpful book, *The Four Agreements*, by Don Miguel Ruiz, be impeccable with your word. Don’t sin against yourself or others with the words you choose to utter or write. Start being more selective in your language and wording. Choose very carefully everything you say and write. Stop apologizing when you’re not sorry. Be more conscious of how your words affect your present and future. Focus not on the negative, pejorative, or belittling (about yourself or others) but on the most positive, uplifting, and expansive vision of the future that you can see and believe in.

And stop tearing other women down. Period.

The Positive Reframe

In our society, assertive and confident women are sometimes penalized, marginalized, and punished. Women have been called “bitches” when they’re doing and saying exactly what men have gotten applauded and promoted for.

But this will not last forever. The way we can take control and change this experience is if more and more women speak up confidently and assertively today. The more women demonstrate who they really are and what they have to say and contribute, the more quickly the world will get used to what it looks and sounds like to be surrounded by assertive, confident, and impactful women.

Power Gap #3

Reluctance to Ask For What You Deserve and Want

What people with this gap often share: *"I'm not sure I deserve more and even if I do, I wouldn't know how to ask for what I want."*

As so many have personally experienced, women are not generally encouraged by those people within their ecosystems (family, work cultures, bosses, leaders, etc.) to change how they've been operating and become stronger and bolder in asking for help or for what they want, such as raises, promotions, and advancement. Our society overall is still uncomfortable with assertive, confident women who ask for more on behalf of themselves.

In a patriarchal society as the one we live in, people are uncomfortable and even frightened to see assertive women asking for more because they have been taught that this behavior is just not right, appropriate or acceptable for women. It's considered not "feminine."

But there are so many inspiring real-life examples of the "brave ask" that we can draw, from Janine and so many others around us. Asking for help and being clear about what you want and deserve shifts your entire experience of yourself and the world. It brings to you more of what you long for and deserve. It also opens new doors of exciting service to others so you can do work that is thrilling, meaningful and confidence-building for you.

To begin on the Brave Ask path, take these steps:

Internal Exploration:

Answer these questions as a start:

1. Where do I hold myself back from asking for help and why do I do that?
2. What messages did I receive in my childhood that taught me that asking for help is wrong and weak, or that I'm not worthy (or smart or capable enough) of having my biggest dreams for my life come true?
3. What do I deserve to have more of in my work-life today? Is it money, flexibility, leadership, impact? Why do I deserve it, and who should I ask to get it?
4. Who in my current sphere would be perfect to ask for some additional help from?
5. How can I stop comparing myself to others in ways that make me feel "less than" and not worthy of the great success I dream of?

External Exploration:

Choose one of these steps:

1. **Select 5 people** in your current network and community for some help and advice about achieving your key goals or opening important doors to others who can help
2. **Build a strong, solid case** for a promotion and advancement, and start gathering the compelling data that will support your ask.
3. **Consider having a talk with your boss and HR** to support you in building a formal development plan that will ensure you attain the compensation and leadership experience you want, or move into a new area that thrills you
4. **Make a simple request to your family members** this week to start doing more of their fair share around the house, so you can stop “perfectionistic overfunctioning” and exhausting yourself to the bone doing more than is healthy, appropriate, and necessary and trying to get an A+ in all of it.

The Positive Reframe

Understand that asking for help is not a sign of weakness, but a demonstration that you're strong and brave, and ready to embrace more in your life—more success, joy, reward, passion, and impact. Not one person whom you admire in the world has done everything on their own. Everyone you respect and look up to has gotten where they are through the process of asking for help. If you doubt that you deserve it, then take some time this week to pay it forward and offer some support to a person in your sphere who could benefit from your specific guidance. Embrace how much you have to offer and recognize your value.

Power Gap #4

Isolating from Influential Support

What people with this gap often share: *"I hate networking. I'm very uncomfortable and reluctant to connect with people I don't know who might be able to help me."*

Anita's story reflects that of so many hundreds of professional women I've met and worked with, who have either completely lost connection with their support network, or in many cases, never developed a powerful network at all. Without having higher-level mentors, sponsors and advisors who help us access the connections, resources and information we need to grow and thrive, and to advocate for us for advancement to new roles that wouldn't otherwise be open to us, we're slamming so many doors on our dreams.

To start on the path to Brave Connection, take these steps:

Internal Exploration:

Answer these questions as a start:

1. Why am I holding back from asking for influential help and support? Do I feel unworthy of it, or ashamed that I need help?
2. Who is in my sphere today who has been of great help in the past that I can reconnect with?
3. Have I been letting my introversion stop me from networking because it's so challenging for me? Can I overcome my reluctance to network and try a new approach that's aligned with how I like to operate?
4. Do I take advantage of every opportunity available to me to talk to people who have influence (such as sitting right next to the CEO during her lunch-and-learn talk instead of hiding in the back of the room)? What can I do differently starting today?
5. When I network, do I include these two important questions in my discussions: "Do you have any ideas for me?" and "Who else would be helpful to speak with?"

External Exploration:

Choose one of these steps:

1. **Embrace discomfort.** It's time to network more extensively but "get out of the same room" (networking only with people at your same level). Focus on "networking up" and connecting with new people who have power, influence and the ability to open doors for you that you can't open on your own. If you're not uncomfortable connecting with someone, then you're not aiming high enough. You need to get past that and go talk to them or reach out online. Your discomfort is probably a good sign that this is the exact person you should be talking to.
2. **When you network, start by building a *relationship*.** (Don't hit people immediately with a sell or a pitch.) The old adage "It never hurts to ask, right?" is completely wrong when you are networking with someone for the first time. A lot of people do it—don't be one of the crowd. Build a mutually-beneficially relationship of trust and support first, before you ask something of them.
3. **Find out what they're currently interested in.** If you know someone you want to "network up" with is going to be at an event or doing an online program you can join, do some internet research to find out what they are currently working on, then open up your discussion by asking them to tell you about it. If you haven't done the research, ask them what their newest project is or what they are most excited about.
4. **Add value.** Most importantly, find new ways to be of value to people in your sphere, and reach out to offer that value and help. If you can find a way to add value, you'll be remembered.

The Positive Reframe

Networking is not the big hairy monster we make it out to be. The answers to all your networking and career-building questions are right inside of you. Apply the same rules of courteousness, generosity, commitment, bravery, and being of mutual benefit that you apply in day-to-day life. But make sure you understand that you are worthy of amazing, influential support to move forward. The world needs you, your talents, and your new ideas and initiatives. You have much more to offer that's of great value and importance than you realize. Go out there and connect with people who can support you, today.

Power Gap #5

Acquiescing Instead of Saying “Stop!” to Mistreatment

What people with this gap often share: *“I’m afraid to challenge the mistreatment I’m facing and all the unfair behavior around me toward other women.”*

It is a very disturbing reality today that many millions of women experience physical abuse, sexual harassment, groping, pressure for sex and more in their work and lives. And there are other forms of mistreatment or discrimination that are more subtle, making it difficult to identify and even to name. Devaluing of female voices occurs in many professional settings. And subconscious acceptance of that renders too many women powerless.

Recent studies have shared that four in ten women have reported some form of gender discrimination at work. Other research reveals that as many as eight out of ten women will experience sexual harassment at work in their lifetimes. If we’ve worked for any length of time, we’ve most likely witnessed or directly faced some form of gender bias or other types of mistreatment. It’s so very painful to experience mistreatment firsthand or see it right in front of you and feel you can’t say or do anything about it for fear you’ll be punished, fired, or blacklisted in your field.

But we CAN take powerful action that addresses this challenge, and we can transform it in our own lives and in the lives of the women around us. Bravery begets bravery, and change paves the way for more change.

To start on the path to Brave Challenge, take these steps:

Internal Exploration:

Answer these questions as a start:

1. Am I experiencing at work an individual who is making me do something I’m not comfortable with? If so, what outside help can I get now to explore my options for dealing with it?
2. What is my home situation? Is it safe and am I supported, respected, and treated well in my own family life?
3. What messages did I get in my childhood that taught me that I am not worthy of being treated lovingly, with respect and care? Was I on the receiving end of violence, abuse, or mistreatment of any kind?
4. Where were my boundaries potentially violated as a child or young person that has shaped me into a person who needs stronger boundaries to say no and stop?

5. Have I witnessed unfair mistreatment of others at my place of work and done nothing about it? Is it time now to take a stand?
6. As a leader and a manager, am I doing all I can to keep the environment where I and others work, safe and secure?

External Exploration:

Choose one of these steps:

1. **If you are being mistreated, don't wait.** This week, reach out to a safe, neutral and trustworthy outside party (potentially a legal expert representing employees, or a mentor or sponsor you have) to share your situation and get advice.
2. **Consider going to HR** (but only if it's safe to do that at your place of work) and make a complaint if you are witnessing mistreatment occurring in your workplace to others.
3. **If you're being mistreated in your marriage or family,** seek the help of a marriage and family therapist or social service organization in your community who can help you work through the situation.
4. **Start building your case**—with evidence, data and facts—about the mistreatment that you're experiencing.
5. **Be brave, have courage, step outside of your comfort zone.** Do something new. And speak truth to power. Become more aware of that contempt of vulnerability in both sexes. Beware of that code to shun our vulnerability, because we humans connect through our vulnerabilities, not through invulnerability.
6. **Get more allies.** Don't try and do this all by yourself. Make this a collective movement. Get support.

The Positive Reframe

Yes, we live in a society that has some rigid gender ideas and roles that have serious effects for both men and women. But life and culture are not set in stone. Things are changing and changing fast. We as evolved women and men can change our culture and society. And there are wonderful, supportive men who are ready to help and are engaged in the movement toward gender equality. Our society is beginning to understand that men who are brave enough to be vulnerable, emotional, and empathic should not be spurned. We're in a new world now of our own shaping, and you can be a powerful and influential part of that shaping toward wholeness.

Power Gap #6

Losing Sight of Your Thrilling Dream for Your Life

What people with this gap often share: *"I have no idea what I want to do for a career or how I would even get there with the challenges that face me. I'm just not meant to have an amazing career."*

Kendra's personal story about her big dreams that died on the vine before they could grow and thrive, is fascinating in its specificity but also completely relatable and universal. Kendra experienced hardship, neglect and abuse at the hands of her mother, and while many of us didn't experience that directly, we did experience things that hurt us and shaped us unwittingly, pushing us down a path that we perhaps never would have actively and consciously chosen had our lives been different. But the pain, confusion, and heartache of lost or thwarted dreams can be used for our highest good and in our new lives that we create more consciously and confidently.

Crushed dreams can be resurrected and revitalized and put to work again to fuel the work of becoming who you dream to be.

All of it can be very helpful to us if we choose to view it from a position of strength, awareness, and courage rather than defeat.

To start on the path to Brave Service, take these steps:

Internal Exploration:

Answer these questions as a start:

1. Look carefully at what you're drawn to in life. What do you read, watch, listen to, and follow, and why does it compel you?
2. What agitates and upsets you and compels you to do something?
3. Where are the people who inspire and uplift you? What are they focused on?
4. If you could take one college-level course or program for free on anything you wanted, what would it be?
5. What area do you secretly fantasize about being involved in but feel foolish to say out loud?
6. If you knew you couldn't fail and it would all work out wonderfully, what would you try?

External Exploration:

Choose one of these steps:

1. **Volunteer for a cause that stirs your heart.**
2. **Start the planning steps for that blog, podcast, or another exciting initiative** that will help you share your thought leadership.
3. If you've been dreaming of leaving corporate life to start your own consultancy, **talk to five people doing what you long to**, and get their feedback and insights about this direction and what's necessary to make it work.
4. **Take a hard look at your finances with a financial consultant.** Figure out how you'll fund your transition. Assess carefully how much money you think you need to live a happy life.
5. **Plan a dinner party** with your three-five best friends and spend some time brainstorming one new, thrilling way each of you can leverage your existing talents and capabilities to support a direction that stirs your heart and soul.
6. **Do both passive (online) and active (in-person) research to explore three new directions that thrill you to think about.** Then start reaching out to everyone you know to share what you're considering and ask if they have any ideas and if they know anyone who would be helpful to speak with.

The Positive Reframe

Many things happen to us in life that derail us from what we thought we might achieve and become. It's a universal experience that all humans face—what they once believed was possible changes and shifts over time. Accept that life happens to us, things we wouldn't choose, things we don't see as "positive" occur. But know that you alone are responsible for your response to what life has brought to you. You alone have the power to shape what you do with what has shown up in your life.

In the inspiring words of Viktor Frankl in his groundbreaking book *Man's Search for Meaning*: "Everything can be taken from a man but one thing; the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."

Power Gap #7

Allowing Past Trauma to Define You

What people with this gap often share:

"I'm devastated by what's happened to me and I can't seem to put it behind me or get over it."

Life can hurt us badly sometimes and leave deep scars. No one is immune, and every single one of us has experienced some form of pain, suffering, sadness, isolation, rejection, and trauma in our lifetimes. Many have experienced and witnessed things that forever alter how they see the world and operate within it. Sometimes, pain and hardship make us close down and stop trusting others. Other times, it makes us turn our pain into rage against the world. Yet some people, while crushed by their pain for a time, are able to find a way to become more of who they really are—more loving, compassionate, helpful, generous, insightful, brave, committed, and resilient—through all of it. And some, like Cheryl, are fortunate to know how to turn their emotional challenges into new ways to be of service in the world so they can uplift others while healing themselves.

To start on the path to Brave Healing, take these steps:

Internal Exploration:

Ask these questions to help you uncover how the past is holding you hostage and what you need to heal from to move forward to your highest visions and goals:

1. What story am I telling myself about who I am and what has happened to me that keeps me stuck as a victim who I don't like?
2. To whom have I handed over all my power?
3. What is making me feel that I'm worthless and without value?
4. What could this traumatic experience have given me that could be seen as a gift?
5. In what ways could this past experience give me the chance to finally do something more meaningful and powerful in the world?

External Exploration:

Address Your “Dirty Little Secret” or What Makes You Feel “Less” Than

So many women I’ve worked with are harboring what I call a “dirty little secret”—something that’s happened or something that’s a part of their lives and careers that makes them feel ashamed, embarrassed, and less than—something that, if it were discovered, they believe the curtain would be drawn back, as if they were the Wizard of Oz, and people would see just how unqualified or unworthy they really are. So many women hold this secret inside and won’t let it go, and it keeps them from stretching farther or even believing that they’re worthy of a thrilling and rewarding career.

Just some of the “dirty little secrets” that I’ve heard from professionals who’ve come for help with their careers over the years:

- I didn’t finish my degree.
- I was fired for incompetence.
- A senior leader told my colleagues I wasn’t good at my job.
- I lied on my resume and I don’t have the experience and training I said I did.
- I don’t have the experience or training I need to do this new job I’ve been placed in.
- I’m older than I ever let on.
- I never feel good enough, in any job I hold.
- Wherever I go, it seems others do better than I do.
- I don’t have the skills I need to, to do this job well.
- People think I know more than I really do.

If you have these or other secrets, you’ll find they will grow bigger, blacker, and more destructive with time. Do something this week to bring the secret out in the open, and deal with it once and for all.

Choose from these steps:

1. **Tell someone.** Find someone safe and neutral to share it with. Work with a coach or a therapist who’s been highly recommended to you or find a mentor or accountability buddy who offers the right kind of help—someone who doesn’t judge you but sees the shining future vision of you before it’s hatched. I promise you that when you find the right kind of mentor or helper and share

this with him or her, your dirty little secret suddenly loses all power because it can't exist in the bright light of day. It will wither and die and lose its hold on you once you talk about it.

2. **Take empowering action to deal with it.** Neutralize and vanquish the dirty little secret by addressing it head on. Do something—no matter how big or small—that will help you shift out of feeling shame, unworthiness, and secrecy. For instance, if you haven't finished your degree and live in fear of someone finding out, then explore what it would take to complete your degree. It's truly that simple. Don't make excuses—just do it.
3. **Heal the shame.** If you've been fired, laid off or otherwise experienced something you feel makes you "less than" others, brainstorm all the ways that this has made you stronger somehow, or has put you on a path that is helpful for your growth and development. Perhaps it was, in fact, the right and best thing to be ejected from your former job or let go, because you hated it and it wasn't the right fit, for instance. Or perhaps not landing that that "dream" job was the best thing, because the job you finally landed was, in fact, the most ideal and rewarding role for you, even though you could never have imagined that to be the case.

Realize that, in truth, the universe probably did you a favor in many of the circumstances that seem negative and hurtful. Even if you can't see the positive around it now, trust that someday soon, you will.

The Positive Reframe

If this traumatic or painful experience somehow happened for your highest good, what would that mean? Yes, you got fired, or you were mistreated, or betrayed by people you loved and trusted. Look at exactly what that painful experience has allowed for you and given to you—the gifts it has offered—that simply would not be possible without it.

Congratulations!

You've taken the important first steps on your way to:

Brave Sight—to see yourself as the amazing, talented and valuable individual you are.

Brave Speak—to speak more confidently and assuredly, and get support for your ideas and projects.

Brave Ask—to ask for what you need and want, and get it.

Brave Connection—to connect with amazing individuals who will uplift, nurture, and support you and your dreams.

Brave Challenge—to challenge what is wrong in the world around you, and do something powerful and effective about it.

Brave Service—to do the work that you love, that leverages all that you are, and to transform and improve people's lives in the process.

Brave Healing—finally, to heal from the past suffering and use all of it for your highest good.

You did it!

This work has taken you down seven critical pathways to powerfully address where you are feeling “less than” today—longing to love your career more, be viewed as worthy and valuable, and experiencing reward, impact, and fulfillment in your work. It's offered inspiring real-life stories, strategies, solutions, and tips to help you become the most powerful version of you so that you can do work you long to do in the world, make the impact you dream to, and live a life that leaves a legacy behind that you will be proud of and grateful for.

I hope you feel hopeful, inspired and proud of yourself, and understand more deeply that where you are today is just perfect, as a steady jumping off point for everything you want to be and do. And you see more clearly that you are worthy of—and deserve—a beautiful, abundant, and impactful life and career that will make your heart sing, and help uplift others in the process. But to create that, you need to fight bravely for it and claim it, every day.

Sending brave, bold love to you.



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