



MY EMPOWERED STATE

YOUR BODY:

Stance/Posture, breathing, facial expressions etc.

Standing tall

Chest out

Deep breathing

Smiling

YOUR THOUGHTS:

Your focus, beliefs about yourself, thoughts on situation etc.

Focusing on strengths

Know that I can do the job and do it well

Excited for the day

YOUR LANGUAGE::

Words you said, phrases used, questions asked etc.

I am capable

I am worthy

I can overcome



MY DISEMPOWERED STATE

YOUR BODY:

Stance/Posture, breathing, facial expressions etc.

Slumped

Shallow breathing

Frowning

Yawning

YOUR THOUGHTS:

Your focus, beliefs about yourself, thoughts on situation etc.

Overwhelmed

Stuck

Disheartened

Not good enough

YOUR LANGUAGE::

Words you said, phrases used, questions asked etc.

I can't do it

This is impossible

I'm not made for this