

Chapter 7 Workbook: Unleashing Your Ascendancy

This workbook is designed to help you implement the exercises from Chapter 7. Use it to reflect, grow, and take actionable steps toward becoming the best version of yourself.

1. Defining Your Purpose Statement

Reflect on the impact you want to create and write a one-sentence purpose statement that aligns with your values and legacy.

Reflection Question: What impact do I want to create in my life and in the lives of others?

Write your response here...

Purpose Statement:

Write your one-sentence purpose statement here...

Reflection on Alignment:

How does this purpose align with the legacy I want to leave behind?

2. Daily Reflection Practice

At the end of each day, use this space to reflect on your actions and growth.

What did I do well today?

Write your response here...

What could I have done better?

Write your response here...

Did my actions align with my values and purpose?

Write your response here...

Key Lessons Learned:

What lessons did I learn today?

3. Building Your Flywheel Momentum

Identify an area of focus and list three small, consistent actions to build momentum in that area.

Area of Focus:

Write the area where you want to build momentum...

Action 1:

Write the first small, consistent action...

Action 2:

Write the second small, consistent action...

Action 3:

Write the third small, consistent action...

Progress Tracking:

Reflect on your progress weekly and celebrate small wins...

4. Resilience Challenge

Reflect on a current challenge and create an action plan to overcome it.

Current Challenge:

Describe the challenge you're facing...

What lesson can I learn from this challenge?

Write your response here...

How can I approach this differently next time?

Write your response here...

What small step can I take right now to move forward?

Write your response here...

5. PEPTID Framework Self-Assessment

Rate yourself on the six elements of the PEPTID Framework and create an improvement plan for your lowest-scoring element.

Rate Yourself (1-5):

- Professionalism:

Rate 1-5

- Energy:

Rate 1-5

- Purpose:

Rate 1-5

- Transformation:

Rate 1-5

- Innovation:

Rate 1-5

- Delight:

Rate 1-5

Lowest-Scoring Element:

Write the lowest-scoring element...

Improvement Plan:

Write specific actions to improve your lowest-scoring element...

6. Leadership Through Empowerment

Identify someone to empower and reflect on how your action aligns with your leadership goals.

Person to Empower:

Write the name of the person to empower...

Empowerment Action:

Write the action you will take...

Reflection:

How does this action align with your purpose and goals?

Use this workbook to track your journey toward ascendancy. Revisit your responses regularly to reflect on your progress and make adjustments as needed.