

Preparation:

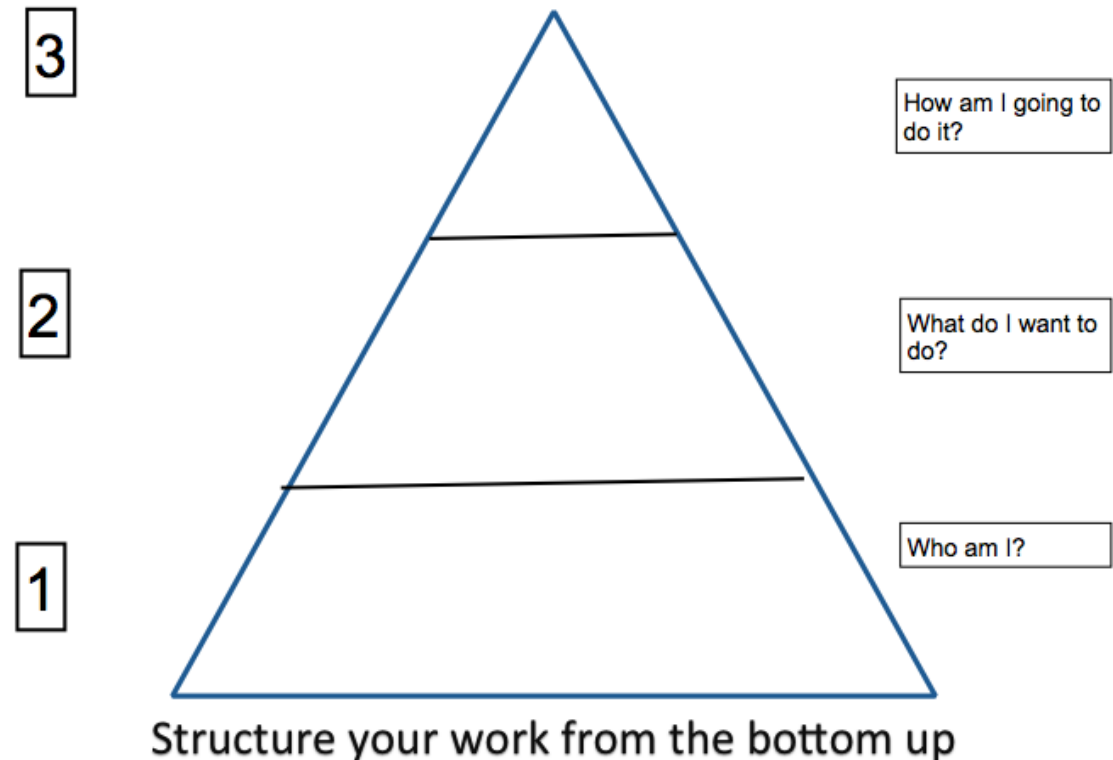
Self-empowering requires a relaxed state of mind, so as to be open to the flow of ideas. Before beginning, do whatever works for you to slow down your mind – deep breathing, meditation, listening to music, etc.

During the Exercise:

Fill in the pyramid chart below starting at the bottom, answering the questions in order.

- Try to look at yourself from the outside, detached from your emotions, but don't forget to focus on what you want for your personal and professional improvement.
- Work in brainstorming mode: open your mind to new ideas and big dreams; imagine yourself in other landscapes, other contexts, other possible roles and situations: be creative with yourself.
- Think of your possible future in several time frames: in one year, in three years, in 10 years, and make a list of things you need to do, to learn, or achieve for each time frame.

Empowering Oneself: My Starting Point



Key words: *Leadership, Planning, Mind control, Re-programming oneself, Motivation, Self-motivation, Mindfulness*

For more information:

M. Kofta, G. Weary, & G. Sedek (Eds.), *Personal control in action: Cognitive and motivational mechanisms* (pp. 155-189). New York: Plenum Press. Forgas, J. P., Levinger, G., & Moylan, S

Further Reflection:

- Is identity a mutable characteristic? How and when does our identity change? What are the implications for our personal wishes and professional goals? How can we plan, change and modify our personal and professional identities to become who we want to be?