



## Unleash *Your* Unique Bad-Assery

Three unique achievements I am most proud of: (*Can be anything! "I was captain of the swim team" to "I overcame addiction".*)

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Three unique qualities about me that I am most proud of: (*Think of your values - what's important to you **about** you?*)

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Three activities that bring me joy: (*Crafting. Lunch with my girlfriends. Playing catch with my grandchild.*)

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Three activities that help me relax and de-stress: (*Walking by the river/lake. Fishing. Sewing. Yoga.*)

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Three positively bad ass things I can tell myself daily: (*I am a bad ass at...or I am a bad ass when I...*)

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Now you have a cheat sheet for reference whenever you feel out of alignment. Whenever you are feeling out of harmony, use this as your reset button. Do these things that bring you joy and relaxation! Remember, you are a REBEL – a Real Example of Brave Empowered Leader! Now go out there and kick ass!