

YOU ARE AN EMPOWERED WOMAN

MODULE 2: LESSON 2

The Pyramid of Mastery Continued

The above template explains how to use the workable template below. Feel free to use this each week, OR you can just use the idea around it to help you set your micro goals.

Setting Micro Goals

Here is a mind map to help you when setting your micro goals. This will help ensure you are including your pyramid, keeping your major goals in mind and staying on task.



The diagram is a mind map titled "SET GREAT MICRO GOALS" in the center. It features four white circles arranged in a square pattern around the center. Each circle is connected to the center by a dotted line. From each circle, two dotted lines extend outwards to dashed lines labeled "1.)" and "2.)", representing sub-goals or steps. The entire diagram is set against a light red background.

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The 3 Pillars of Success

By now, you have an idea of what the 3 Pillars of Success looks like. You know that

-  Get laser-focused and set your goals (Pillar #1)
-  Get the best tools/map/strategy (Pillar #2)

So we have 2/3 steps already crushed.

But the third step.....

 Get into action and discover inner conflicts and blocks

is the step we are working on this week.

To understand what our blocks are, we need to get clear on a few things. So, to seek this understanding, please complete the following:

I want you to pick one of your goals that we have already established together. Have a piece of paper and pen handy. Now, I want you to sit somewhere quiet, think about that goal, think about what it looks like for you to achieve that goal, visualize yourself achieving that goal, feel what it would be like to achieve that goal. While you are doing this exercise, I want you to pay attention to your thoughts. I want you to jot down any negative voices, any reasons on why you won't achieve that goal, anything

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that comes to forefront of why you won't achieve that goal. It is during this exercise you will see if there are any inner conflicts. I will give you an example that came up for me while I was doing this exercise.

For example:

My goal: To help more people with my coaching. This would mean growing my business.

Some inner conflicts that came up:

- You don't have the time for new clients
- You are too busy as it is
- You don't have time to put into marketing yourself
- I don't like putting myself out there on social media

SOOOOOOOO, you can see how my goal and these inner conflicts were preventing from reaching my goal. I have the first two steps of the pillars

1.) Clear goal 2.) Tools

but the inner conflicts were preventing me from achieving my goal.

So, while you are visualizing, take notes as to what comes up while visualizing.

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