

Worksheet for "How Inner Power Leads To Outer Power"



OUTER	Inner
Describe a few situations involving exercising your power in the world that you'd like to improve, or that you dream of doing with your talents and skills.	What aspects of INNER power provide the secure, authentic core that supports the outer examples you listed? How can you improve these inner aspects?

Extra Credit: Pick your hardest outer-power idea and do a deep-dive into the inner changes that would let you hold power while performing this activity or action. Use inner tools such as imagination, role-play scenarios, and journaling to envision yourself doing this easily. How does the Powerful You engage with this, and what can you learn from that?



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Inner	OUTER
Now, try it from the other way around. What are the areas you want to grow your inner power in?	What outer roles, actions, events, or opportunities could you take advantage of with this new level of power?

Extra Credit: How many different ways this week can you envision a key inner/outer scenario and role-play it in your mind? For example, with a new strong sense of collaborative power and talent, spend the week imagining that you engage with everyone you meet as potential partners in a collaborative project. Just imagine and feel the energy as you role-play reaching out based on someone's particular strength or skill and say, "You know, we could do a project together on _____." Play and have fun!

About me:



Hi! I'm Katherine Lieber. I coach and train on power and growth after a career in the Fortune 500 that put me on a life mission to uplevel others in leadership, powerfulness, and helping them achieve their better visions of life and work.

As a lifelong innovator, intrapreneur (entrepreneur within a company framework), and tech-guru maverick, I LOVED my work, in which I was able to analyze processes and needs, design solutions, and then create mission-critical software systems to drive the business. What I created saved our company millions of dollars, thousands of hours of labor, and made us the most productive of our

corporate regions. I managed twelve states, designed our corporate training programs, trained users of all levels and expertise, pioneered new data analytics methods, and loved having my hands in and on our most granular data systems.

Over the years, though, I began to see the amount of brilliance wasted as talented individuals were unable to get past the blinders and the barriers of their limits into what would really make their personal and professional dreams happen. I saw them wishing to make a difference in the world, but not having the guidance to get to the new places where their specialties would really shine. I saw power and leadership used wisely, but I also saw it used poorly, or not at all, in guiding growth and achievement.

Always an innovator, I ultimately made a big shift. I committed to using my talents in process analysis, systems design, and training toward enabling a much bigger life mission – not just for me, but for *everyone*. I now train and coach in INNER LEADERSHIP, LIMITLESSNESS, and POWER to uplevel talented and motivated professionals: those ready to *achieve* more, *break* their blocking barriers, and *reach* for a far more extraordinary life. I include energy work, because I've found that understanding your energy fields is essential to creating real transformation. I'm also an introvert, so I love working with fellow introverts in bringing their vision and voice to the world.

You owe it to yourself to know how to create an amazing life on YOUR own terms. Welcome aboard! I'm glad you're here!

Keep Growing,

