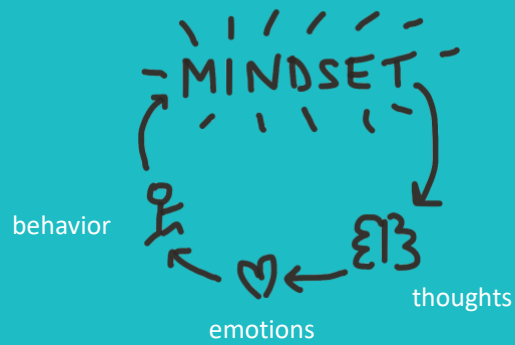


**Dow Women Leaders Workshop: Empower Yourself with the Right Mindset -
WORKBOOK
With certified coach Desi Jagger**

Mindset is everything



Desi Jagger
THE CHANGEMAKERS COACH



For questions and free coaching consultations,
email desijagger@gmail.com

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THE CHANGEMAKERS COACH

LOOKING BACK

→ *Reflect on your personal growth over the past 10 years:*

Who were you being over the past decade? What energy did you give off? What thoughts did you think? What emotions did you experience?

What big decisions did you make? What did you choose to do? What did you choose not to do?

What are you most proud of?

What lessons did you learn – personally and professionally?



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LOOKING FORWARD

→ *Capture the insights from the guided visualization of the next 10 years:*

What came up for you in the visualisation? Write or sketch what you experienced.

What kind of leader do you want to become?

What do you need to bring with you from the past decade (2010's and 2020 so far)?
What thoughts, emotions and behaviours still serve you?

What do you need to leave behind? What thoughts, emotions and behaviours no longer serve you?



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GOAL-SETTING

→ *Set your personal growth goal for the next year*

What kind of leader do you want to become in the next 12 months? What do you want to achieve in terms of personal and professional growth? Keep your goal SMART: Simple, Measurable, Achievable, Realistic, Timely.

Example: To become an inspiring team leader by the end of 2022.

How can you use the resources you already have – provided by the organization and also in your personal life?

What is stopping you from leveraging these resources now?

What is one specific step you will take this week towards your goal?

TRACKING YOUR PROGRESS

→ *At the end of each day, ask yourself “Did I contribute towards accomplishing my goal?” Mark the day if you did. Don’t forget to celebrate!*



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2020

January							February							March						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2021

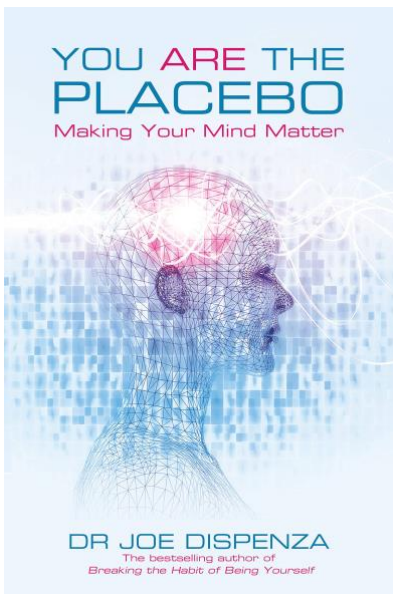
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RESOURCES



LEAN IN

WOMEN, WORK, AND
THE WILL TO LEAD

SHERYL SANDBERG

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