



Your Power Zone Check-in

A quick check-in for getting back to your edge

You don't need to reinvent yourself. Use this page to notice where you still feel like yourself and where pressure, pace, or expectations may be getting between you and your natural best.

You

How you naturally lead and decide

- ☐ I trust my instincts and don't automatically second-guess myself
- ☐ I use the strengths that come naturally to me instead of mimicking others
- ☐ I speak up without editing the parts of me that may feel 'too much'
- ☐ I make decisions in a way that feels natural to me, even when the pressure is on
- ☐ I can name what people consistently can rely on me for

Your energy

What fuels you and what quietly drains you

- ☐ I know which work, people, and environments bring out my best
- ☐ I notice what drains my energy before I simply push through it
- ☐ I create enough space to think, reset, and listen to my own instincts
- ☐ I spend a meaningful part of my day doing work that energizes me
- ☐ I know what helps me return to myself after a difficult day or moment

Your performance

How you show up when results matter

- ☐ Targets and expectations sharpen my focus more often than they make me question myself
- ☐ I still believe in the value of what I'm selling, building, or leading
- ☐ I can handle rejection, setbacks, or changing conditions without losing access to my confidence
- ☐ I rely on my strengths under pressure instead of compensating by simply pushing harder
- ☐ My current pace supports strong performance without costing me the parts of myself that make me good

Your people

The environment you create around you

- ☐ I recognize and use the different strengths that people around me bring
- ☐ People can speak up, disagree, and offer feedback without being shut down
- ☐ I delegate to people I trust instead of holding on because I would do it differently
- ☐ I communicate what matters without expecting others to read my mind
- ☐ The way I lead helps people do more of what they naturally do well

One question worth sitting with

What feels most different from when you were at your best?
