

# The Little Book of Empowerment

## Free companion pack

A practical set of worksheets to help you build clarity, confidence, and momentum using the seven core elements from the book.

Inside this pack	
1	Quick self assessment across the seven elements
2	Seven element prompts and micro actions you can start today
3	A simple 7 day tracker to build consistency
4	Visualisation script and goal setting template
5	Language and discipline tools to stay on track

If you want personal guidance, you can also use this pack alongside a short clarity call. At the end of the document you will find a simple way to request a free 15 minute consultation.

## How to use this pack

This is designed to be quick and practical. You do not need perfect conditions. You need a small pocket of focus.

1. Set a timer for 10 minutes and remove distractions.
2. Complete the self assessment and circle the lowest scoring element.
3. Choose one micro action from that element and commit to it for 7 days.
4. Track your progress on the 7 day tracker. Small consistency is the goal.
5. At the end, review what changed and choose the next element to strengthen.

Note: This pack is a companion tool, not medical, psychological, or financial advice. If you are in crisis or at risk of harm, please contact your local emergency services or a qualified professional.

## Quick self assessment

Score yourself from 1 to 10. Be honest. Your lowest score is usually your highest leverage starting point.

Element	Score (1 to 10)	Notes (what is getting in the way)
Personal responsibility		
Personal questioning		
Visualisation		
Taking action		
Language		
Discipline vs motivation		
The power of failing		

Now choose one element to focus on for the next 7 days. Write it here:

My 7 day focus element:	
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## Seven elements prompts and micro actions

Pick the element you are working on and choose one micro action that feels almost too easy. That is usually the right place to start.

### Personal responsibility

Prompt: What part of this situation is mine to own, even if it is uncomfortable?

Micro action: Write one sentence starting with I choose to, then do one small step within 24 hours.

### Personal questioning

Prompt: What do I actually want, and why do I want it?

Micro action: Write your goal in one clear sentence. Then write three reasons it matters to you.

### Visualisation

Prompt: If this worked, what would my day look like in detail?

Micro action: Spend 2 minutes imagining the first 10 minutes of your successful day, then write the first action you took.

### Taking action

Prompt: What is the smallest step that creates movement today?

Micro action: Set a 10 minute timer and do the first step only. Stop when the timer ends.

### Language

Prompt: What do I keep telling myself that makes this harder?

Micro action: Replace one limiting phrase with a neutral one. Example: I cannot becomes I have not yet.

### Discipline vs motivation

Prompt: If motivation disappears, what would I still do?

Micro action: Choose a fixed time for your habit for the next 7 days. Show up for 5 minutes, even if you do less.

### The power of failing

Prompt: What did my last setback teach me that I can use next time?

Micro action: Write one lesson and one adjustment. Then repeat the task with the adjustment once.

## 7 day tracker

Your goal is consistency, not intensity. Keep the action small and repeatable.

Day	Focus element	One action I will do today	Done	Reflection (one line)
1				
2				
3				
4				
5				
6				
7				

At the end of day 7, answer these two questions:

1. What improved the most because I stayed consistent?
2. What will I simplify even further next week?

## Visualisation and goal setting

Use this as a short script. Read it slowly, then write your answers. You are training your mind to recognise what matters and to act on it.

### Visualisation script

Close your eyes for 60 seconds. Picture a version of you who has followed through. Notice the environment, posture, breathing, and energy. Now picture the first moment of the day when you chose action over hesitation. Open your eyes and write the answers below.

1. What do I want to achieve in the next 30 days?	
2. Why does this matter to me right now?	
3. What is the first action I will take within 24 hours?	
4. What will try to stop me, and how will I respond?	

## Language and discipline tools

Your words shape your attention. Your attention shapes your actions. These tools keep you steady when motivation is not available.

### Language swaps

From	To
I cannot do this	I can do a small part of this
I always fail	I am learning what works for me
I am not ready	I will start and adjust as I go
It is too late	I can improve from today
I have no time	I will make 10 minutes

### Discipline anchor

Choose one daily anchor for the next 7 days. An anchor is a fixed moment you can reliably attach your habit to.

My anchor time and place:
My habit in 5 minutes or less:
My fallback plan if I miss it:

## Next steps

If you completed this pack, you have already done the most important part: you started.

### Simple next step options

1. Repeat the 7 day tracker with a new element.
2. Choose one chapter exercise from the book and commit to it for 14 days.
3. Share your win with someone you trust so you create accountability.

### Free 15 minute consultation

If you would like a quick clarity call with me, use this simple process.

1. Email your name and your number one goal to the address you choose for consultations.
2. Add three lines: what is blocking you, what you have tried, and what a good outcome looks like in 30 days.
3. I will reply with a booking link or suggested times, subject to availability.

You can also share a short success story or message. I love hearing what people build when they commit to consistent action.

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