GLOBAL IMPACT
EMPOWERMENT HUB

LEARN.
GROW.
THRIVE.

Your personal empowerment toolkit

Practical exercises for confidence, leadership, wellbeing, career growth and community impact.

A FREE PRINTABLE WORKBOOK

Reflect. Choose one step. Make it real.

GLOBALIMPACTEMPOWERMENT.ORG

Start where you are

A better future begins with one small, intentional action - not a perfect plan.

How to use this toolkit

Set aside 10-15 minutes. Use any page that speaks to you. Write honestly, start small, and revisit your answers after 30 days.

My starting-point check-in

Rate each area from 1 (needs attention) to 5 (going well). There are no right answers.

Confidence and self-belief	1	2	3	4	5
Career, learning and skills	1	2	3	4	5
Physical and emotional wellbeing	1	2	3	4	5
Relationships and support	1	2	3	4	5
Purpose and community contribution	1	2	3	4	5

THE AREA I WANT TO IMPROVE FIRST

ONE POSITIVE THING ALREADY GOING WELL

Rediscover your spark

Reconnect with what energizes you and the strengths you already carry.

THREE MOMENTS WHEN I FELT PROUD

MY STRENGTHS (WHAT PEOPLE OFTEN APPRECIATE ABOUT ME)

WHAT GIVES ME ENERGY - AND WHAT DRAINS IT?

My spark statement

I feel most alive when I _____; in the next month, I want to make more room for _____.

Turn a dream into a plan

Choose one meaningful goal, then break it into steps small enough to begin.

MY 30-DAY GOAL (SPECIFIC AND ACHIEVABLE)

WHY THIS MATTERS TO ME

My goal ladder

STEP 1 An action I can complete in 10 minutes

STEP 2 A next step I can take this week

STEP 3 Someone or something that can help

STEP 4 How I will know I made progress

Lead with confidence

Visibility, relationships and opportunities can support your growth.

Remember

A mentor can help you learn. A sponsor can advocate for your opportunities and visibility. Build relationships through trust, contribution and clear goals.

A CONTRIBUTION OR ACHIEVEMENT I WANT TO COMMUNICATE

A SKILL I WANT TO STRENGTHEN

A PERSON I CAN LEARN FROM OR CONNECT WITH

ONE ACTION TO INCREASE MY VISIBILITY THIS MONTH

Check in with your wellbeing

Small acts of care matter. Notice what you need without judging yourself.

A gentle reminder

This worksheet is for reflection and education. It is not medical advice or a diagnosis. Seek qualified healthcare support for health concerns.

How am I doing this week?

REST

Am I getting enough rest and recovery?

EMOTIONS

What feeling needs attention?

MOVEMENT

How am I caring for my body?

CONNECTION

Who makes me feel supported?

ONE SUPPORTIVE CHANGE I CAN MAKE THIS WEEK

You do not have to carry it all

Map responsibilities, ask for support and create boundaries that protect your energy.

My responsibility and support map

WHAT I AM CARRYING

Tasks, worries and invisible planning

WHAT COULD BE SHARED

People, resources and delegable tasks

ONE CLEAR REQUEST FOR HELP I CAN MAKE

A practical script

"I have been managing _____. Could you take responsibility for _____ by _____? It would help us share this more fairly."

Think like a builder

Whether you are exploring a business, career move or community idea, begin with a real need.

The idea-to-impact canvas

Start with the people you want to serve, the problem you want to solve and one small way to test your idea.

WHO MIGHT BENEFIT FROM MY IDEA?

WHAT REAL PROBLEM OR NEED DO THEY HAVE?

WHAT SIMPLE ACTION COULD TEST MY IDEA?

WHAT TIME, MONEY OR SKILLS WILL IT REQUIRE?

Make a difference together

Community impact grows through listening, partnership and consistent effort.

A COMMUNITY ISSUE I CARE ABOUT

WHO IS AFFECTED - AND WHOSE PERSPECTIVE SHOULD I HEAR?

A PERSON OR ORGANIZATION I COULD PARTNER WITH

ONE DOABLE ACTION (VOLUNTEER, TEACH, SUPPORT OR CONNECT)

HOW I WILL KNOW THIS ACTION HELPED

My 30-day growth challenge

One focus. Four weeks. Small actions you can sustain.

MY ONE FOCUS FOR THE NEXT 30 DAYS

Four-week action plan

WEEK 1 Clarify and begin

WEEK 2 Practice and learn

WEEK 3 Connect and adjust

WEEK 4 Finish and reflect

Daily consistency tracker

	M	T	W	T	F	S	S
Week 1	☐	☐	☐	☐	☐	☐	☐
Week 2	☐	☐	☐	☐	☐	☐	☐
Week 3	☐	☐	☐	☐	☐	☐	☐
Week 4	☐	☐	☐	☐	☐	☐	☐

Your next chapter starts now

Progress is not a single leap. It is the choice to keep growing, learning and connecting.

Pause and celebrate

Write down one thing you learned, one action you took, and one positive change you want to continue.

SOMETHING I LEARNED ABOUT MYSELF

MY PROUDEST SMALL WIN

ONE ACTION I COMMIT TO FOR THE NEXT 30 DAYS

Keep learning. Keep growing. Keep showing up.

Explore events, empowerment programs, book-club conversations and health and wellness learning with Global Impact Empowerment Hub.

www.globalimpactempowerment.org