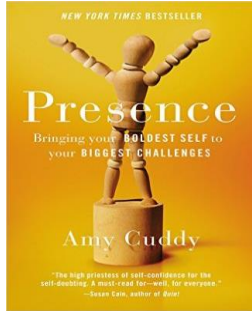


val **YOU** able  
actYOUlization worksheet

Check out Amy Cuddy's Ted Talk



## Presence

Bringing your **BOLDEST SELF** to your **BIGGEST CHALLENGES**  
BY AMY CUDDY · LITTLE BROWN © 2015 · 344 PAGES

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“Our search for presence isn’t about finding charisma or extraversion or carefully managing the impression we’re making on other people. It’s about the honest, powerful connection that we create internally, with ourselves.” ~ Amy Cudy

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Reframe

Reaffirm

Remember

Reset

## Your Way to Presence

Reframe

**Reframe & Rename your Negative Emotion to a Positive one. For example anxiety about what can go wrong, can turn into excitement about the opportunity.**

**Your Turn:**

Reaffirm

**Reaffirm the best qualities about yourself. Pick at least three:**

1. -
2. -
3. -

Remember

**Remember back to a time that you felt powerful and competent.**

Reset

**Take inventory of your posture. Are you making yourself tiny or big? The next time you are feeling powerless or nervous, find a private area and star fish out or get into superhero pose (hands on your hips and your chest puffed out). Hold for 2 minutes... Might as well smile too ☺ You will start to feel better!**