Worksheet

BUILDING STATUS THROUGH COMPETENCE AND CARE

by Kalika Yap

Building lasting influence doesn't happen overnight. It's built through consistent actions, showing care for others, and staying true to your values. This worksheet is designed to help you reflect on how you can strengthen your influence by focusing on competence and care.

1. Identify Your Strengths

Write down three areas where you consistently deliver. How can you use these strengths to support those around you?

2. Set a Relationship-Building Goal

Think of one person you can connect with more meaningfully this week. It could be through a thoughtful check-in or offering to support their work.

3. Create a Consistency Plan

Choose one habit you'll commit to—whether it's responding to emails on time, meeting deadlines, or following up with colleagues. Consistency builds trust.

4. Reaffirm Your Core Values

What values are most important to you? How can you make sure those values are visible in the way you work and lead?

5. Lift Someone Up

Consider one person you can encourage, support, or recognize this week. Helping others succeed naturally strengthens your own influence.

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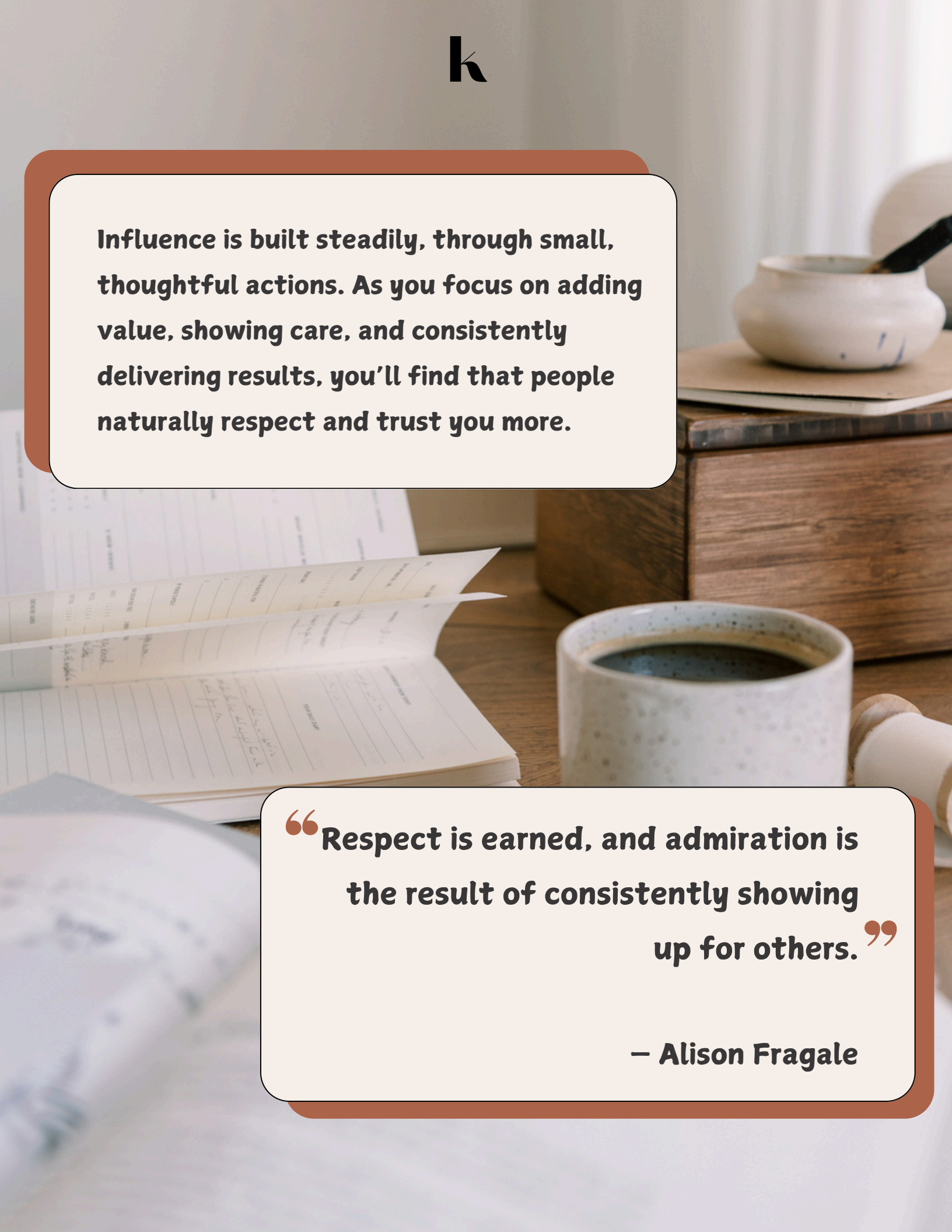

Influence is built steadily, through small, thoughtful actions. As you focus on adding value, showing care, and consistently delivering results, you'll find that people naturally respect and trust you more.

"Respect is earned, and admiration is the result of consistently showing up for others."

— Alison Fragale