WORKSHEET

Building Strength Through Consistent Action

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intro:

Strength doesn't require dramatic steps. It comes from consistent movement, showing up even when the path isn't clear. This worksheet helps you reflect on what you've already built—and what's next.

1. What's one recent moment where you showed up, even when it was hard?

2. Who in your life or business do you continue to show up for?

3. What support system helps you stay grounded when things feel uncertain?

4. What's one thing you've been putting off that, if done, would help you feel stronger?

5. What's one small step you can take this week to create momentum?

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keep this in mind:

Strength doesn't require dramatic steps. It comes from consistent movement, showing up even when the path isn't clear. This worksheet helps you reflect on what you've already built—and what's next.

> **Sometimes the bravest and most important thing you can do is just show up.**
>
> — Brené Brown

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