



Define Yourself

Who am I? _____

What do I want to do? _____

What activities do I like? _____

What types of people do I like? _____

Characteristics Matrix

	Self	Others
Am		Like
Am Not		Don't Like

Actions Matrix

Tasks	Projects/Situations
Encouraging	Comfortable
Discouraging	Uncomfortable

Overcome Intimidation

Negative Influencers to get rid of: _____

Negative Thoughts	Silencer Thought

What does successful self-promotion look like for me? _____
