

Power Activation Workbook



INNER FORCE
PERFORMANCE COACHING

Our Gift to you

This workbook is our gift to you, with a clear intention to support you on your journey to unlock potential, inspire growth and achieve powerful results.

We encourage you to take some time to stop, reflect and consider elements of your life that are important to you. Find a space for reflection, connect to self, and take the time to focus on where you are currently on your journey.

Each section provides prompts and exercises to activate a level of clarity to your understand of self, leadership, performance, and contribution. By the end, you'll have a stronger sense of where you're headed — and what's been holding you back. We would love to support you on your journey, so if you are seeking additional support to navigate your path, reach out to discuss with one of our Inner Force Coaches.

From Possibility to Power: Activate Your Inner Force

At Inner Force, we believe that every motivated and ambitious leader holds within them a powerful reservoir of untapped potential. Our passion stems from witnessing what happens when that inner force is activated — clarity sharpens, performance elevates, and transformation unfolds.

We're driven by the conviction that true leadership begins with self-awareness and conscious commitment. By blending cutting-edge coaching science with soulful strategy, we help leaders break through limitations, reconnect with purpose, and lead with authenticity.

Supporting this journey isn't just our work — it's our calling to empower those who are ready to rise, inspire growth, and create meaningful impact in their lives, businesses, and communities.



The Possibility Audit – Where are you playing small?

- ☐ Are you craving stronger performance?
- ☐ Do you feel you have areas of untapped potential?
- ☐ Do you need to sharpen your focus?
- ☐ Is your confidence holding you back?

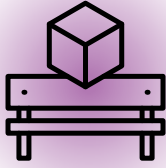
We all have areas where we shrink, stall, or settle. This audit helps you name them – so you can reclaim them

List 3 areas where you are playing small

What would shift if you totally own your ambition in these areas?



Powerful results are built on 3 pillars



POTENTIAL

Your untapped capability & capacity to adapt, learn and grow



PERFORMANCE

Your presence, influence & ability to achieve goals



POWER

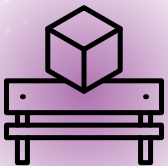
Your ability to act with purpose, clarity and focus

Exercise:

Think about one area of your life. Whether it is your career, your income streams, your family, your relationships, or your personal wellbeing. Define what the pillar means to you, and rate yourself on a scale of 1–10 for each:

Potential:

Do you believe you are currently working to your full potential, or do you feel you have untapped capacity? Are you curious and exploring new things, do you actively seek learning opportunities, or are you comfortable with how things are around you, and sometimes feel threatened by changes to your environment,



What does potential mean to you?

How do you rate yourself? 1 - 10



Performance:



Do you believe you are currently acting with purpose, you have a clear intention, focus and drive for what you are doing, or you feel the days go so quickly, you don't complete what you want to, things are out of your control, or you are meandering through mundane tasks.

What does performance mean to you?

How do you rate yourself? 1 - 10

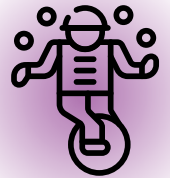
Power:

Do you have sharp focus and intent with what you do each day and happily control your environment?
Do you lead with influence and clarity?
Do people seek you out for your input and contribution?

Are you confident when interacting with colleagues, or when dealing with problems?

Or are you feeling taken advantage of, mislead, or that people don't tell you the whole truth. It's like you don't seem to know what's going on until after it's happened?

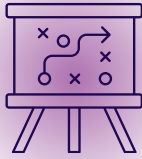
What does power mean to you?



How do you rate yourself? 1 - 10



What IF everything you need to succeed is already in you?



Boundaries & Beliefs

Potential comes from curiosity

Performance requires belief

Power is to be protected

Exercise:

We encourage you to see it, feel it and name what needs to shift.

Think about an aspect of your life where you would like to create a new boundary. When you do this, you feel more power, as you are fuelled by confidence and strength to make a change, protect yourself, your energy and ultimately level up your performance?

What belief do you need to upgrade to lead with confidence?



Here are **3 prompts to help you** to write a new belief that activates your power:

"I am a leader who..."; "I am accountable and take control of...."

From today, never again will I entertain the negative thought of I will step into my power and replace it with "

What is your new belief?

Vision in Action

Let's move from possibility to power.

Right now you will see and feel either possibility or clarity in your future. You will have feelings about how this may play out, with certainty, focus and excitement, or perhaps some uncertainty and nervousness. Either way, it is important to harness the power within you, and step into creating your future.

This is your moment to imagine what's next — and claim it.

Take some time to visualise what you see in your future. Consider the prompts and exercises you have completed and enjoy peaceful reflection as you consider what is in your next chapter.

Exercise:

What does your next chapter look like when you're fully activated?

What's one bold move you're ready to make?



Call To Action:

If this workbook stirred something in you, let's talk.

Inner Force offers a 6-session coaching program designed to take you from possibility to powerful performance — with clarity, performance, and purpose.

👉 [Book a conversation](#) with an Inner Force Coach.

**For questions or to explore
coaching options reach
out to us!**

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