



# 90 DAYS TO POWER LEADERSHIP INTENSIVE

Plan. Execute. Thrive.



*for leaders to break through  
barriers, pursue  
their B.I.G. Goal and thrive*

MODULE 1 - ACTION GUIDE



# PLEASE

A group of business professionals in various attire (shirts, ties, jackets, dresses) are captured in mid-air, jumping joyfully with their arms raised. The background is a city skyline with numerous skyscrapers under a clear sky. The entire scene is overlaid with a semi-transparent blue filter.

Trust the process and use this action guide alongside the video. Moving ahead will only limit your experience. You deserve it ALL!

# MODULE 1 ACTIVITIES

Part 1: Overstand Your Love for Self and Others

Part 2: Acknowledge & Create the Life You Want &  
Deserve

Part 3: Make an Intentional Decision...  
*Say It With Ya "Action"*

PART 1: OVERSTAND YOUR LOVE  
FOR SELF AND OTHERS



*Loving Without Fear*

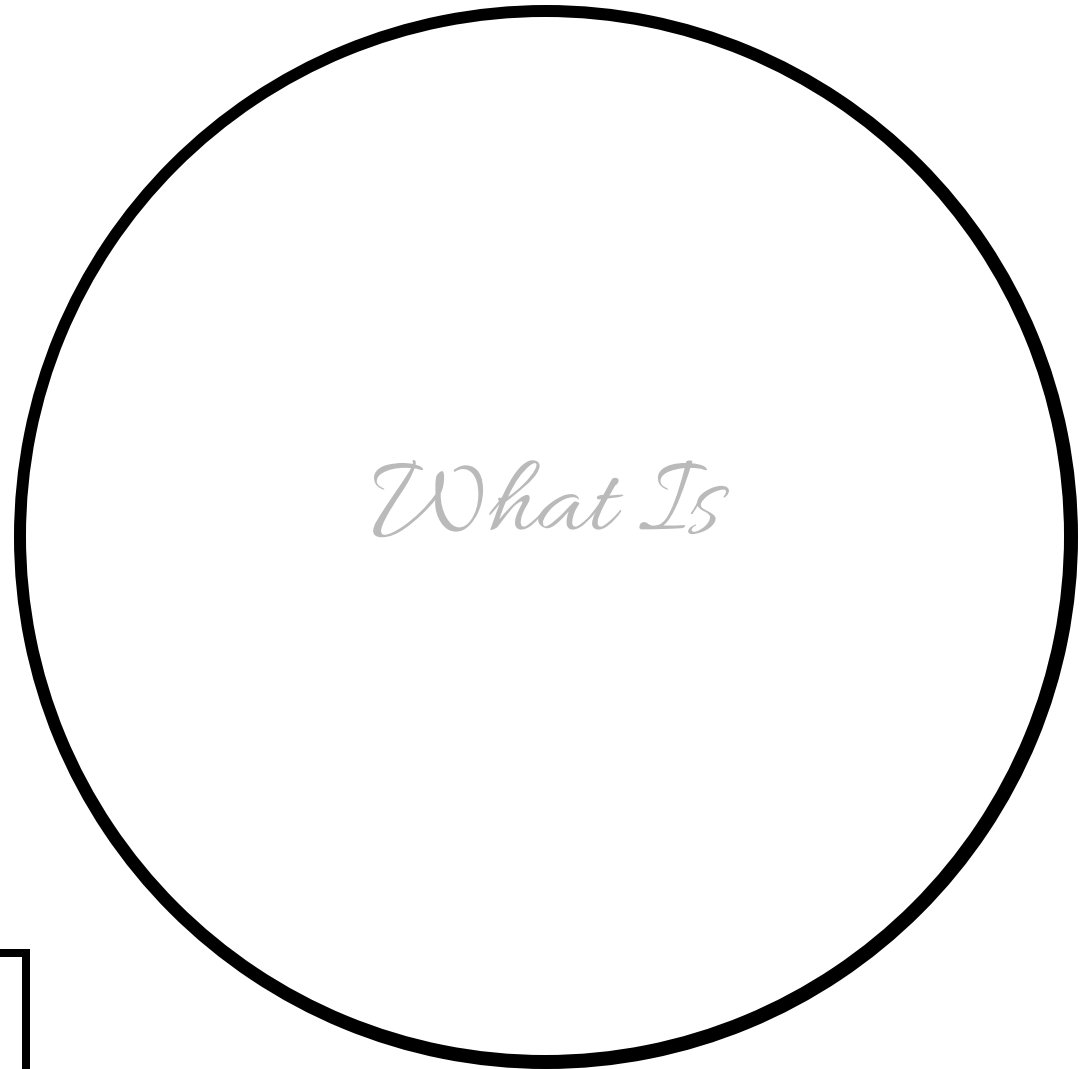
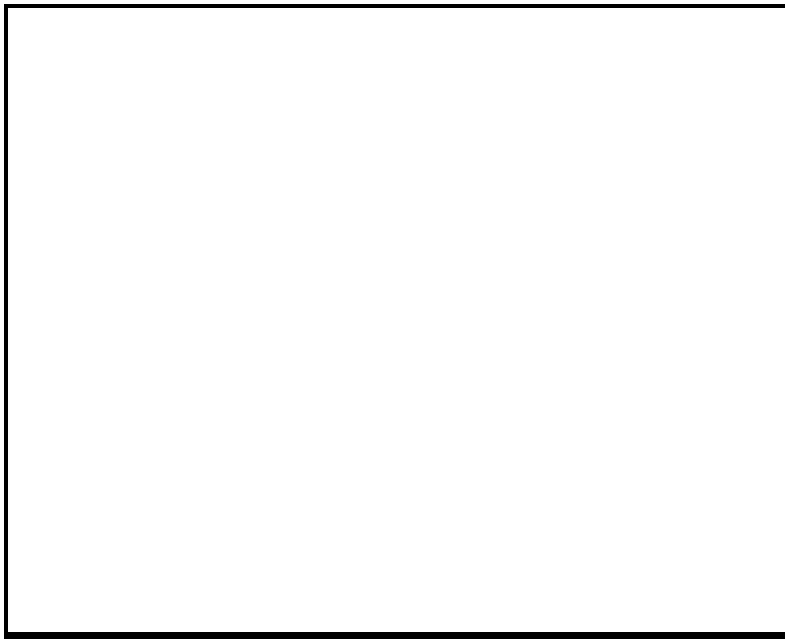
PART 1: OVERSTAND YOUR LOVE  
FOR SELF AND OTHERS



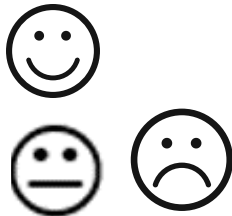
*Loving With Awareness*

# PART 2: ACKNOWLEDGE & CREATE THE LIFE YOU WANT & DESERVE

Without judgement, identify the things that are most important to you below.

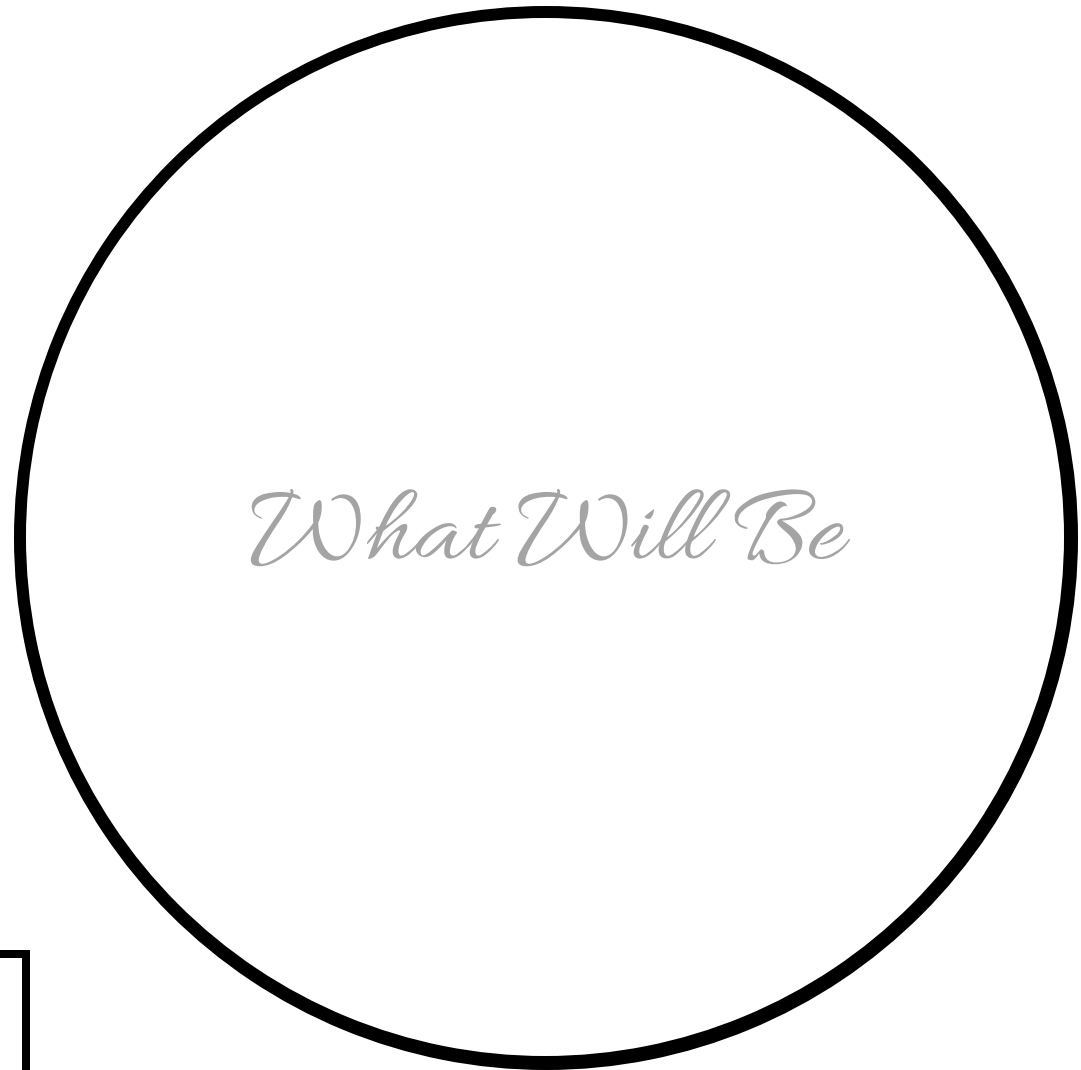
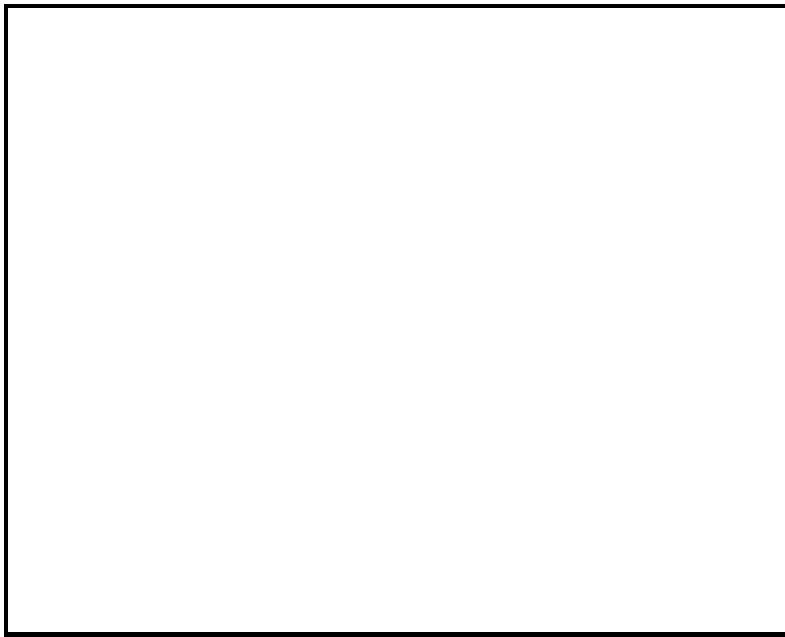


Toolbox:  
Friendships, Body/Health/Well-being  
Professional Career Hobbies,  
Finances, Home, Spirituality, Family,  
Creativity



# PART 2: ACKNOWLEDGE & CREATE THE LIFE YOU WANT & DESERVE

When whole and complete, my life includes (below) and is best represented by (pie).



Toolbox:  
Friendships, Body/Health/Well-being  
Professional Career Hobbies,  
Finances, Home, Spirituality, Family,  
Creativity



# PART 3: MAKE AN INTENTIONAL DECISION

Intentional Action



Consistent Language

Signed, Sealed and Soon to be Delivered,

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# MODULE 1 - REFLECTION SPACE

Barriers I've Identified or Removed, Clarity I've Received. Power Scale?

A large, empty rectangular box with a black border, intended for a reflection exercise. The box is currently blank, providing space for the user to write their thoughts on the prompt above.