

Grounded Powerful Strength Cheat Sheet

Exercise: Discuss an issue and come up with a plan when it arises about what you are going to do or say.

5 Steps:

1. *Get Grounded*
2. *Get Clarity*
3. *Speak it Clean*
4. *Take Action*
5. *Let Go*

* **Get Grounded:** (What do you need to do in the moment?)

* **Get Clarity:** (Is it okay or not okay? What do you need to say or do to address it)

* **Speak it Clean:** (Write out what you will say. Include: What the problem is, how it's impacting you, what you want, what you are going to do. Also decide when you will speak this.)

* **Take Action:** (What action are you going to take now, and, what action will you take if s/he doesn't make the changes you're asking for?)

* **Let Go:** (Be proud of yourself for being clear and taking action)
