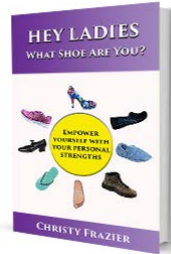


HEY LADIES WHAT SHOE ARE YOU? WORKBOOK

By Christy Frazier



Copyright © 2017 Christy Frazier

Discover other titles by Christy Frazier at

<http://pocketcheerleader.com/>

When you are first starting out in discovering how strong you are, use my KITS strategy.

K= Konnect

I= Identify

T= Take Action

S= Support

It is a fail-safe strategy that I have used for over twenty years when helping children, teens and adults discover their personal areas of smart/strength. So, let's begin!

CONNECT

First, connect with yourself! It's okay to give yourself permission to do something for **you!** For some reason, many people have the belief that it is selfish to put yourself first. The only time this is wrong, is if you are catty about it and don't care about others thoughts and feelings, just your own. Outside of that, it's time to put **YOU** first. Let me say it again, it's okay to put **YOU** first!!!

IDENTIFY

In this next step, you need to identify your strongest areas of personal strength. I have made this very easy for you. Go to the "[Personal Strengths Survey](#)" in [chapter 4](#). Take the time to sit down and take the survey. The survey will reveal areas of personal strength you (hopefully) knew you had and possibly others you may not have realize you have! It's never too late for anyone to grow in a new area.

List your top area(s) of strength that were identified from the survey. (Some will have many while others may only have one. This is perfectly normal.)

1- _____

2- _____

3- _____

Traits

Once you have identified your area(s) of personal strength, read through the individual chapters in my book that pertain to your area(s) of strength. (Word Strong, Logic Strong, Music Strong, Picture Strong, Nature Strong, Body Strong, People Strong, Self Strong.) Begin first by looking at the individual traits that are listed at the beginning of each chapter. How many do you see in yourself?

List some of the traits

Can you think of other traits than what is listed? Write them down as well.

The traits you listed are a basic guide to help give you a better understanding of what is involved in your area personal strengths. Please read the entire chapter.

TAKE ACTION!

This is the most important part in the self-discovery process. Don't just talk or think about your area(s) of strength, **put them into action!** Write down three activities you could do in your area of strength. What is it that interests you about each activity? Write this down too. I'm a big believer in writing down ideas and goals. It makes them more real and something that you will follow through on.

**** For a more detailed plan of action and **activity ideas** for each area of strength **please read Chapter 13: Strong Ladies Activity Zone and Chapter 14: Activity Evaluation.**

Please write below:

Now narrow your choices down to the one you would like to work on right now. I always recommend that the first project be one that is not very time consuming. We live in a fast-paced world where we like to see results quickly.

Begin with a small project then build up to more complex ones. Seeing success right at the beginning is a great self-esteem builder and motivator. Then move on to bigger projects, but do it a little at a time. It's like the old saying, "It's easier to eat an elephant a little bit at a time, instead of trying to eat it all at once."

Project

Write down the project or activity you have chosen to work on. Ask yourself if it's going to be something that you create, learn more about or something that you will be physically doing.

What materials will you need?

If it is an activity, where will it take place and what kind of equipment will it require?

******* Again, I strongly suggest that you read Chapters 13 and 14.**

SUPPORT

Everybody needs a Pocket Cheerleader

Everybody needs someone who believes in them. Make a list of people you already know who have been already been supportive of you in the past. This could be a parent, sister, brother, a spouse, significant other, your own child, a good friend, someone from church, or a work colleague. **Please read Chapter 3: The Pocket Cheerleader for deeper details.**

1- _____

2- _____

3- _____

4- _____

Sometimes support can come from someone who is in the same field you are striving to achieve personal growth in. Make a list of people you personally know or just casually know. Would they be willing to help you?

Use Social Media to find a “Virtual Pocket Cheerleader”. Go online and look for blogs relating to the area you are interested in. Read about them and join one or two.

List two blogs you want to join or people on social media who would be helpful to you.

1- _____

2- _____

PAY IT FORWARD

Every adult needs a hero to look up to and a cheerleader in their pocket. Rejoice when you do well, but encourage others too when they feel like they can’t do something, and stand by each other when it gets difficult. Your support of others efforts is also very important and will have a lasting impression on all of you for the rest of your lives.

I'm a firm believer that life was meant to be a verb (one of action) and not an adjective (a description.) So, get out there and discover how strong and wonderful you are!

Please feel free to contact me. I offer "Personal Pocket Cheerleader" coaching.

Christyfrazier16@gmail.com

Christy :o)