

	Always	Sometimes	Never
Opinion beliefs:			
My opinion matters			
My knowledge, skills and experience have value			
My feelings count			
My needs and requests are important			
Opinion behaviours:			
I communicate what I see, sense and feel			
I raise concerns			
I ask for what I need			
I make clear requests			
Authority beliefs:			
I am my own best authority			
I trust my intuition			
I am equal in my work relationships regardless of status and power			
I make my own choices			

	Always	Sometimes	Never
Authority behaviours:			
I empower myself and make decisions			
I navigate through fear and doubt			
I stand my ground with strong personalities			
I have self-respect and authenticity			
Personal growth beliefs:			
I am always learning and growing			
There is no failure, only failing to try			
Growth is possible in everything			
The only person I can change is myself			
Personal growth behaviours:			
I set myself goals for what I want to achieve			
I focus on growing my skills and competencies			
I recognise and walk through my learning edges			
I challenge and support myself in equal measures			

Always

Sometimes

Never

Emotional mastery beliefs:			
All of my emotions are valid			
My emotions deliver information to me			
My emotions are neither good nor bad			
I can master my emotions			
Emotional mastery behaviours:			
I name my emotions			
I process my emotions without defaulting to analysis			
I explore the wisdom my emotions give me			
I can change my emotional state			
Worthiness beliefs:			
I define what success means to me			
I am enough as I am			
I have unique strengths			
I am innately worthy			
I believe in myself			

	Always	Sometimes	Never
I am worthy of career advancement			
Worthiness behaviours:			
I prioritise what matters to me in my career and life			
I advocate for myself			
I pursue career advancement			
Fun and recreation beliefs:			
I am the creator of my own experience			
Fun and joy matter to my life			
I can achieve the right balance for me between work and fun			
I can prioritise enjoyment			
Fun and recreation behaviours:			
I prioritise and schedule fun			
I choose activities that light me up			
I am present and in the moment during recreation activities			
I surround myself with people that lift me			

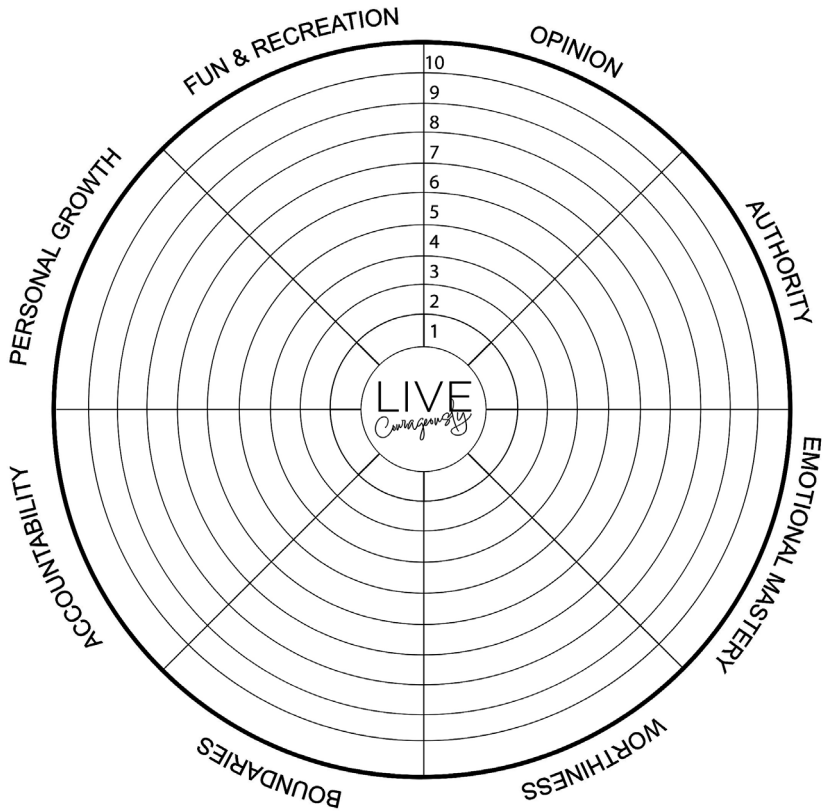
	Always	Sometimes	Never
Boundary beliefs:			
I am allowed to set my own boundaries and tell people what's ok and what isn't			
It's ok to stand up for my preferences and work-life balance			
I choose who to be in relationship with			
I do not have to carry other people's emotional baggage			
Boundary behaviours:			
I set clear boundaries			
I confront bad behaviour			
I do not tolerate poor excuses or people that invalidate my feelings			
I give what's required (not over-giving)			
Accountability beliefs:			
I create my own outcomes			
I create my own psychological safety			
Trust is an inside job			
I am responsible for my own actions			
If I'm accountable, I'm more likely to do what I say I will do			

	Always	Sometimes	Never
I can only be responsible for what I can influence			
Accountability behaviours:			
I keep my word to myself			
I don't overpromise			
I act decisively			
I do what I say I will do			
I declare my accountability, to myself and to others			
I hold others accountable, where appropriate			
I avoid apportioning blame			
I focus on being responsible for things I can influence and change			

Audit reflection

Having completed the Be Intentional courage audit, ask yourself what are the beliefs, rules and laws that you make for yourself that stop you from fully stepping into your courage?

Having completed the reflection, select your overall satisfaction level for each area of your life in the balance wheel of life opposite, with 1 being that you are unsatisfied and 10 being that you are happy in this area.



You are now in a clear position to discern where you want to prioritise your efforts.