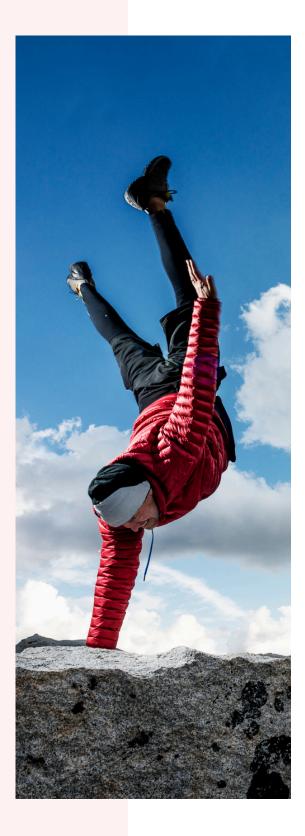


THE POWER WORK SHEET WORK SHEET

HOW TO GAIN POWER & INFLUENCE AT WORK AND IN LIFE





Power is important to your health and your career.

There are strategies that anyone can use to gain more power in their life.

Even the humblest of beginnings is a sufficient starting point. It's never too late or early to start.

Answer these questions to help you make a plan to gain more power in your life.

How to Gain Power & Influence at Work and in Life

What would more power do for me?

How to Gain Power & Influence at Work and in Life

Do I have any reservations regarding gaining more power? What are they?

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How to Gain Power & Influence at Work and in Life

What can I do today to have more power?

How to Gain Power & Influence at Work and in Life

What is my long-term strategy? Where do I want to end up?

THE POWER WITHIN

How to Gain Power & Influence at Work and in Life

What are three techniques I can use to increase the size and quality of my social circle?

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THE POWER WITHIN

How to Gain Power & Influence at Work and in Life

Do I present myself as someone that is powerful? How can I enhance my image?

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How to Gain Power & Influence at Work and in Life

What skills can I build to facilitate gaining power?

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