



# *Claim Your Ambition:*

TRAILBLAZING WITH  
CONFIDENCE IN A CULTURE  
THAT DOUBTS WOMEN

## ***A 10-minute Reset to Own Your Journey and Claim the Power of Your Ambition***

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### **Reflecting On Your Journey**

How has ambition shaped your story?

When has ambition made you feel alive?

Have you ever been discouraged in your ambition or felt guilty about having it?

Who has encouraged your ambition, and how?

When have you taken a risk to make your aspirations for your work visible?

### **Your Ambition in This Moment**

How is your ambition expressing itself right now, and what are its benefits to yourself and others?

Is there anything that feels out of alignment right now between what you want and how you're working/living?

Is your ambition being suppressed right now?

Is there anything that you're tolerating that my ambitious self is resisting?

## **Moving Forward: Your Ambition as Fuel, Vision, and Creativity**

What's one ambition-stretching goal you're striving towards?

What does ambition have to do with the whole life you want, not just the goals for your business?

What does it have to do with the impact you want to make on the world?

How has your ambition benefited others?

If you trusted your ambition (instead of managing or shrinking it), what would you do next?

What is one small, concrete move you could make in the next 30 days to support your ambition?

What is one small thing you can do to encourage another woman's ambition?

What support would make this next step more possible?

*Let's stay in touch!*

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