



# WORKBOOK

## *How To Own Your Bossyness*

So That You Can Ask For Everything You Want  
And Get Everything You Need!

# Why is this important?

01

Knowing and understanding your whole self and your unique gifts is the key to self compassion.

02

Embracing what's true and beautiful about yourself will help you realize exactly why your bossy-ness is a good thing.

03

Understanding what your body & soul truly desire, so you can see how having those things will be life changing.

04

Being true to who you are and living in integrity with yourself will make you the kind of leader you were born to be.

Owning your bossy-ness

*Get to know yourself*

- *Am I bossy?*
- *Is that one of my gifts?*
- *Am I using my voice?*

*Knowing & Understanding*

your whole self and your unique gifts is the key to self compassion.

# Journal Questions

- *What did I hear growing up about bossy?*
- *What are my unique gifts? And how can I start using them?*

Extra Resources: Free Enneagram test - [www.truity.com/](http://www.truity.com/)  
Free Meyers-Briggs test - [www.16personalities.com](http://www.16personalities.com)

# Journal Questions

- *Who do you look up to that is bossy?*
- *What specifically do you appreciate about their "bossy"-ness?*

*"Bossy is bad..."*

- *Is it true?*
- *Can I be absolutely certain that it's true?*
- *How do I react or show up when I believe that it's true?*
- *Who would I be without that thought?*

Extra Resources: "Loving What Is" by Byron Katie  
Visit [www.thework.com](http://www.thework.com) for more

# Re-train your brain

- *What if being bossy is a good thing?*
- *What if it's your superpower?*
- *Flip it and reverse it!*

Speak truth to yourself, especially about yourself

## Embracing what's True & Beautiful

about yourself will help you realize exactly why your bossy-ness is a good thing.

# Self Check - in



01

What does my body want?

02

What does my energy want?

03

How can I support myself?

04

How can I give myself what I need?

## Understanding

what your body & soul truly desire will open the door  
to life changing results.



# Asking for what you want

*What do you really want?*

*What do you want MORE of??*

# Asking for what you want

What do you want *LESS* of??

What do you *NEED*?

# Asking for what you want

*How can you give yourself permission?*

*What's ONE thing you can do for you*

# Getting everything You need

Are you...

- *Pushing through, just to get through?*
- *Allowing yourself to take time just for you?*
- *Standing in your own way?*
- *Being your own greatest obstacle?*
- *Putting everyone else's needs first?*

*What is it that gets you bursting with joy?*

*What truly fills you up?*

Extra Resources: "Untamed" by Glennon Doyle

# Allow yourself to...

- Release other's expectations of you
- Receive without guilt
- Fill your own cup

Remember: Our kids are watching!

Notes:

Being true to who you are

and living in integrity with yourself will make you  
the kind of leader you were born to be.



My hope for you and all moms out there is that you can fully

*Know. Trust & Love*

all of the magic that makes up your unique, amazing self.



*Thank you!*

I'm on a mission to help women release mom guilt so that they can have the life they truly want and not just one that looks good on Instagram!

I believe that happens through learning tools for compassionate communication, growing your self-support & kindness, changing your self-talk & truly knowing and trusting in your wholeness.

I'm so proud of you for taking this time for yourself, because I know the power it can have to change your life. I'm grateful that you trusted in me & I hope that you gained some value in what I've shared with you. If you'd like to connect more, come follow my socials -

I'd love to get to know you!

FB & IG @mindydeanecoach - Clubhouse @mindydeane - [www.mindydeane.com](http://www.mindydeane.com)

WWW.MINDYDEANE.COM