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# LEAD BOLDLY



10 DAILY HABITS OF  
WOMEN WHO  
CHANGE THE  
WORLD

**Shirley Osborne | The Power Table**

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# WELCOME TO *THE POWER TABLE*

*The world changes when women lead.*



Power. Purpose. Peace.

I am Shirley Osborne. After many years spent working in politics, women's leadership and global development, I set up The Power Table, because I am committed to women having power and participating without restriction or apology, in all the affairs of our world.

I believe in the power of women's visionary leadership that is grounded in intellect, integrity, and an unflinching commitment to authenticity, a blend of strategic precision and soulful conviction, to help transform our world.

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# INTRODUCTION

## Power is a Daily Practice

So you want to change the world. You want to lead something worthwhile and leave something good behind. Then, you must already know that leadership is a power move, and it is not just what happens when people can see you. Leadership happens when you open your eyes in the morning – or it does not. It is in the thoughts you choose, the boundaries you honour, the courage you summon.

You will also know that you can only put into the world what already exists on the inside of you. The women who change the world, are women who have system and strategy – systems and strategies, in fact. It is through these that they build the capacity to be world-changing women. Systems and strategies form the basis of their self-leadership plan of action, and that self-leadership is their superpower. Their success, then, is the expression of that power.

At The Power Table, we believe that power is not an event but is a way of being that is developed and maintained through daily practice. The world's most impactful women – from Cleopatra to Eleanor Aquitaine Mia Mottley – didn't wait for perfect timing or seek external permission. They cultivated small, steady habits that compounded and coalesced and gave them unshakable authority, from within.

# HOW TO USE THIS HANDBOOK

Give yourself a little 10-day exploratory bootcamp. Take your time and work on one of these habits each day. If any of them is already part of your practice, consider this an opportunity to affirm it and see how much deeper you might be able to go.

Every day you are presented with an inspirational quote. Sit with it for a few minutes and see what comes up for you. Journal about it if you feel so inclined.

Consider why this particular habit matters – in general, and to you, in particular.

Try out the Daily Action. Engage it wholeheartedly, just for the day, and allow yourself the opportunity to fully experience it. Consider whether it would form an effective addition to your strategy.

Reflection time could be any time of day. Give yourself a five-minute break to ponder and consider and reflect. Journal it, if you feel that cementing it would be most helpful to you.

At the end of your 10-day bootcamp, use the Personal Power Plan page to revisit your daily self-leadership strategy and make any adjustments you feel would be helpful. Remember that success, like leadership, is a process not an event.

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# 1. OWN THE MORNING



## INSPIRATION

*"I never dreamed about success. I worked for it."*

— Estée Lauder

## WHY IT MATTERS

Morning is sacred space. Before the world reaches for you, reach inward; reach into yourself. Leadership begins in those first quiet moments when you decide what kind of woman you'll be today.

## YOUR DAILY POWER MOVE

Spend 15 minutes in silence each morning. Set an intention that begins with something like: "Today, I will lead by..."

## REFLECTION

What intention helps me feel anchored in purpose today?

## **THE TEACHING**

The way you begin your day is the way you live your life. Quiet morning moments allow you time to shape your mindset before the demands of others begin to shape it for you. By claiming that first, quiet space, you establish the tone and rhythm for a leadership that is responsive, not reactive.

Whether through silence, journaling, meditation, or movement, starting intentionally reinforces the truth that power begins within you, not in your inbox or calendar, but in your clarity and consciousness.

Every world-changing woman protects this sacred window because she knows her morning energy becomes the foundation of her influence.

## **NOTES:**

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## 2. STAND IN YOUR VALUE



### INSPIRATION

*"If you don't stand for something, you'll fall for anything."*

— Coretta Scott King

### WHY IT MATTERS

True power is principled. Every powerful woman has a moral compass; she operates with clarity about her options, the possibilities available to her and especially her non-negotiables, those principles and aspects of herself that she will not compromise.

### YOUR DAILY POWER MOVE

Name one core value and express it in action, however small.

### REFLECTION

When did I last stand firm in my values even when it was uncomfortable?

## **THE TEACHING**

Values are the internal compass that guide a leader through uncertainty.

They define what you will stand for, who you will serve, and how you will lead when things get complicated. When you know your values, decision-making becomes easier, because your confidence is grounded, and your leadership, therefore, remains consistent.

Without clear values, even brilliant women can be swayed by popularity, pressure, or fear. But when you anchor yourself in your principles, you become unshakable, and the people who follow you learn that your word and your work can be trusted.

Your values and principles are your internal GPS – without them, influence drifts and your power loses its light.

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# 3. SPEAK WITH INTENTION



## INSPIRATION

*“When you use your voice, you shape the world.”*

*— Shirley Osborne*

## WHY IT MATTERS

Words build nations and movements. Choose them like instruments of design, not weapons of defense.

Language directs energy. Take a moment to consider your words. Leaders who choose their words consciously, lead consciously.

## YOUR DAILY POWER MOVE

Pause before you speak. Choose language that builds, includes, and clarifies.

## REFLECTION

What impact did my words have on someone today?

## **THE TEACHING**

Your words carry creative power — they can elevate, align, or divide.

Every conversation is an opportunity to lead. Speaking with intention means becoming deeply aware of the energy that your voice transmits.

Great leaders don't talk just to fill space; they speak to shape culture, inspire courage, and clarify truth. When you master your language, you begin to master your impact.

A woman who speaks with clarity and purpose doesn't have to raise her voice to command attention — her presence speaks before her words are ever uttered.

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# 4. PROTECT YOUR ENERGY



## INSPIRATION

*"You can't pour from an empty cup."*

*— African proverb*

## WHY IT MATTERS

Energy is your most valuable leadership resource. Power leaks through over-commitment. Boundaries protect brilliance, therefore they are not selfishness, they are assertions of self-leadership.

## YOUR DAILY POWER MOVE

Say no once today to something that doesn't align with your purpose.

## REFLECTION

Where am I giving away energy that could be better invested?

## **THE TEACHING**

Leadership requires energy, and energy is not infinite.

When you give indiscriminately, you dilute your power. Protecting your energy is about knowing your worth and recognizing that saying “No.” is a strategic act of self-leadership.

The most powerful women don't run on exhaustion; they run on discernment. They manage their commitments, guarding their mental and emotional space, and staying connected to what truly nourishes them.

Doing that preserves the vitality that will allow you to lead effectively, sustainably, and with joy.

## **NOTES:**

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# 5. ASK FOR WHAT YOU NEED



## **INSPIRATION**

*"Power can be taken, but not given. The process of the taking is empowerment in itself."*  
— Gloria Steinem

## **WHY IT MATTERS**

World-changing women don't wait to be noticed. They articulate what they want with confidence and clarity.

Women leaders grow faster when they boldly ask — for help, information, money, or opportunity.

## **YOUR DAILY POWER MOVE**

Make one bold ask today — in support, for an opportunity, or for information.

## **REFLECTION**

What powerful ask am I ready to make next?

## **THE TEACHING**

Powerful women understand that asking is not a sign of weakness; it's wisdom.

Asking opens doors that talent alone cannot. When you ask directly for what you need, whether that be support, opportunity, partnership, or investment, you affirm that your vision is worth resourcing.

Many women hesitate to ask because they've been taught to over-serve and under-claim, but world-changing women rewrite that rule.

Every bold ask declares self-trust, and every time you voice your needs, you give others permission to do the same.

## **NOTES:**

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## 6. STAY CURIOUS



### INSPIRATION

*“The mind that opens to a new idea never returns to its original size.”*  
— Albert Einstein

### WHY IT MATTERS

Great leaders are lifelong learners. Curiosity keeps leadership fresh and adaptive.

Curiosity keeps leaders flexible, open, and visionary, while stagnation kills innovation and reduces power.

### YOUR DAILY POWER MOVE

Read or listen to something outside your field. Ask, “What can this teach me about leadership?”

### REFLECTION

What surprised me today, and what might it teach me?

## **THE TEACHING**

Curiosity is a form of intelligence that keeps leadership alive.

The world changes daily, and a curious mind remains agile, creative, and humble enough to evolve.

Staying curious means refusing to settle into certainty. It invites the innovation and new connections that fuel long-term success.

When you continue to learn, explore, and question, you not only expand your perspective but also model a culture of growth for everyone you influence.

Curiosity keeps your leadership relevant, your message fresh, and your power adaptable.

## **NOTES:**

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# 7. CELEBRATE OTHER WOMEN



## INSPIRATION

*“One woman succeeds, all women win.”*

*— Shirley Osborne*

## WHY IT MATTERS

The future of leadership is collaborative, not competitive.  
Power grows when it is shared.

Celebrating others builds community, not competition.  
Celebrating other women strengthens the fabric of power itself.

## YOUR DAILY POWER MOVE

Lift up one woman today — with a compliment, a recommendation,  
or public recognition.

## REFLECTION

Whose name can I speak in rooms that they’re not in?

## **THE TEACHING**

Real power multiplies when it's shared.

Celebrating other women dismantles the old scarcity narrative that says there's only room for one of us at the top.

When you uplift another woman, you reinforce the truth that leadership is not a competition, but a collective ascent.

By giving genuine recognition, mentorship, or amplification, you contribute to a culture of collaboration and abundance.

Great leaders create more leaders, and women who celebrate each other build the kind of sisterhood that reshapes systems and societies. And that, after all, is what power is for.

## **NOTES:**

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# 8. EMBRACE REST AS STRATEGY



## INSPIRATION

*“Rest is resistance.”*

— *Tricia Hersey*

## WHY IT MATTERS

Rest isn't a luxury — it's a leadership strategy. Rest engenders clarity and creativity, which drive decisive power.

Recovery is the foundation of resilience. Creativity, clarity, and courage grow from restoration.

## YOUR DAILY POWER MOVE

Schedule one deliberate rest ritual today - a walk, a stretch, a full, deep breath.

## REFLECTION

What does my body need to feel replenished?

## **THE TEACHING**

Rest is a radical form of self-respect in a culture that glorifies exhaustion.

True power requires restoration, not as an afterthought, but as part of your set strategy.

When you rest, you provide your body, mind, and spirit with the conditions for regenerating insight and innovation.

Many of history's great breakthroughs were born in stillness, not struggle.

By prioritizing rest, you demonstrate that leadership includes self-care, and that your worth is not measured by your busyness but by the quality of your presence.

## **NOTES:**

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# 9. TAKE THE LONG VIEW



## INSPIRATION

*“Leadership is not a sprint; it’s a relay.”*

— Shirley Chisholm

## WHY IT MATTERS

Impact unfolds over time. World-changing women play the long game.

Legacy grows from patience and consistency, so every decisive step compounds into legacy.

## YOUR DAILY POWER MOVE

Identify one move today that supports your long-term vision.

## REFLECTION

What can I do today that honors my future self?

## **THE TEACHING**

Sustainable leadership demands patience and perspective.

The women who build legacies understand that impact unfolds over time — through small, consistent actions, not single grand gestures.

Taking the long view allows you to make decisions that are strategic rather than reactive, and to navigate setbacks with grace instead of frustration.

It helps you see your life and leadership as a continuum — a relay where every step today contributes to a future you may not yet see.

That long-term focus is what transforms ambition into legacy. That's where you succeed in leaving something good behind!

## **NOTES:**

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# 10. LIVE YOUR LEGACY NOW



## INSPIRATION

*"Your legacy is every life you've touched... Every moment, you are building your legacy."*  
— Maya Angelou

## WHY IT MATTERS

Legacy is not something for “someday”. It is a “now” affair. Leadership isn’t postponed.

Every choice, conversation, and gesture becomes part of the legacy you’re already writing and every day is an opportunity to embody the change you want to see.

## YOUR DAILY POWER MOVE

Model the kind of leadership you admire in one small, visible way today.

## REFLECTION

If someone watched me lead today, what would they learn about courage?

## **THE TEACHING**

Legacy isn't what you leave behind. It's what you create by how you live every day.

Too many leaders postpone their impact for "someday," but world-changing women know that their influence begins in how they show up today.

Living your legacy now means embodying your values, acting on your purpose, and leading in ways that reflect the world you want to help create.

Each decision, each conversation, each act of courage becomes part of your lasting imprint.

The legacy is already in motion. Your legacy is the way you lead in this very moment.

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# YOUR LEADERSHIP CHECK-IN

## Power in Practice

**These are the Top 3 Habits I Will Practice for the Next 30 Days:**

**1.**

**2.**

**3.**

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# LEAD BOLDLY. LIVE POWERFULLY.

These habits aren't rules; they're invitations.

Every day, you have the chance to build your strength, clarify your purpose, and lead with grace. Practice these ten habits not as obligations, but as declarations of who you are becoming.

Leadership is expressed not only in grand public gestures, but in the dailiness of how you think, move, and show up. Remember that your power lies in showing up for yourself, in the first instance – every day. Never let yourself down. When you have a difficult day, forgive yourself and get back on track the next.

Lead yourself with grace and you will build the legacy you intend.



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## JOIN US AT THE POWER TABLE



Come on in.  
Join us at The Power Table.  
It's a different kind of table.

We have books, conversations, self-care, connection  
and support.

Pour yourself a coffee, pull up your chair, and step  
fully into your power.

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