

Step 1: Self-Assessment

A starting-point worksheet for men beginning their empowerment journey.

SELF *How do you show up for yourself?*

☐ Grounding Protocol Your go-to reset under pressure — the skills you use to get grounded before you speak, decide, or react. I recommend 3-5 that you can engage from anywhere. Reflect: What's your grounding protocol? _____	☐ Zone Awareness Green: grounded. Yellow: activated. Orange: losing control. Red: lost myself. Reflect: What zone are you in most days — and how easy is it for you to get back to Green? _____	☐ Emotional Funnels Consistent activities that shift overwhelming emotions into manageable ones — exercise, art, moving to music, a hobby, etc. Reflect: What are your top 3 funnels? _____
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OTHERS *How do you show up in your closest relationships at home and work?*

☐ Relationship Inventory The people, animals, and systems that add or remove value from your life — they both affect (and are affected by) how you show up with yourself. Reflect: Which relationships are adding value to your life... and which relationships are removing it? _____	☐ Capacity Awareness Who you have the most capacity for, who you have the least, and honesty about the gap. Reflect: Who needs more capacity from you — and who would you like to ask for more capacity from? _____	☐ Chosen Family The individuals you choose to invest in time and again, because belonging with them makes you feel seen. Reflect: Can you name three friends — what about a best friend? _____
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WORLD AT LARGE *How do you show up with strangers, groups/communities, and larger systems?*

☐ Self Alignment Being able to hear your own voice internally and make sound decisions while leading under pressure. Reflect: Whose voice am I leading from — mine, or someone else's? _____	☐ Role Awareness Intentionally showing up as the best you can offer in a group setting, consciously leading yourself under pressure — instead of falling into a default position. Reflect: What role do I perform automatically in groups — and is it the one I'd actually choose? _____	☐ Integrity Check Integrity is dependent on whether your thoughts, feelings, and behaviors are values-aligned. Reflect: Where am I out of integrity with my family, team or community because I'm not in alignment with my values? _____
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Where Are You Today?

0-3 boxes You're beginning the journey.	4-6 boxes You're building emotional fitness.	7-8 boxes You're building emotional wealth.	9 boxes You're building emotional security.
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Powerful humans control. Empowered humans lead.

Missing a box? That's your next step to lead. Book a 30-minute strategy call with Nina.

For ambitious men ready to stop shutting down, blowing up, or spiraling — and ready to lead as grounded men.

Visit www.EmpoweredHuman.love for more.