

**Your Training Assignment  
And Personal Accountability**

*Power & Influence: The 5 BE's*

For starters this month, it would be a good idea to get comfortable with the “5 BE”s of women’s power. Think of these as your model for how to be more powerful. VERY IMPORTANT.

You will want to hear more on the podcast or the monthly video at the website, but here’s the summary

**BE CONNECTED**

Join more things, know who has answers, simply know more people!

**BE KNOWLEDGABLE**

Have expertise AND let people know about it  
Be the person that people come to you for answers

**BE VISIBLE**

Use your name where you can  
Get out there as a speaker, publish where you can  
Attend events

**BE UNIQUE**

Have a talent that people come to you for

**BE LIKEABLE**

Be someone that people like to be around  
Be complimentary and agreeable, then people like doing things for you!

Lastly, as always, take some time to clear your head and set the intention for the week. For this upcoming week, my intention is:

(Could be a work-life balance intent, clarity in purpose, or personal effectiveness)

Reminder: Each module includes an audio podcast and a training template like this. Get into the habit of what works for holding yourself accountable to mentally focus on it. Be aware and comfortable with a pattern that works for you.