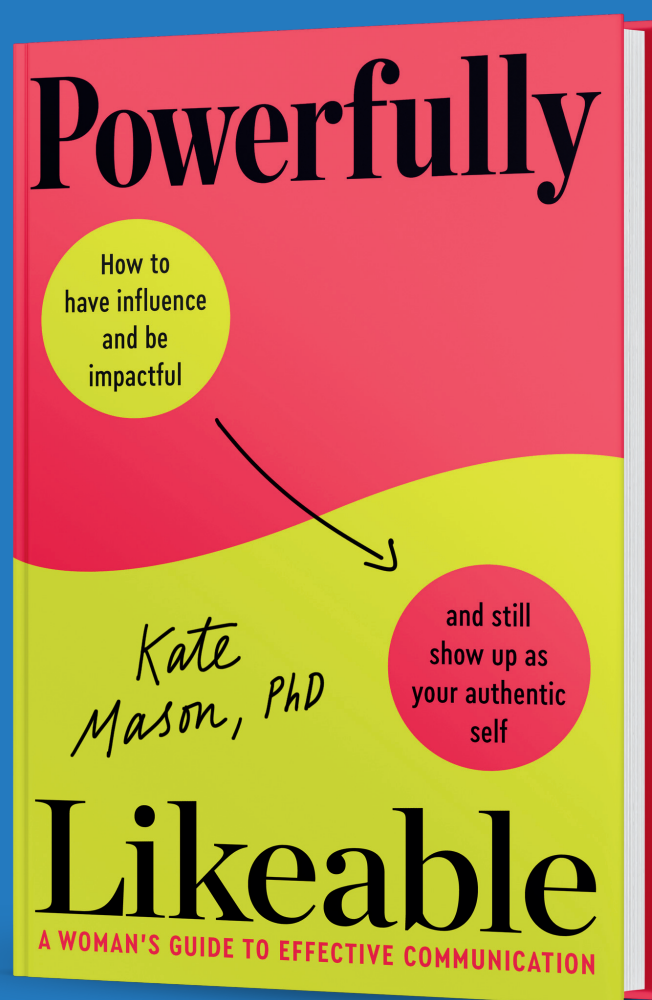




The Powerfully Likeable Warm-up Workbook

**A PRE-READ COMPANION TO HELP YOU
STEP INTO YOUR POWER AT WORK.**



Kate Mason, Ph.D.



Welcome!

Hi, I'm Kate.

Before you dive into *Powerfully Likeable*, let's get real: you already have everything you need to be taken seriously, to be seen, and to lead with both fire and warmth.

This workbook is here to help you locate those powers before you even turn the first page.

Think of it as your power primer — part reflection, part rebellion, part warm-up act.

Let's begin.

Kate xxx



Let's start at the beginning...

3

POWER CHECK-IN

Complete these prompts without overthinking:

When I think about being liked, I...

When I think about being powerful, I...

I feel most like myself when...

I shrink myself when...

A word I want to feel more of in my work life is..

.



SELF-ASSESSMENT: HOW ARE YOU SHOWING UP?

Check all that apply:

- ☐ I often say yes when I mean no
- ☐ I feel guilty for taking up space or time
- ☐ I apologize before speaking in meetings
- ☐ I edit myself for likeability
- ☐ I worry more about tone than truth



YOUR POWER PROFILE

What's a recent moment where you stood in your power?

What does Powerful Likeability mean for you?

What actions feel brave or bold to you?



PREPPING FOR POWER:

CHAPTER-BASED WARM-UP PROMPTS.



CHAPTER ONE

THE HIGH PRICE OF BEING AGREEABLE

Where have I traded honesty for harmony?

One boundary I wish I held recently was...



CHAPTER TWO: WHY IMPOSING SYNDROME MAKES US PLAY SMALL (AND HOW TO BEAT IT)

What unpaid labor do I say yes to without thinking?

Do I make myself small to be liked? Y/N

If yes, then when?



CHAPTER THREE: COMMUNICATING POWER AND AUTHORITY THROUGH OUR VOICES AND PHYSICALITY

Where and when do I dim my voice? (Literally).

Do I associate standing tall and speaking slowly
as something I feel comfortable with?

What do I love about my voice? Why?



CHAPTER FOUR: KILL YOUR CONFIDENCE: FIND YOUR POWER

What are my beliefs around confidence? What does it look like to me?

What I am trying to be confident at instead of powerful in?



CHAPTER FIVE: ASKING GREAT QUESTIONS AND GIVING GREAT ANSWERS

What's one question I'm scared to ask (but need to)?

How do I think about structuring my answers? Is it working for me?

Do I ever think "I could never say that"? Why?



CHAPTER SIX: LOCATING OUR POWERFUL LIKEABILITY WHEN OUR BATTERIES ARE LOW

What do I do when I'm depleted? How does my communication change?

What's one practice that helps me restore myself?

What promise could I make myself to rest so I can communicate better?



CHAPTER SEVEN

RECASTING DIFFERENCE AS A STRENGTH

Which parts of myself have I downplayed to fit in?

How could that difference be a superpower?

What's recognizable about this difference and could I use that to my own benefit?



CHAPTER EIGHT: THE DOWNSIDES OF PREPARATION AND THE IMPORTANCE OF REST

How has over-preparation masked fear for me?

What would trusting myself more look like?

What does rest look like? What does
communicative self-care for me?



CHAPTER NINE: OVERCOMING FEAR: NAVIGATING CONVERSATIONS UNDER THREAT

What conversations do I look forward to (and which ones do I dread?).

What helps me feel grounded when I'm under attack?

What does my body experience when I feel fear or dread about speaking?



CHAPTER TEN: FAILURE PRIVILEGE: WHY IT'S NOT AVAILABLE TO WOMEN AND WHAT TO DO ABOUT IT

Have I ever felt that I couldn't afford to fail? Why?

What if I changed 'failure' to 'experience'?
What changes?

Where could you fail and recover, anyway?



POWERFULLY LIKEABLE INTENTION SETTING

Pick 3 or write your own:

- ☐ I want to take up space without apology
- ☐ I want to ask for more without guilt
- ☐ I want to rest before I need to
- ☐ I want to experiment with my full voice
- ☐ I want to feel like I'm showing up as myself



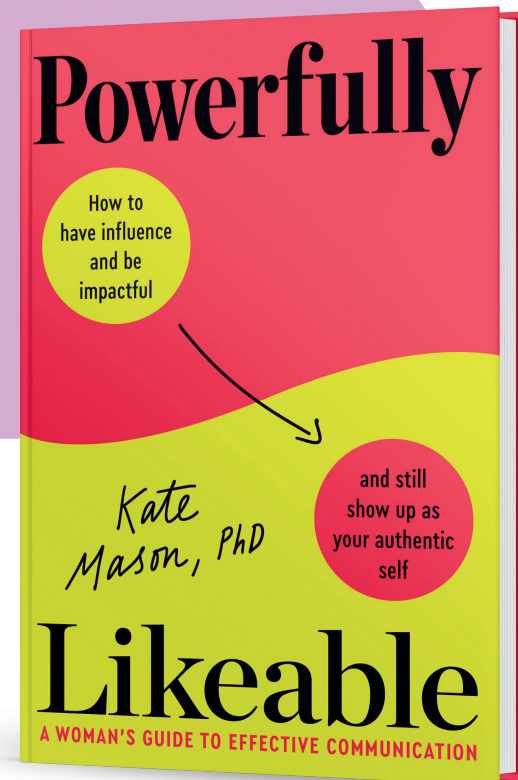


Thank you so much for finding my book, I'm so glad you're here.

Being powerfully likeable isn't about being perfect. It's about showing up for your life, your work and your worth - without editing down your brilliance to fit.

Start exactly where you are. And know this: your voice, your questions, your difference? They're all part of your power.

See you in the book!



Kate xxx