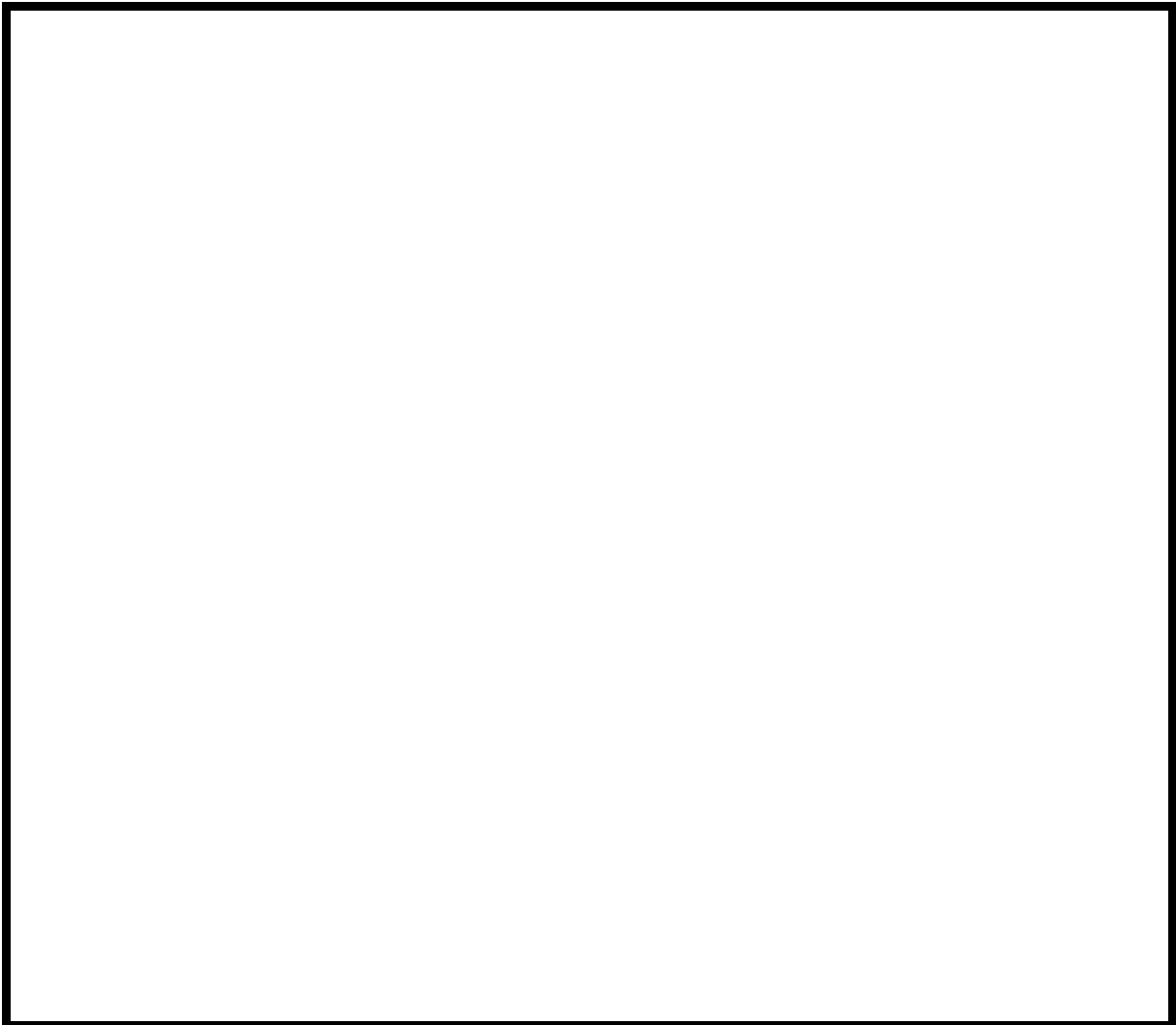


# THE **BOSS** HAT *Programme*

## CREATING YOUR HAT

### Lesson 4 – Blocks

Finish the following sentence – “I’m not allowed to reach my leadership potential because...”



Were there any surprises? How did it feel to see them on paper? Are there any that you think are silly and you didn't realise were hanging around?



How can you use them more often?



Did you experience any triggers from doing this exercise? (Make a note of what came up for you, and why)

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

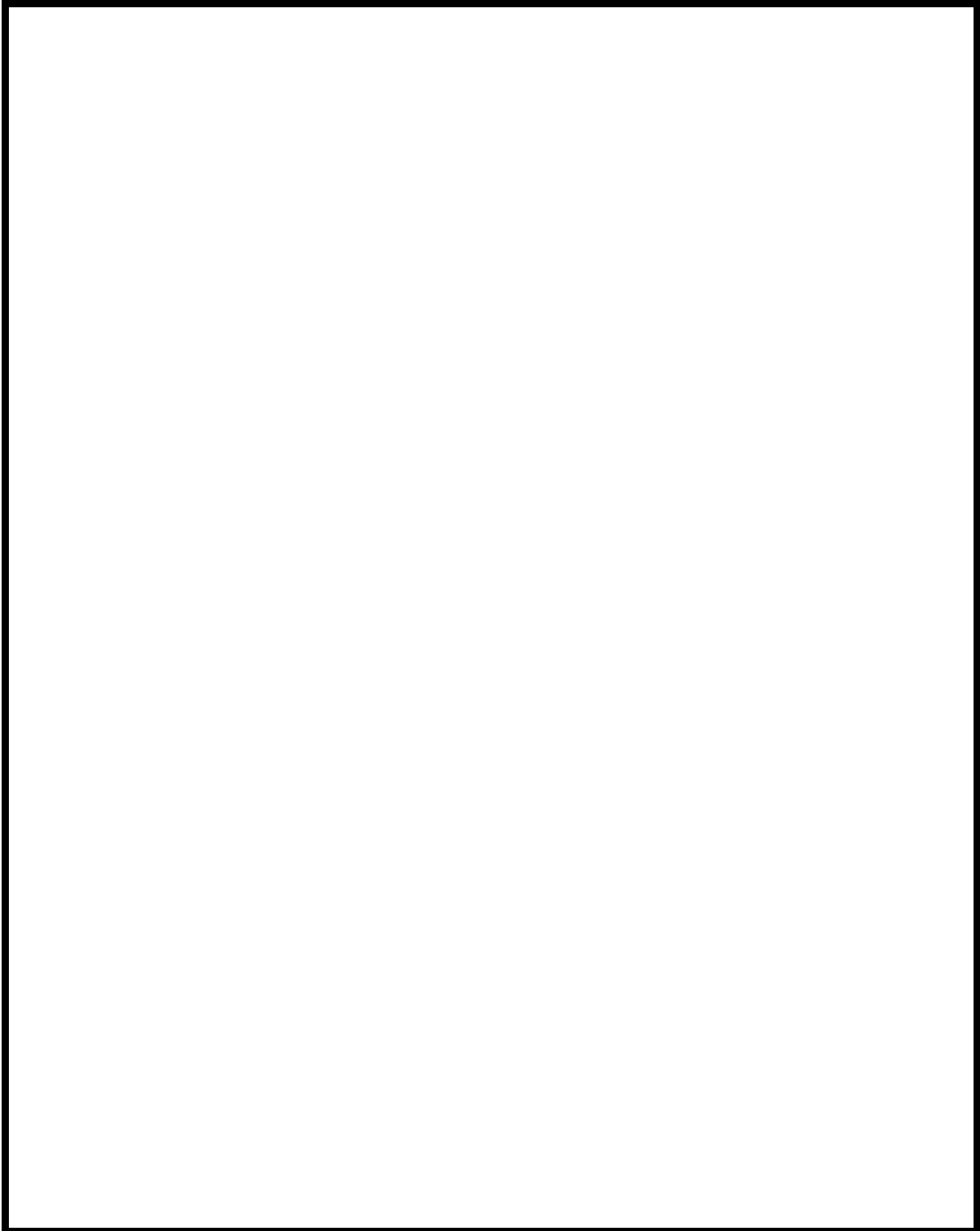
Create some positive affirmations for yourself

A large, empty rectangular box with a black border, intended for the user to write their positive affirmations.

How do you self sabotage?

A large, empty rectangular box with a black border, intended for the user to write their answer to the question above.

## Notes

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