

# THE **BOSS** HAT

*Programme*

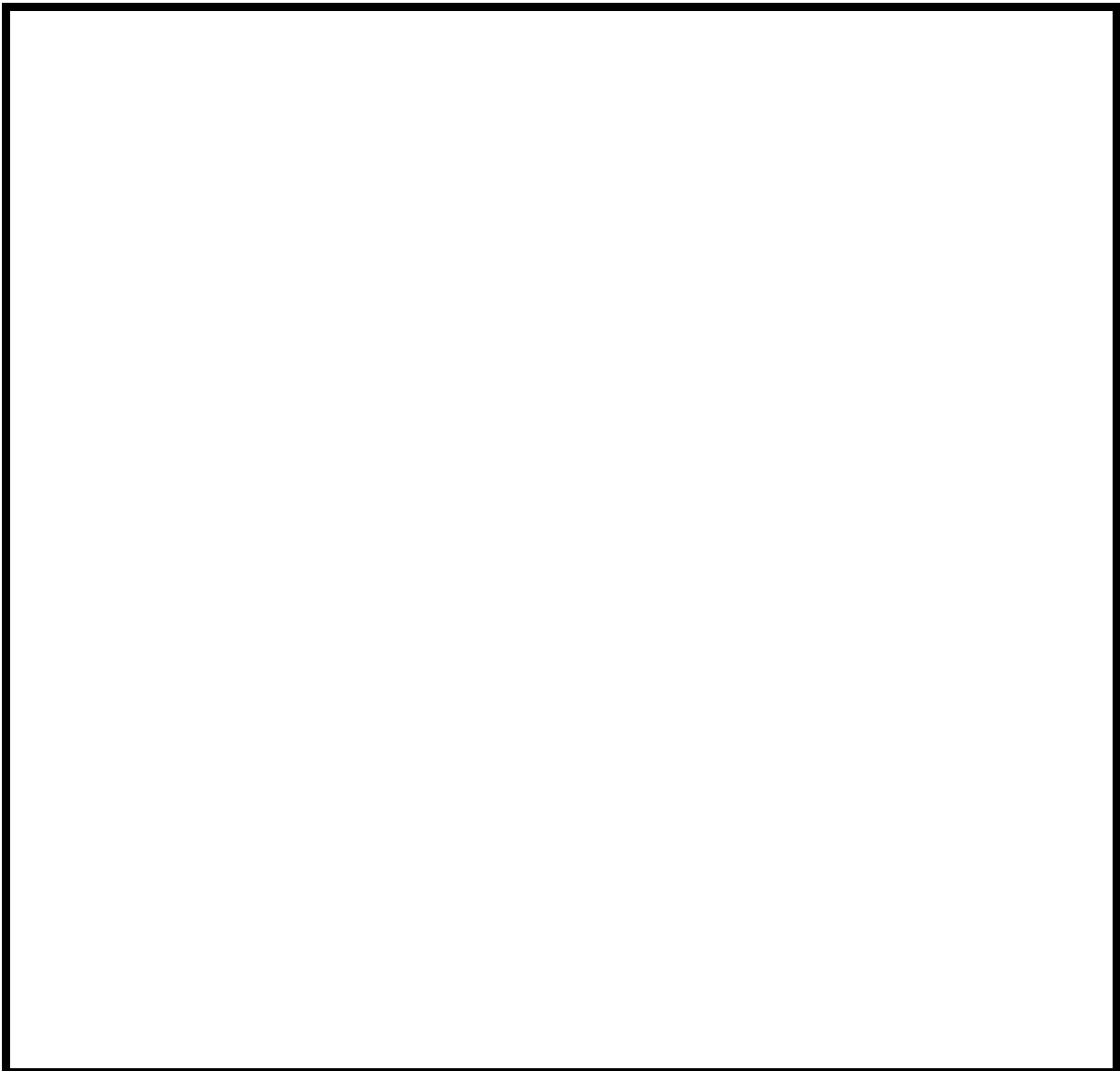
## WEARING YOUR HAT – Part 1

### Lesson 1 – Shedding your skin and Stepping up with confidence

Say the following sentence out loud

“I am ready to step up and be a leader, and wear my Boss Hat with confidence”

And then write down how that made you feel. (If this triggered you, write it down. What is it that’s holding you back? What do you need to let go of?)



What do I need to do differently to step up?

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

How do I need to behave?

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

What is going to stop me?



NOTES

