

Take your time. There's no right or wrong answer—just your honest thoughts.

1. What does being capable mean to you in your own words?

2. Describe a time when you didn't feel capable.

What made you feel that way?

How did you react?

Did anything help you move forward?

3. Think of a moment when you surprised yourself with what you were capable of.

What was the situation?

What helped you rise to the challenge?

4. What's something you avoid doing because you don't feel capable yet?

5. Who in your life reminds you of what it means to be capable? Why?

6. What are three things you're capable of today that you once thought were out of reach?

7. What limiting beliefs hold you back from owning your capabilities?

8. Finish the sentence: "I know I'm capable when..."

9. What small step could you take this week to grow your sense of capability?

10. What would you say to a friend who doubted their own capability?