

SETTING THE STAGE FOR AN AMAZING CAREER

VIDEO
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AMAZINGLY SUCCESSFUL WOMEN // What They Have in Common

Based on my eight years of research with professional women, I've found that there are 13 key traits and behaviors that amazingly successful women display and demonstrate.

I've shared these traits for a number of reasons:

1. Role models remind us that we don't have to reinvent the wheel but we can learn from others who are doing what we want to, the way we want to.
2. An amazing life and career is not going to just fall in your lap. You need to marshal all your internal and external resources to make this happen. The 13 behavioral traits pave the way for this amazing career journey, so that it's smoother, more direct and more rewarding.
3. This exercise is not to encourage you to compare, but instead, to accept yourself in a loving and honest way, and assess where you have these traits in abundance and where you might need a bit of a boost. The goal is not to make you feel "less than" anyone else. Instead, I'd like to help you understand that there are core areas in which growth will be powerfully beneficial for you, and to help you on your path to the amazing growth you're longing for.

KEY TAKEAWAY

You don't have to reinvent the wheel. Learn how others have done what you dream of, and follow their lead.

The 13 traits of amazingly successful women are as follows:

For each of the traits on the list, please rate the degree to which you experience/ demonstrate these behaviors on a regular basis. Choose a number on a scale of 1 to 10 (1= low, and 10=high), and stay away from 5's.

1. POSITIVE THINKING: Above-the-line thinking and accountability (“I can do this and the universe will support me.”)

ALMOST	NEVER									VERY	OFTEN
1	2	3	4	X	6	7	8	9	10		

2. NATURAL GOALS: Your goals are a natural outgrowth of where you are today.

ALMOST	NEVER									VERY	OFTEN
1	2	3	4	X	6	7	8	9	10		

3. ACCESS TO POWER: You feel in deep connection with your internal and external power, and you express that each day.

ALMOST	NEVER									VERY	OFTEN
1	2	3	4	X	6	7	8	9	10		

4. COMMITMENT: You are able and willing to commit sufficient time, energy and resources to your own growth.

ALMOST	NEVER									VERY	OFTEN
1	2	3	4	X	6	7	8	9	10		

5. COURAGE: You are able to move forward in spite of and in the face of your fears. You're able to rock existing rules, and will take risks to go where you haven't gone before, stretch your limits and examine and revise your constraining behaviors in order to achieve what you long for. You're unapologetic about what you want and remain steadfast in the face of opposition.

ALMOST	NEVER									VERY	OFTEN
1	2	3	4	X	6	7	8	9	10		

6. COMMUNICATION SKILL: You communicate powerfully, with ease, grace and clarity.

ALMOST	NEVER									VERY	OFTEN
1	2	3	4	X	6	7	8	9	10		

7. STRONG AND GROWING RELATIONSHIPS: You have supportive, productive and satisfying relationships with friends, colleagues, peers and family. These people in your life want you to be all you can be, and support you in that goal.

ALMOST NEVER										VERY OFTEN
1	2	3	4	X	6	7	8	9	10	

8. OPENNESS TO LEARNING: You're not overly-defended or defensive. You're open to input and critique, and are excited to stretch and grow by learning new things and new ways to do things.

ALMOST NEVER										VERY OFTEN
1	2	3	4	X	6	7	8	9	10	

9. WELL-DEVELOPED BOUNDARIES: You honor your values, needs, and wishes. You know where you end and others begin, and are comfortable enforcing your boundaries and priorities – with action, words, and deeds.

ALMOST NEVER										VERY OFTEN
1	2	3	4	X	6	7	8	9	10	

10. SELF-CONFIDENCE: You believe in yourself, and have faith and confidence that you have what it takes to create the life and career you want.

ALMOST NEVER										VERY OFTEN
1	2	3	4	X	6	7	8	9	10	

11. VISION: You have a powerful vision of a compelling and exciting future that you can see, feel, taste, and you know beyond a doubt it is coming.

ALMOST NEVER										VERY OFTEN
1	2	3	4	X	6	7	8	9	10	

12. HUMILITY: You get help when you need it. You embrace everyone in your journey as having an important message that you need to hear.

ALMOST NEVER										VERY OFTEN
1	2	3	4	X	6	7	8	9	10	

13. PERSEVERANCE: When the going gets rough, you won't give up. You know you have the stick-to-it-ive-ness that you need to achieve the visions you long for.

ALMOST NEVER VERY OFTEN
1 2 3 4 X 6 7 8 9 10

Review your ratings of these traits. Which THREE areas do you believe you could benefit most from developing?

PLEASE ANSWER THE FOLLOWING QUESTIONS:

What has contributed to you being less empowered and strong in these areas?

Are you ready to let go of what's holding you back in these areas?

What's the first step you wish to take to move forward in strengthening in these traits?

Identifying Your Amazing Success Role Models and Sponsors

“We believe what we see.” – Kathy Caprino

Role Models

A role model is someone who is ten steps down the path you’d like to go, and is doing what you dream of, and in a way that you respect and admire. You can find role models anywhere – online, in your community (local or digital), where you work, play, or learn. Having a powerful role model will move you forward.

Who are your role models for success? List below:

If you don’t have one, list several ways you can find a role model who inspires you.

Sponsors

A sponsor is someone whom you admire and respect who also has the power and influence in your field or at your organization to help you grow. She believes in you, and wants to support your ascension, and is happy to help you by sponsoring your ideas, projects, training, and your expansion.

Sponsors can be found within your company or in your chosen field.

Who is your sponsor? List below:

If you don't have one, list several ways you can find a sponsor who inspires you.

*Great job! Thank you for committing yourself fully to a life of passion, power,
and purpose, and to doing the work of building an amazing career!*

– Kathy Caprino