

STEP BACK

FOR AN EMPOWERED PERSPECTIVE

VIDEO
#6

ASSESSING AND CLOSING YOUR POWER GAPS

To understand and assess your “power gaps” and determine if you’re in crisis mode (meaning things have to change NOW!) take my Breakdown or Breakthrough quiz below.

Assessing If You Are In Crisis

The first step is to evaluate your situation as clearly and honestly as possible, from your own set of standards and measures. It’s time to forge a deeper, more accepting relationship with yourself. Use your own thoughts and experiences as the highest authority. Forget what your friends, colleagues, bosses, husbands, mothers, fathers, children, say you should feel, do, and believe.

Take this as many times as possible throughout this Amazing Career Project (and beyond), and see how your answers change over time. Undoubtedly, they will.

Tips For Taking This Assessment

There are no right or wrong answers here. This is your chance to get to know yourself better, and be completely honest and open. Leave your perfectionism and ego at the door if you can. Now is the time to get “hip to your trip.”

KEY TAKEAWAY

Each of us has “power gaps”– find yours, and address them, and you’ll move forward exponentially.

What would you need to do differently to answer these questions with a “10”?

QUESTION 2 ASSESSMENT:

If you answered a “4” or lower to any of the above questions, you may be struggling with how to integrate what you feel you have to do in life to be successful, versus how you want to live your life. You are wishing for a deeper experience of purpose, joy, and integrity in your current life situation

Review the list of statements below, and honestly ask yourself, “Does this reflect what I’m going through today?” Check all that apply.

- A. Successfully balancing my home life and work life feels almost impossible right now.
- B. I’m having some chronic health problems that won’t get better.
- C. I’ve experienced a loss of someone or something I deeply loved, and I feel changed because of it.
- D. I feel like things are “falling apart” in my life.
- E. I’ve been treated poorly at work, and I don’t feel the same about being there as I used to.
- F. It seems like every time I speak up, I get squashed or it goes badly.
- G. I have gifts and talents that I’m not using, but I deeply long to.
- H. In some ways, I don’t like or respect who I’ve become.
- I. I dislike what I do very much, and am bored by it, but I have no idea what other work I could do.
- J. My financial situation is keeping me trapped at work (or at home).
- K. I just don’t want to keep competing anymore. I’m worn out.
- L. I want to help people somehow, in a bigger way than I’m doing, but don’t know how.

QUESTION 3 ASSESSMENT:

If you have checked 3 or more statements, or thought something similar, you are heading toward crisis mode. A significant transition is underway, and it can be very positive, if you are willing to embrace it, understand what it's teaching you, and take the right action to address it.

To determine which area might be most problematic for you, see below:

If You Checked	Your Potential Crisis Is:	Your Empowerment Challenge Is With:
A	Balancing life/work	Higher Self
B	Chronic health Issues	Self
C	Suffering from loss	Self
D	Life is falling apart	Higher Self
E	Cycles of mistreatment	Others
F	Speaking up is challenging	Others
G	Not using your natural talents	World
H	Disrespecting yourself	Self
I	Can't find work you love	Higher Self
J	Stuck in financial traps	World
K	Facing Crushing competition	Others
L	Not helping others and world	World



KATHY CAPRINO'S HIERARCHY OF EMPOWERMENT NEEDS

1. Take a look at the Empowerment Hierarchy I've shared above. What level represents where you feel most empowered today....

Relationship with Self, Other, World, Higher Self

2. What level do you feel somewhat stuck on right now?

3. Which empowerment level needs your attention most right now?

12 Common Challenges/Crises Working Women Face Today

Based on Kathy's yearlong research study with over 100 professional women, the following are the top 12 challenges working women face today. 9 out of 10 women reported experiencing at least one of these challenges, and on average, women were having at least three at the same time!

These crises/challenges are presented in language that reflects the overwhelm or disempowerment that accompanies them, in "I can't do this" language:

(For more about these challenges and steps to overcome them, see Kathy's book *Breakdown Breakthrough*, pages 28-35).

Relationship With Self

"I can't resolve my chronic health problems."

"I can't overcome this loss."

"I don't like who I've become."

Relationship With Others

"I can't speak up with power and authority."

"I can't break this cycle of mistreatment."

"I can't get out of this crushing competition."

Relationship With Higher Self

"I can't get out of this financial trap."

"I can't use my real talents at work."

"I can't help others and the world the way I want to."

Relationship with Higher Self

"I can't keep things from falling apart all at once."

"I can't balance life and work."

"I can't do work that I love."

1. Which particular challenges/crises, if any, resonate with you most today?

2. What might you need to let go of in your life to free up energy and time for you to focus on addressing this (these) pressing challenge(s)?

If any of the above reflect your experience today, determine the most pressing challenge (“power gap”) to focus on, and begin to address it this month. Taking action to close this power gap can help you gain confidence and courage to move forward to greater success and fulfillment in your life and career. Use this program as your tool for breakthrough.

The one key area I will focus on to gain empowerment is:

Note: If you feel you are truly in career crisis mode, check out Kathy’s book *Breakdown Breakthrough* and her *Meditative Audio Companion* ([Part 1](#) and [Part 2](#)) for more specific help to overcome each challenge. If you’d like to explore additional one-on-one coaching support from Kathy, [contact her here](#).

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