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**ATTRIBUTES, MANTRAS, JOURNAL
PROMPTS, & ACTION PLANS
TO GET STUFF DONE**



THE GSD FACTOR
THE GSD FACTOR
THE GSD FACTOR
THE GSD FACTOR
THE GSD FACTOR



CONFIDENCE
INQUISITIVENESS
IMAGINATION
PRESENCE
RESILIENCE
INFLUENCE



ATTRIBUTE ONE



BE CONFIDENT

The power and confidence in knowing your true authentic self, knowing your voice, and speaking your truth so that you are heard. You lead by example with assertiveness, giving you a sense of empowerment and confidence.

ARE YOU BEING CONFIDENT TODAY?

TAKE THE BE CONFIDENT ASSESSMENT ONLINE.

[HERE'S THE LINK >>](#)

MY MANTRA



I AM **CONFIDENT**

I know who I am.

I am bold.

I embrace my true authentic self.

I do not apologize for being me.

I use my voice for myself.

I use my voice for others.

I am passionate.

I am dedicated.

See me. Hear me. Know me.

I know who I am.



THIS IS ME

GSD moment of reflection

Answer these prompts in the space below:

Fill out this sentence. My name is _____, and I'm a _____.

I'm proud of my _____ skill sets. They set me apart because they show how _____ I am.

What advice would you give your younger self?

What would you hope your older self has accomplished in 10 years?



THIS IS ME

A SPACE TO DREAM BIG ...



YOUR TRUE AUTHENTIC SELF

GSD moment of reflection

Answer these prompts in the space below:

What makes you a unicorn?

How can you bring that into a problem you've been facing in your life? Could you use a different approach or perspective?

What situation have you been evaluating solely from what something is designed to do vs what it can do?



YOUR TRUE AUTHENTIC SELF

A SPACE TO DREAM BIG ...



USE YOUR VOICE

..... **GSD moment of reflection**

Answer these prompts in the space below:

Is your voice a force for good? Is it serving others?

What's an example of positive self-talk that you practice?

Is your voice used to harm? What if you were to change that? Could there be a different outcome?



USE YOUR VOICE

A SPACE TO DREAM BIG ...



PASSION AND DEDICATION

GSD moment of reflection

Answer these prompts in the space below:

What is your passion?

Does your passion need a reigniting?

Is your passion current, or is it time to change to better align with your values?



PASSION AND DEDICATION

A SPACE TO DREAM BIG ...



ACTION PLAN

HOW TO BE CONFIDENT

Be confident. The sentence is simple, but the concept is rather complex. This first, and possibly most important GSD Factor attribute is composed of three smaller tenets: Knowing and embracing your true authentic self, using your voice, and finding your passion and dedication. Once you identify and embrace all three of these tenets, you can lead by example with assertiveness, giving you a sense of empowerment and boldness. Moreover, your passion and dedication will motivate you to get shit done in all areas of your life. You may not have all of these tenets working to their optimum efficiency in your life right now, so let's look at one way that you cultivate and nurture these concepts in the meantime.

With my coaching clients that want to improve their confidence and assertiveness, I tend to recommend role play, coaching, or even acting classes. When faced with a difficult situation or conversation, role-playing can be an effective way to prepare for every scenario. My mom and dad did it with me all throughout my life, and it has worked. You can do this alone or with your co-workers, friends, or family members. Whatever the circumstance, role-playing allows you to practice the tone, volume, and authority of your voice.

Here are three steps for role-playing:

1. Think about the situation or conversation and write out all of the possible scenarios that could develop, including the opposing side of things. This will give you an opportunity to have a response ready for a variety of comments. You can't predict the future, but this will bolster your confidence as you prepare for the conversation. You won't feel like you're going into the situation blind.
2. Get with a partner or teammate and talk through every scenario that you listed. It is helpful to work with a teammate because you will have real-time feedback on the quality and effectiveness of your arguments and comments.



ACTION PLAN

3. In addition to practicing with a partner or teammates, it is also helpful to practice in the mirror. This will make you aware of your body language and facial expressions. If you're confident in how you look, you'll be more confident in what you are saying. You would be surprised how helpful this can be.

My business partner and I practice this skill all the time as we prepare for meetings, especially proposals and negotiations. We list as many of the questions that we would ask if we were on the other side of the negotiation, do research to answer those questions, and practice the ways in which we will respond with each other. We even prepare in this way on written communications, so we know how to respond quickly should there be a counter.

For those of you that aren't sure who you are or want to uncover your true authentic self, there are amazing resources and tools at your disposal. Find your preference, and start with one resource, one book, one podcast, one webinar. Once you take that first step, the universe will bring you the resources and people you are supposed to meet. Once we truly know who we are and are embodying personal awareness, our ability to be confident starts to come to life.

Take the Be Confident assessment that will provide prescriptive recommendations based on where you want to ignite confidence in your life. [Take the assessment now >>](#)

ATTRIBUTE TWO



BE INQUISITIVE

The capacity to always be learning, ever the students of life. To walk in humility knowing that you are not the smartest person in the room but know how to mobilize the right team and people ensures that you are open to the fullness of life.

ARE YOU BEING INQUISITIVE TODAY?

TAKE THE BE INQUISITIVE ASSESSMENT ONLINE.

[HERE'S THE LINK >>](#)

MY MANTRA



I AM **INQUISITIVE**

I am curious.

I watch. I listen.

I learn from everything.

I learn from everyone.

I am smart.

I am humble.

I am happy.

Positive energy surrounds me.

I am never alone.

I am always learning.

I will always have all that I need.



ALWAYS LEARN SOMETHING

GSD moment of reflection

Answer these prompts in the space below:

What moment in your life taught you what not to do? How did that shape you?

What lesson from the past will stay with you for the rest of your life?

Is there something you are walking through right now that you are struggling to see the glass half-full view?



ALWAYS LEARN SOMETHING

A SPACE TO DREAM BIG ...



YOUR CLAN

GSD moment of reflection

Answer these prompts in the space below:

What Clan member do you need the most and why?

What Clan member do you need to roll off and why? What steps need to be taken to roll them off?

Out of these: soul, spirit, mind, and body, which one do you need to give most attention to? What are two actions you can take towards that?



YOUR CLAN

A SPACE TO DREAM BIG ...



YOUR INSIDERS BOARD

..... **GSD moment of reflection**

Answer these prompts in the space below:

What does your Clan and Insiders Board look like? What are the differences in your needs for them?

During what event in your life would you have benefitted from having an Insiders Board that you could lean into?

Maybe you already have a version of a Clan or Insiders Board operating in your life. Consider whether you have outgrown them or whether you need to make some changes.



YOUR INSIDERS BOARD

A SPACE TO DREAM BIG ...



HOLD WITH OPEN HANDS

GSD moment of reflection

Answer these prompts in the space below:

In what situation in your life do you need to see the most change?

Are you holding onto something with too tight of a grip?

Share a moment of gratitude for a moment where you let go and something new happened.



HOLD WITH OPEN HANDS

A SPACE TO DREAM BIG ...



ACTION PLAN

HOW TO BE INQUISITIVE

The key to being inquisitive is understanding that we are always learning. Your goal is to always be curious and remember to always be a student of life. Being inquisitive gives you the humble awareness that you are not the smartest person in the room, but the knowledge to know how to mobilize the right team and people to ensure that you are open to the fullness of life. We do this by always looking at life with a glass half-full approach and by searching for lessons in what to do and what not to do.

As lifelong learners, it is imperative to be surrounded by the right people, personally and professionally. Accountability makes everyone better, and that's the primary motivation for seeking out a clan and/or an insiders board. Some important points to consider when developing your Clan and Insiders Board are:

1. Your Clan is for your personal life. Ask yourself, "Who are the people who challenge me? Who do I call in a crisis?" Those people are probably your GSD Factor Clan.
2. Your GSD Factor Insiders Board is for your professional life. Ask yourself, "Who do I go to for career advice? If I lost my livelihood tomorrow, who would I call?" Those people are probably your Insiders Board members.
3. Having a personal clan or a professional insiders board requires you to act in humility. It takes humility to admit that you need those pieces of input, advice, and wisdom. It takes even more humility to honor and trust those opinions enough to implement the advice given, even when it doesn't feel good doing so.
4. Remember to practice gratitude when implementing a Clan or Insiders Board. Two ways in which you can do so are by offering to reciprocate or by serving as a mentor to someone else. Nothing shows gratitude like giving to someone else.



ACTION PLAN

When it comes to your Clan and Insiders Board, it is important to note that you may only need one, or you may need both. The choice is completely up to you, but accept that as you continue to grow in your GSD Factor life, you may grow out of certain people. That is a natural part of growth, and it just means that some changes may be necessary.

Finally, the foundations of inquisitiveness are humility and gratitude. Keeping open hands and open minds are important because you never know what opportunities may present themselves or what escape or exit strategies you may encounter. Be humble. Be open. Be grateful for all the lessons life may bring.

Take the Be Inquisitive assessment that will provide prescriptive recommendations based on where you want to ignite inquisitiveness in your life. [Take the assessment now >>](#)

ATTRIBUTE THREE



BE **IMAGINATIVE**

The determination to dream big, never be satisfied with the status quo, to be the innovating solutionist, to continue to break down barriers and say, "I'm here; what can we improve? What is impossible that we can make possible?"

ARE YOU BEING IMAGINATIVE TODAY?

TAKE THE BE IMAGINATIVE ASSESSMENT ONLINE.

[HERE'S THE LINK >>](#)

MY MANTRA



I AM **IMAGINATIVE**

I dream big.

I dream big for myself.

I dream big for others.

I think about things differently.

I think about things creatively.

I think outside the box.

I push myself.

I am never satisfied.

There is no problem that I can't solve.

I am an innovating solutionist.

I initiate. I take action. I execute.



DREAM BIG

GSD moment of reflection

Answer these prompts in the space below:

What are some voids or needs you have discovered that spark your imagination for dream-big opportunities?

Think of a recent problem or challenge you have encountered. Did you use your imagination to solve this problem? If so, how? If not, consider how you could have used your imagination to address or solve this challenge.

Are there areas in your life in which you need help dreaming big? Explain.



DREAM BIG

A SPACE TO DREAM BIG ...



NEVER BE SATISFIED

GSD moment of reflection

Answer these prompts in the space below:

What challenges in your life have you been avoiding?

How can you apply the concept of never being satisfied to those challenges?

What one dream do you have that you haven't allowed yourself to explore?

What dream-big goal do you want to try in the next twelve months?



NEVER BE SATISFIED

A SPACE TO DREAM BIG ...



PROBLEMS LEAD TO SOLUTIONS

GSD moment of reflection

Answer these prompts in the space below:

Are you a problem-pointer or a problem-solver?

Do you have a natural tendency towards one approach on the scale vs the other?

What stage of the problem-solving steps do you struggle with?



PROBLEMS LEAD TO SOLUTIONS

A SPACE TO DREAM BIG ...



ACTION PLAN

FOR HOW TO BE IMAGINATIVE

What does it look like to be imaginative in everyday life? It's a combination of all three sub-attributes: dreaming big, never being satisfied with the status quo, and using your imagination to develop and implement solutions. People who think like this are constantly looking for ways to improve. They yell out, "I'm here! "What can we improve? What seems impossible that we can make possible?"

There is no problem that doesn't have a solution. Even when we don't know of a perfect solution, the goal is to work the problem. It may not be the right solution immediately, but imaginative thinking can transform you into an innovative solutionist that isn't afraid to try and fail quickly. Innovative solutionists are persistent because they understand that failure is not an option.

Though the solutions may be born of imagination and creativity, the thought process for finding the solution can easily be broken down into a few actionable steps:

1. Center yourself so you can open up to those big dreams and solutions. What centers you? There are several practices that can be helpful for centering. Some people journal, exercise, create art, garden, etc. Whatever is necessary to get you to a place of peace and stability, do that. Pop over into the GSD Factor Hub where you will find some examples of meditations and visualizations that will, hopefully, jump start your peaceful mindset journey.
2. Ask questions. This is a part of never being satisfied. When it comes to dreams and ambitions, it pays to be inquisitive, curious, and constantly in search of knowledge. Ask yourself, how can I be better? What can we do to improve? What are different ways of addressing or correcting this problem? Continue to push. Push for the next promotion, the next level of education, the next fundraising level. Your proclivity to improve will directly affect your level of success. You cannot get better if you are not constantly looking for ways to be better.



ACTION PLAN

3. Initiate. Remember The Dog Poop Initiative. It is one thing to dream-big and ponder all the possibilities for solutions and improvements, but the real challenge is taking the initiative to put all of these thoughts and considerations into practice. Will you be a problem-pointer or problem-solver?

As you make these steps of centering yourself to dream big and asking questions and initiating, you will become more comfortable with being imaginative, and soon those big dreams will begin to turn into your reality.

Take the Be Imaginative assessment that will provide prescriptive recommendations based on where you want to ignite imagination in your life. [Take the assessment now >>](#)

ATTRIBUTE FOUR



BE PRESENT

The ability and willingness to keep showing up, even if for a moment; it's the art of starting to do something, anything and trusting that process even when it seems that there are more pivots than plans. It's also living with the attitude of progress, not perfection.

ARE YOU BEING PRESENT TODAY?

TAKE THE BE PRESENT ASSESSMENT ONLINE.

[HERE'S THE LINK >>](#)

MY MANTRA



I AM **PRESENT**

I am still. I breathe in.

I am silent. I breathe out.

I am at peace.

I show up for me.

I show up for others.

I am enough.

I am a beautiful work in progress.

I move forward.

I am one with my breath.

I am exactly where I need to be.



KEEP SHOWING UP

GSD moment of reflection

Answer these prompts in the space below:

Where in your life do you consistently show up the most?

Where do you want to show up?

Where do you NEED to show up?



KEEP SHOWING UP

A SPACE TO DREAM BIG ...



PROGRESS, NOT PERFECTION

..... **GSD moment of reflection**

Answer these prompts in the space below:

Reflect on one area of your life where you tend to seek perfection. Think about some steps you can take to shift your focus towards progress not perfection.

Is there a current project or problem in your life to which you can apply this “progress-over-perfection” ideology? Explain.

What small, actionable steps can you make to keep your progress going?



PROGRESS, NOT PERFECTION

A SPACE TO DREAM BIG ...



BE PRESENT

GSD moment of reflection

Answer these prompts in the space below:

Are you present? What headwinds are standing in the way and not allowing you to be present?

Do you actually slow down to hear your family? Friends? Colleagues? Those that you consider to be part of your Clan or Insiders Board?

Are you modeling the best behavior? What behavior would you want to consider evolving or transforming?



BE PRESENT

A SPACE TO DREAM BIG ...



PIVOT DECISIONS

GSD moment of reflection

Answer these prompts in the space below:

What pivot have you experienced in your life?

Is there a pivot that you need to prepare for?

Have you dreamed big about what your post pivot person looks like or is doing?



PIVOT DECISIONS

A SPACE TO DREAM BIG ...



ACTION PLAN

FOR BEING PRESENT

Being present may seem like a more passive GSD attribute, but the reality is that being present involves a great deal of intentionality. Think about it. All of the sub attributes in this section require constant consideration and adjustment of our perception. You cannot keep showing up; focusing on progress, not perfection; being present; or make pivot decisions if you are not consistently and intentionally thinking of doing all those things. The hardest part about consistently and intentionally being present by maintaining all four of these sub attributes is the risk of falling into perfectionism. If you find that you lean on the side of perfectionism, or you are a recovering perfectionist, here are some actionable steps you can take to be present without being a perfectionist.

1. Keep showing up. Create a list of small, go-to steps that will ensure you keep showing up which means being present, even if for a moment. It's the art of doing something – anything, and trusting that process, even when it seems that there are more pivots than plans. Your small steps can include things like a daily gratitude journal or a check-in with a work-out partner. Whatever the steps are, they will be unique to your lifestyle and should be tailored to whatever you need to keep you in a state of awareness to keep showing up.
2. Extend yourself grace. This is more of an informal step, but it's still important. Make sure you are reminding yourself that the focus is progress not perfection and that, therefore, you will mess up. You will make mistakes. The key is to accept wherever you are in your process, so that it's easier for you to commit to taking a step, any step, forward.
3. Celebrate your wins. As a recovering perfectionist, I now appreciate the fact that progress is good enough. Moving the needle, accomplishing one task, or doing one thing for ourselves should be celebrated. Take the time to do that. It can be as small as a verbal, "Good job" to yourself, or as big as throwing a party when you



ACTION PLAN

reach your goals. Whatever the accomplishment, acknowledge it and celebrate it.

The commitment to being present requires a change in mindset, reminding us to be actively aware of tapes that are rolling our heads, and when our minds wander, we must reset, be it with meditation, music, or spoken word. Being present also means remembering the simplest of things – to breathe. I have a picture on my desk of two beautifully painted lungs that simply says, “Inhale, exhale.” Bring it back to your breath. It will bring clarity. It will slow down your heart rate. It will steady the emotions and nerves. Finally, being present requires an ever-present attitude of gratitude for progress and not perfection. It’s great to get all the things done, but this attribute allows you to be grateful and accepting of the times when you don’t.

Take the Be Present assessment that will provide prescriptive recommendations based on where you want to ignite presence in your life. [Take the assessment now >>](#)

ATTRIBUTE FIVE



BE RESILIENT

The choice to persevere, to activate stamina and grit, and to acknowledge that life can be shit, but we must learn, grow and turn the negatives into positives.

ARE YOU BEING RESILIENT TODAY?

TAKE THE BE RESILIENT ASSESSMENT ONLINE.

[HERE'S THE LINK >>](#)

MY MANTRA



I AM RESILIENT

I matter.

I am a force to be reckoned with.

I love myself.

I am bold. I am brave.

I am brilliant.

My voice is my strongest weapon.

I am courageous. I am valiant.

I am strong.

I am extraordinary.

I am destined for great things.



RESILIENT LIFE

..... **GSD moment of reflection**

Answer these prompts in the space below:

What resilience moments have you experienced in your life?

In what experience do you wish you had exercised more resilience?

"I _____ (insert name here) am resilient. I matter. I am a force to be reckoned with. I love myself. I am bold. I am brave. I am brilliant. My voice is my strongest weapon." Now how does that quote make you feel?



RESILIENT LIFE

A SPACE TO DREAM BIG ...



TRUST THE TIMING

GSD moment of reflection

Answer these prompts in the space below:

What timing story have you experienced in your own life?

If you were rejected by someone or something, did it turn out to be for your protection?

Is there something you are walking through right now that is causing you to trust the timing?



TRUST THE TIMING

A SPACE TO DREAM BIG ...



PERSPECTIVE

..... **GSD moment of reflection**

Answer these prompts in the space below:

What relationships are enhancing and challenging your life in a good way to bring about growth?

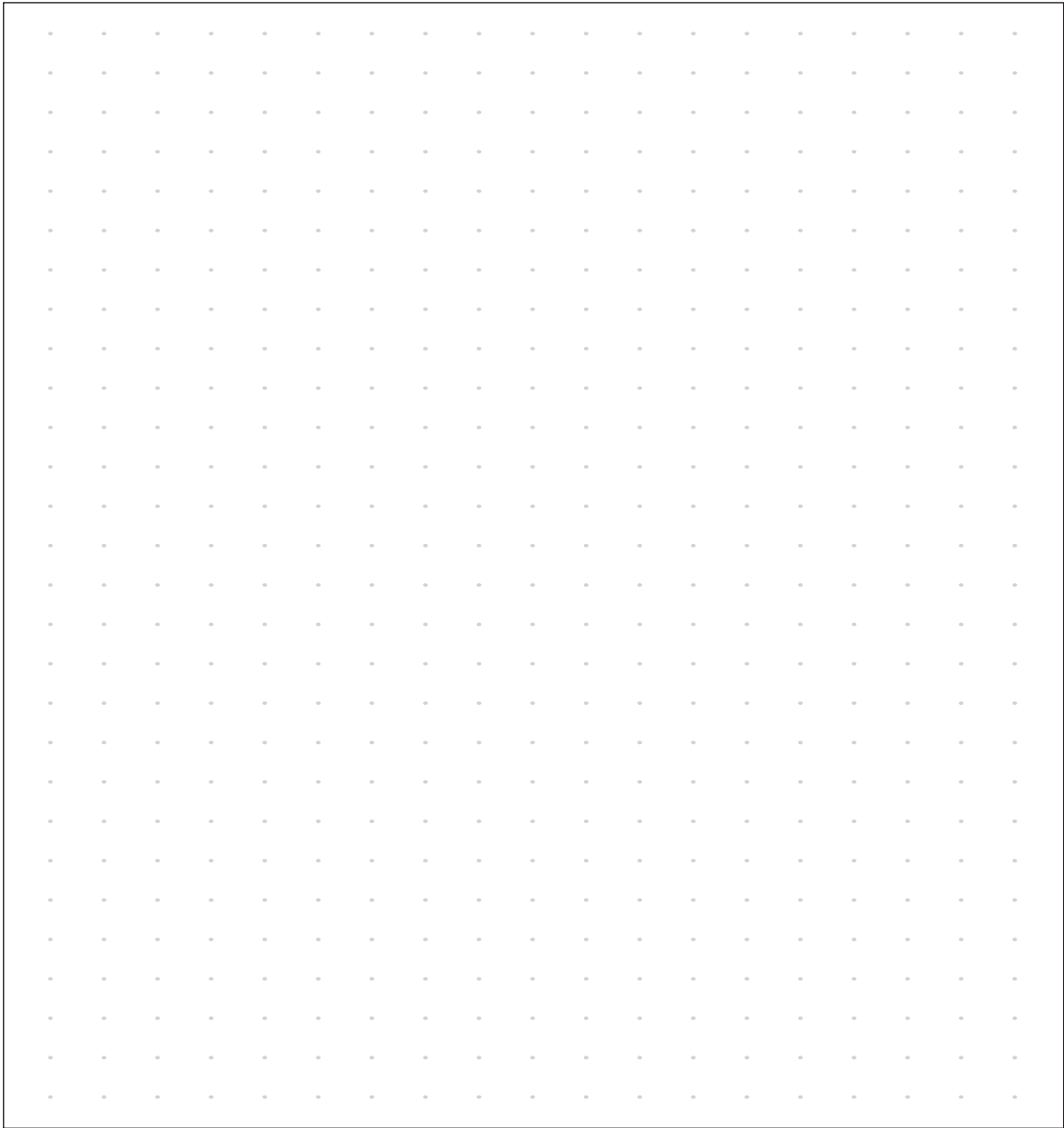
What is your greatest perspective lesson you have learned?

What story of perseverance and perspective shaped you the most?



PERSPECTIVE

A SPACE TO DREAM BIG ...





ACTION PLAN

FOR BUILDING RESILIENCE

Living out the resilient life takes sheer will. It requires grit. It requires you to dig deep. Resilience is the stamina and perseverance to acknowledge that life can be shitty sometimes, while also leaving room to acknowledge the moments for learning and growth. Many times, people will ask me for advice on how to be resilient. It's no simple process, but in attempting to reduce resilience to a series of actionable items, I suggest several things:

- Take time to grieve. You are a human, not a robot. Sometimes you need to get that raw emotion out, so that you can act out of logic and reason instead of repressed emotion.
- Keep a level-headed mindset, one that is open to seeing your situation from a different perspective. Remember those perspective lessons, and try to remain aware that whatever the situation is, there may be another way to look at it and learn.
- Ensure that as you experience hardship, you remain present in body, mind, soul, and emotion. No matter what hardships you are experiencing, you can still experience joy and the fullness of life and love in those challenging times as well, as long as you stay present and open to it.
- Trust the timing. You can do all that you can to manage your time and prepare for life, but there is no way to predict the many different obstacles life may present. Once something unexpected occurs, trust the timing and adjust as needed.
- When all seems to be failing or breaking, return to the basics. Return to simple mathematics because $1+1$ will always be 2. Once you have regained your footing, you can begin to climb again. In short, this step can be summed up with the three Rs: Rest, Recharge and Retrospect. If you can't remember anything else



ACTION PLAN

about being resilient, doing those three things will keep you in a constant state of resilience.

After completing all of those steps, be sure to maintain your perspective by walking with humility and gratitude. Think about what you will be able to share with others at the end of this journey and be grateful that you made it to the other side to be able to share the wisdom you've gained. Think about how this weaves itself into your story. You are extraordinary. You are resilient. You are destined for great things.

Take the Be Resilient assessment that will provide prescriptive recommendations based on where you want to ignite resilience in your life. [Take the assessment now >>](#)

ATTRIBUTE SIX



BE INFLUENTIAL

The capability to lead by example as an actionable leader and connecting with those around you; you look to the future and also bring along the next generation alongside you and mentor them so they can stand on your shoulders.

ARE YOU BEING INFLUENTIAL TODAY?

TAKE THE BE INFLUENTIAL ASSESSMENT ONLINE.

[HERE'S THE LINK >>](#)

MY MANTRA



I AM **INFLUENTIAL**

I am a leader.

I am bold.

I am courageous.

I am brave.

I amplify. I lift up.

I push. I support.

I speak with truth.

I speak with respect.

I listen. I honor.

I am humble.



LEADER BY EXAMPLE

GSD moment of reflection

Answer these prompts in the space below:

What does leadership mean to you?

What kind of a leader are you?

What kind of lessons or mentorship were you raised with?



LEADER BY EXAMPLE

A SPACE TO DREAM BIG ...



CHALLENGING THE STEREOTYPES

GSD moment of reflection

Answer these prompts in the space below:

Have you ever been misunderstood because of a stereotype or generalization?

Have you ever felt reduced to one aspect of your identity?

What's a way that you can advocate for yourself?

Is there a group or individual or organization that you can advocate for?



CHALLENGING THE STEREOTYPES

A SPACE TO DREAM BIG ...



HEROES + SHEROES + MENTORS

GSD moment of reflection

Answer these prompts in the space below:

Who is your hero or mentor? Have you told them?

Who can you mentor? How can you impact the next generation?

What actionable leadership can you take that will break down barriers between gender, race, generation, and identity expression?



HEROES + SHEROES + MENTORS

A SPACE TO DREAM BIG ...



ACTION PLAN

FOR BEING INFLUENTIAL

Part of being a GSDer, of having the GSD Factor, is being a leader. To me, being a leader is about knowing when to listen and when to act. It's about showing up. GSD Factor leaders are present, authentic leaders. They are leaders because they know when they need to lead, when to follow, when to push, and when to support.

Leadership is not for the faint of heart. It can be lonely but rewarding. You lead by example, and while looking to the future, you also bring the next generation alongside you. You mentor them, so they can stand on your shoulders. You don't feel success until you can see your mentees trailblazing, breaking glass ceilings, and going beyond your wildest dream big for them.

As a leader and a GSDer, challenge injustice, give voice to the under-voiced, and stand for equality. While bringing along the next generation, honor those that have gone before you – your mentors, your heroes, and your sheroes. Thank them for paving the way.

The Teachers Insurance and Annuity Association (TIAA), has recently partnered with a new brand ambassador Abby Wambach, U.S. Women's soccer Hall-of-Famer for her U.S. and International career performances and impact on the sport, who, in retirement, has turned author and activist. They have launched a new campaign bringing awareness to retirement inequality for women entering retirement including research and statistics that show that even in 2022, women retire with 30% less income than men on average.

Now this is where they embody the GSD Factor attribute; they tie this to how they make an impact on future generations: "There are some things you don't just do for you. You do them for the ones who come after you. Together, we can retire inequality for good." Yes to this! They are using their voice to change the here, the now, and for the ones who come next.

Identify what kind of leader you want to be or aspire to be and do that, live that. All





ACTION PLAN

three are important, and the type of leader determines the culture of the company/ organization:

- Inspirational leaders lead through motivation and appeal to the humanity of their teams.
- Visionary leaders are those who can easily see how to take a company from level to level and into the future.
- Innovative solutionist leaders are the drivers of change. They aim to be the first and break the mold.

You may be one of these types of leaders or a hybrid, just find the one that speaks to your true authentic self, resonates courage, and above all be who YOU are and get shit done. That's it. It's that simple.

Take the Be Influential assessment that will provide prescriptive recommendations based on where you want to ignite influence in your life. [Take the assessment now >>](#)

THE GSD FACTOR



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