

Workbook exercise 1:

Assess your current King energy

As you watch the video, use this guide to reflect on the shadow aspects of your inner King. Remember, there are no right or wrong answers. Be honest with yourself, and write freely.

Make notes below based on the questions displayed in green circles.

King in His Fullness

Self-assessment:

Overall, would you say you have some areas to improve here?

Yes / No, I'm fine / A mix



Make notes below based on the questions displayed in red circles.

Tyrant Shadow

Self-assessment:

Overall, would you say you have some areas to improve here?

Yes / No, I'm fine / A mix



Make notes below based on the questions displayed in blue circles.

Weakling Shadow

Self-assessment:

Overall, would you say you have some areas to improve here?

Yes / No, I'm fine / A mix



Remember to date your entries. As you progress on your journey, revisiting these reflections will provide valuable insights into your development. Now complete the below prompts.

“I recognize the Tyrant in me when...”



“I feel most like the Weakling when...”



“To develop my inner King, I need to...”



“The leader I aspire to be is someone who...”

