



## The Power Of Independence Workbook

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# Welcome

This workbook provides students with practical steps to develop independence by identifying their core beliefs, building self-trust, standing up for themselves, and learning assertive communication.

If your ready to start your new life of Independence in Thought, Word and Deed, take the time to use the Workbook and apply ACTION today!

# Exercise 1: Identifying Your Core Beliefs

**Objective:** This exercise helps students discover their core beliefs and assumptions, which are the foundation for personal independence.

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| <p><b>Step 1:</b><br/>Reflect on three beliefs that shape how you view the world. Write them down.</p>   |  |
| <p><b>Step 2:</b><br/>Question the origins of these beliefs. Were they taught to you, or did you form them independently? Please write a few sentences for each belief, explaining where it came from.</p>   |  |
| <p><b>Step 3:</b><br/>Examine each belief. Is it still valid and useful? If so, how can it support your independence? If not, write down how to adjust or discard it to foster greater personal freedom.</p> |  |

## Exercise 2: Developing Self-Trust

**Objective:** This exercise focuses on increasing self-confidence and self-trust, essential components of personal independence.

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| <p><b>Step 1:</b><br/>List three instances when you followed your own intuition or judgment, and it led to a positive outcome.</p>  |  |
| <p><b>Step 2:</b><br/>Choose one goal or decision you need to make currently. Use your past experience to trust yourself. Write down what your intuition is telling you and why you trust it.</p> |  |
| <p><b>Step 3:</b><br/>Make a small promise to yourself related to this goal and follow through. Reflect on the process and how it impacts your self-trust.</p>                                    |  |

### Exercise 3: Standing on Your Own Two Feet

**Objective:** This exercise helps students practice independence by encouraging self-reliance in decision-making.

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| <p><b>Step 1:</b><br/>Identify an area of your life where you rely too heavily on others (e.g., work, school, relationships). Write it down.</p>                  |  |
| <p><b>Step 2:</b><br/>List three actions you can take to reduce this dependence and begin standing on your own two feet in that area.</p>                         |  |
| <p><b>Step 3:</b><br/>Choose one of these actions and implement it over the next week.<br/>Record your experience and any feelings of increased independence.</p> |  |

### Exercise 4: Assertive Communication

**Objective:** The goal of this exercise is to develop assertiveness, a crucial skill for maintaining independence while interacting with others.

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| <p><b>Step 1:</b><br/>Think of a situation where you didn't express your true feelings or desires. Write down what happened and how you felt afterward.</p>   |  |
| <p><b>Step 2:</b><br/>Revisit this scenario. How could you have asserted yourself while still maintaining respect for others? Write out a brief dialogue or response that you could have used.</p>                  |  |
| <p><b>Step 3:</b><br/>Over the next week, practice assertiveness in small situations (e.g., saying "no" to a request). Keep a journal to track how asserting yourself impacts your independence and well-being.</p> |  |