

What do I need more of 'in this moment'?

## Self-Leadership Access Point

### Self-Assessment

Circle ONE word that best completes the sentence in the octagon and then write a short paragraph explaining how certain activities help you access your core self.

There are no right or wrong answers.

Notice what feels right for you in this moment.



When I do these activities \_\_\_\_\_

I feel \_\_\_\_\_

Inspired by the Internal Family Systems Model. [www.ifs-institute.com](http://www.ifs-institute.com)

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