FREE WORKBOOK

The B.O.L.D.® *Reflection Workbook*

A guided walk through the four steps of the B.O.L.D.® Framework: Background, Obstacle, Lessons Learned, and Determination. Use it to name your truth, honor your story, and choose your next right step.

How to use this workbook

Find a quiet place and give yourself 20–30 minutes. Work through one step at a time. There are no right or wrong answers, only honest ones. You can come back to these pages as often as you need to; your answers may change as you grow.

> *"Your story is still being written — and your best chapters may be yet to come." — Dr. Ella F. Warren*

B **Background**

Where you've been, and what shaped you.

O **Obstacle**

What stands in the way, named clearly and without shame.

L **Lessons Learned**

Turning what you've lived through into wisdom.

D **Determination**

Choosing your direction and moving forward with courage.

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B Background

Every story has a beginning. Look back with compassion, not judgment.

What season of life are you in right now? Describe it in a few sentences.

What experiences, people, or moments have shaped who you are today?

What strengths have carried you this far?

O Obstacle

Name what is in the way. Naming it gives you power over it.

What challenge feels heaviest for you right now?

What story do you tell yourself about this obstacle? Is it completely true?

What is within your control, and what is not?

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L Lessons Learned

Pain can become wisdom when we are willing to learn from it.

What has this season taught you about yourself?

What would you tell someone you love who was facing the same thing?

What are you ready to release, and what are you ready to keep?

D Determination

You don't have to have it all figured out. You only need the next right step.

What does moving forward look like for you in the next 30 days?

My next three right steps

- [ ] _____
- [ ] _____
- [ ] _____

My BOLD declaration: "I am choosing to…"

Ready for support on your journey? Book a free discovery call at **boldandempowered.com/book-now**.

This resource is for personal reflection and growth. It is not a substitute for counseling, therapy, or medical care. If you are in crisis, please reach out to a licensed professional or call or text 988 (U.S.).

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