

Self Empowerment Wisdom Jig

To lead yourself towards active agency, track how you deploy your core personal assets. This matrix can support your weekly reflection:

My Powers	How I use my powers today	How I might use my powers more effectively tomorrow
Consciousness		
Time		
Energy		
Money		
Social network		

Next:

- Set times this week to work on the changes you envision.
- Set a time next week to check in on your progress and performance towards increasing your creative control of your life and the society you live in.
- Keep going by using your calendar to shape your own consciousness.