

# Sample Empowerment Worksheet

1. Go take a bath.  
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2. That is how things are done here.  
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3. Why would you waste your money on...  
\_\_\_\_\_
4. Because I said so!  
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5. I told you that you wouldn't like that job!  
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6. Those clothes don't match...go change.  
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7. You have behaved so badly lately that you don't deserve to do to the...  
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8. Time for you to go to bed.  
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9. This isn't a goal you want to work on, but the team wants you to.  
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10. These are the people I am inviting to your team meeting.  
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