

Sizzle Boldly: Ignite Your Fire Worksheet

This worksheet is designed to help you ignite your inner fire, redefine personal boundaries, and set bold intentions for your journey.

1. Reclaim Your Voice

Think of a time when you held back or played small. Write it down here, then answer: How would you rewrite that moment if you could go back? What would you say or do differently?

The Moment I Held Back:

What I Would Say/Do Now:

2. Define Your Rule-Breaking Vision

List three “rules” or expectations you feel have held you back. Now, let’s break them. Rewrite each “rule” to suit the life you want to live.

Old Rule #1:

My New Rule:

Old Rule #2:

My New Rule:

Old Rule #3:

My New Rule:

3. Permission to Redefine

In your own words, give yourself permission to be bold, take up space, and live life on your terms. Write it as if you're giving advice to your best friend who needs that extra push.

Permission Statement:

4. Firestarter Intentions

Set three intentions that will push you to live unapologetically and bring you closer to your dream life. These are action steps, big or small, that you’ll start this week.

First Intention:

Second Intention:

Third Intention:

5. Bold Actions Only: A 7-Day Challenge

Choose one action each day that makes you feel powerful and unapologetic. Write down your action for each day and how it made you feel.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Bonus:

What's the first small step you can take today to step into the life you're creating?

Next Steps:

Keep this worksheet nearby to remind yourself of the fire within you. Revisit your intentions and rules whenever you need a boost.



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