

IGNITE THE
POWER OF
WOMEN
IN YOUR LIFE™

⇒ IGNITE YOUR IMPACT PLAN ⇐

SIMON T. BAILEY

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A NOTE FROM SIMON

Soon after I completed *Ignite the Power of Women in Your Life*, I began to wonder: Is it enough?

This is my most personal and vulnerable book and one that I hope will have a lasting impact on the world. My goal in writing it was to inspire others to rethink the way they approach relationships, to embrace the age of the woman and to and seek opportunities to be agents for positive change.

It was a tall order for a single manuscript. In the pages that follow, I'll share some additional tools to help you take the lessons from the book and put them into action in your own life.

The lessons that follow include:

- Ignite Your Intention
- Ignite Your Honesty
- Ignite Your Relationship With Your Father
- Ignite Your Self-Care
- Ignite Your Readiness to Date
- Ignite Your Emotional Honesty
- Ignite Your Core Philosophy
- Ignite Your Learning
- Ignite More Love in Your Life
- Ignite the Power of the One You Care About Most
- Ignite the Power of Women in Business
- Ignite Your Impact Plan

If you complete all 12 lessons, you will have created a personal roadmap for achieving the calling of the book. You'll be ready to embrace the Age of the Woman and truly Ignite the Power of Women in Your Life.



LESSON 1

IGNITE YOUR INTENTION

Before you begin to build your impact plan for igniting the power of women in your life, it is important to take stock of where you are today and set your intention for where you would like to be in the future. Complete the following exercises to get started.

Why is igniting the power of women important to you?

SELF-ASSESSMENT

On a scale of 1 to 5, how well do the following statements describe you today?

- 5 = Absolutely, this describes me very well.
- 4 = Yes, this describes me pretty well.
- 3 = This describes me on some days but not others.
- 2 = More often than not, this does not describe me.
- 1 = No, this does not describe me.

I demonstrate vulnerability with the people in my life:

1	2	3	4	5
.....

I listen and hear what others are saying:

1	2	3	4	5
.....

I have a personal circle of trusted individuals who challenge me:

1	2	3	4	5
.....

I intentionally work on my personal growth:

1	2	3	4	5
.....

I examine past relationships to learn how I want to show up differently and better in the next:

1	2	3	4	5
.....

I have real conversations with my spouse or significant other:

1	2	3	4	5
.....

I participate in professional therapy:

1	2	3	4	5
.....

LESSON 2

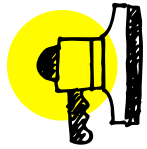
IGNITE YOUR HONESTY

In Chapter 2, I shared my experience writing a letter to my ex-wife to be totally honest with her about myself. Chances are, there is someone important to you in your life with whom you haven't been completely open and honest.

Take some time now to write them a letter. You don't need to actually send it – although you may wish to do so. The most important part of this exercise is to practice dealing with your own insecurities.

Until you are willing to be honest with yourself and others, no one will get to know the real you.

READY?



DO THE WORK!

LESSON 3

IGNITE YOUR RELATIONSHIP WITH YOUR FATHER

No father is perfect, but every father leaves an imprint on his children.

Understanding the relationship you have with your father and the relationship your significant other has with his or her father will offer great insight into your own relationships.

What did you learn from your father about life?

What did you learn from your father about how men relate to women?

If you have children (now or in the future), what do you hope for in your relationship with them?

IGNITING IDEAS FOR FATHER-CHILD RELATIONSHIPS:

- Write a letter to your father, telling him how you feel about your relationship with him.
- If you're a father, tell your children what a gift they are.
- If you have a trip coming up, send a letter or postcard to your children to let them know you thought of them while you were gone.
- Record a video for your grandchildren, even if they don't exist yet.
- Teach your children about finances and do your best to support their education.

LESSON 4

IGNITE YOUR SELF-CARE

In Dr. Jean Watson's Caring Science/Caritas Coaching Education Program there are four practices that transformed my life. Use the prompts below to explore how you can use these practices to enhance your self-love, self-care and compassion.

FORGIVENESS

Resentment and anger don't serve us. Is there someone in your life whom you need to forgive so that you can release those feelings and move forward? What would forgiveness look like?

GRATITUDE

When you hear the word "gratitude," what do you think about? What will you do to be more grateful in your life?



SURRENDERING

We expend a lot of unproductive energy trying to control the uncontrollable in our lives. What is one action step you can take to surrender and let go?



COMPASSIONATE HUMAN SERVICE

What are you already doing to make a difference in the lives of others? How can you be more compassionate in the relationships in your life?

LESSON 5

IGNITE YOUR READINESS TO DATE

Are you ready to date? Really ready?

Before you start looking for a partner, take time for personal reflection. Use the following prompts to create a positive framework for beginning your dating journey.

Who can you ask to serve on your “board of advisors” to help you navigate those early, awkward introductions and first dates?

The online dating world has changed the game. Instead of signing up for every app you can find, do your homework. Use the table below to organize your research and choose the dating service that is best for you.

App Name	What types of members does this app seem to attract?	What are the fees?	How do I think or feel when I look through this app?
----------	--	--------------------	--

Reflection:

IGNITING IDEAS FOR DATING:

1. GO SLOW
2. DON'T GHOST
3. MOVE FROM COMMUNICATION TO CONNECTION

LESSON 6

IGNITE YOUR EMOTIONAL HONESTY

Emotional honesty with your significant other is a key to having a meaningful relationship. Yet, many people — especially men — hide their true feelings in an attempt at self-protection. We fear rejection. We fear emotional pain. We fear embarrassment.

In this exercise, start with some personal introspection. Take some time to think about your current relationships. How emotionally honest are you today?

Next, create some time and space to check in with your significant other. Use the following prompts to get an emotionally honest conversation going:

ARE YOU GETTING WHAT YOU NEED FROM ME?

WHAT CAN I DO TO IMPROVE OUR RELATIONSHIP?

SHARE SOMETHING PERSONAL ABOUT YOU THAT YOU'VE NEVER SHARED BEFORE.

Listen fully. If you are not clear about something, ask to learn more.

Later, find time to reflect on that conversation. Was it different than your typical discussions? In what ways? What did you observe? How did you feel?

IGNITING IDEAS FOR DATING:

- Admit when you make a mistake.
- Overcommunicate.
- Be open to revealing that you don't know what you don't know.
- Bring your struggles into the open. If you struggle privately with pornography, gambling, addictions, cheating, stealing, lying, lusting or anything else that will negatively impact your relationship, admit that and commit to dealing with it to overcome it.
- Communicate if you struggle with being the breadwinner and carrying the financial load for the family.

IGNITE YOUR CORE PHILOSOPHY

One of the best ways to ensure you have the kind of relationships you want with others is to first understand the type of **person you wish to be** and then working to intentionally live in alignment with the core philosophy of your life.

Here are three steps to ignite your core philosophy:

STEP 1: DEFINE YOUR CORE PHILOSOPHY

Your core philosophy is deeply personal. Think about the following categories as you define what matters most to you and how your behavior at your best reflects those core values.

My core philosophy



SPIRITUALITY:



HEALTH & WELLNESS:



FAMILY:



CAREER / BUSINESS:



FINANCIALLY:



SOcially:



EDUCATIONALLY:



EMOTIONALLY:

STEP 2: ASSESS YOUR SELF-TALK

Does your inner critic sabotage your ability to embody your core philosophy? How will you reframe these negative messages?

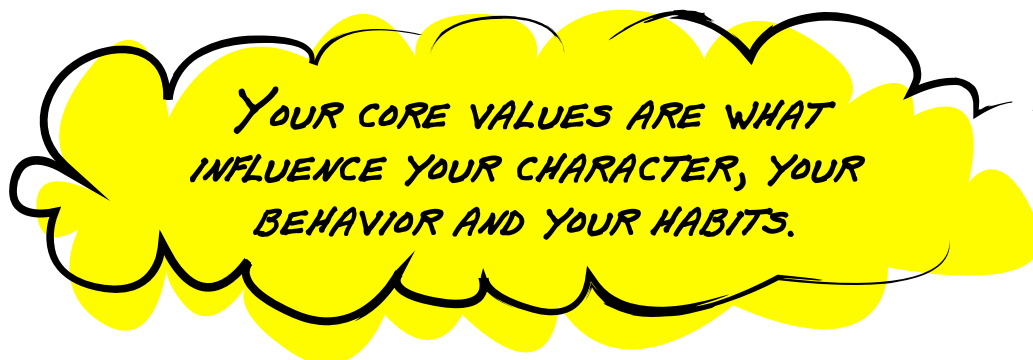
STEP 3: BUILD YOUR CIRCLE

In Chapter 7, I shared how important it is for men to surround themselves with a small group of guys who cherish their wives and love raising their children. Single men benefit from having a male friend who challenges them to be a better man. Iron, after all, sharpens iron. Use the following prompts to create your plan for building a circle of support for your core philosophy.

Who do you spend the most time with today?

How do these people match (or not match) your core philosophy?

Who do you need to bring into your circle?



LESSON 8

IGNITE YOUR LEARNING

In Chapter 8, I shared my reflections and recommendations based on my 50+ years. Now it's your turn.

Which of the lessons I shared resonate with you?

What have you learned from your relationships and observations?

Have you had therapy? If so, what did you learn from that experience? If not, what would you like to explore with a professional?

IGNITE MORE LOVE IN YOUR LIFE

In Chapter 9, I wrote about how many people make an extra effort to demonstrate love to those they care about on Valentine's Day only to miss out on the daily opportunities to show they care.

It's time to stop talking about love and start doing love right. Use the following prompts to explore three simple steps to igniting more love in your life.

AFTER ALL, LOVE IS NOT WHAT IT SAYS, IT'S WHAT IT DOES.



REACH OUT

Look through your phone contacts and social media accounts and find those people with whom you have a rapport but maybe haven't spoken to in a while. Send them a message — even just a short text, video, call, email or handwritten note — to let them know you appreciate them. Jot down your plan here so you don't forget.



PAY ATTENTION

Think about the most important people in your life. What is something special and personal you can do to let those people know how much they mean to you?



LOVE THOSE WHO CAN DO NOTHING FOR YOU

Look around your own community. What need do you see that you can serve?

LESSON 10

IGNITE THE POWER OF THE ONE YOU CARE ABOUT MOST

In the hustle and bustle of life, it's easy to get out of sync with your partner. One of the best ways to stay in tune and help each other shine is to study the one we love.

How well do you know your partner? Use the following prompts to list as many of her favorite things as you can think of.

Restaurant:

Book:

Song:

Poem:

Flower:

**What else
does she
love?**

Quote:

Next, use this information to brainstorm creative ways to show her or him how much you care about each other. **What is a special surprise you can do?**



MEN, IT DOESN'T TAKE A LOT OF
MONEY TO SHOWER YOUR WIFE
OR SIGNIFICANT OTHER WITH
**ADORATION
& ATTENTION.**

LESSON 11

IGNITE THE POWER OF WOMEN IN BUSINESS

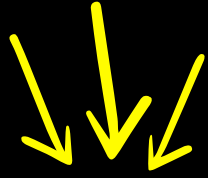
In the next 10 years, 3 million more women than men will enroll in college, making the emerging workforce predominantly female. Anyone serious about achieving business success must get serious about igniting the power of women in their organizations.

Think about the women with whom you work. How can you ignite their innate power? Use the following prompts to guide your thinking.

Name	What talents does she bring to the organization?	How does her unique perspective contribute to our work?	How can I be a stronger ally or advocate for her?
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IGNITING IDEAS FOR WOMEN IN BUSINESS:

- When you hire a woman, pair her with an ambassador who acts as a buddy.
- Give the women in your organization an opportunity to “test drive” leadership roles.
- Be an ally.
- Create a flexible workplace.
- Create an internal development program for women.
- Practice pay equity.



IGNITE YOUR IMPACT PLAN

Throughout the pages of *Ignite the Power of Women in Your Life*, I challenged and called on men to do better and be better. In the pages of this workbook, I pushed you even more. If you've completed the exercises so far, you have no doubt looked more deeply at yourself and the women around you than ever before. Now, it's time to stretch yourself once again.

There is tremendous power waiting to be unleashed in the women in our lives. It's time for us to help ignite that power. And to do that, we're going to need a plan.

Over the next few pages, you'll review what you've learned so far and identify specific steps you can take — month by month and week by week — to truly ignite the power of women in your life.

➔ YOUR IMPACT COMMITMENTS ➔

Review the work that you've done so far and identify six things you want to personally commit to doing in order to ignite the power of women in your life. You may find it especially helpful to review your core philosophy. What types of behaviors do you want to practice? What skills do you need to learn? What new things do you want to try to deepen your relationships?

Then, on the pages that follow, create an action plan to help you fulfill each of these commitments.

COMMITMENT 1

COMMITMENT 2

COMMITMENT 3

COMMITMENT 4

COMMITMENT 5

COMMITMENT 6

IGNITE!
FROM COMMITMENT TO ACTION

COMMITMENT 1

Why is this commitment important to me?

What will I need to do to meet this commitment?

When or how often will I need to do this?

What do I need to do, learn or become in order to achieve this?

Who is my accountability partner and how can they hold me accountable?

IGNITE!
FROM COMMITMENT TO ACTION

COMMITMENT 2

Why is this commitment important to me?

What will I need to do to meet this commitment?

When or how often will I need to do this?

What do I need to do, learn or become in order to achieve this?

Who is my accountability partner and how can they hold me accountable?

IGNITE!
FROM COMMITMENT TO ACTION

COMMITMENT 3

Why is this commitment important to me?

What will I need to do to meet this commitment?

When or how often will I need to do this?

What do I need to do, learn or become in order to achieve this?

Who is my accountability partner and how can they hold me accountable?

IGNITE!
FROM COMMITMENT TO ACTION

COMMITMENT 4

Why is this commitment important to me?

What will I need to do to meet this commitment?

When or how often will I need to do this?

What do I need to do, learn or become in order to achieve this?

Who is my accountability partner and how can they hold me accountable?

IGNITE!
FROM COMMITMENT TO ACTION

COMMITMENT 5

Why is this commitment important to me?

What will I need to do to meet this commitment?

When or how often will I need to do this?

What do I need to do, learn or become in order to achieve this?

Who is my accountability partner and how can they hold me accountable?

IGNITE!
FROM COMMITMENT TO ACTION

COMMITMENT 6

Why is this commitment important to me?

What will I need to do to meet this commitment?

When or how often will I need to do this?

What do I need to do, learn or become in order to achieve this?

Who is my accountability partner and how can they hold me accountable?

IGNITE!

YOUR MONTHLY PLAN

As Stephen Covey said: "The key is not to prioritize what's on your schedule, but to schedule your priorities."

Now that you've defined what it will take to fulfill each of your commitments, you need to make sure you set aside the time to do those tasks and create a system of reminders to ensure you stay the course. Look out at the year ahead and create a 12-month schedule. This will give you a roadmap and a way to hold yourself accountable.

Here is a sample monthly plan:

Month:

January

My focus this month is to ignite impact by maintaining my commitment to:

Deepening my emotional connection to my spouse

I will include the following habits in my daily routine:

- Write 5 things about my spouse for which I'm grateful in my journal every night
- Do something to show my wife I'm thinking about her each day

Week 01

Plan a date-night without the kids for the end of the month

Week 02

Check in with my therapist

Week 03

Write her a special love note

Week 04

Have a meaningful conversation and fun on our date

MONTH:

My focus this month is to ignite impact by:

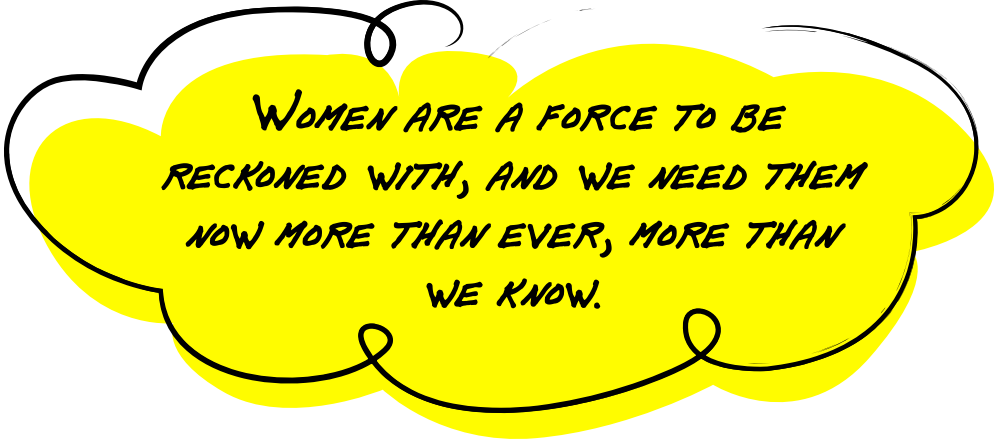
I will include the following habits in my daily routine:

Week 01

Week 02

Week 03

Week 04



*WOMEN ARE A FORCE TO BE
RECKONED WITH, AND WE NEED THEM
NOW MORE THAN EVER, MORE THAN
WE KNOW.*

MONTH:

My focus this month is to ignite impact by:

I will include the following habits in my daily routine:

Week 01

Week 02

Week 03

Week 04



EVERY MAN NEEDS A THERAPIST.

MONTH:

My focus this month is to ignite impact by:

I will include the following habits in my daily routine:

Week 01

Week 02

Week 03

Week 04



MONTH:

My focus this month is to ignite impact by:

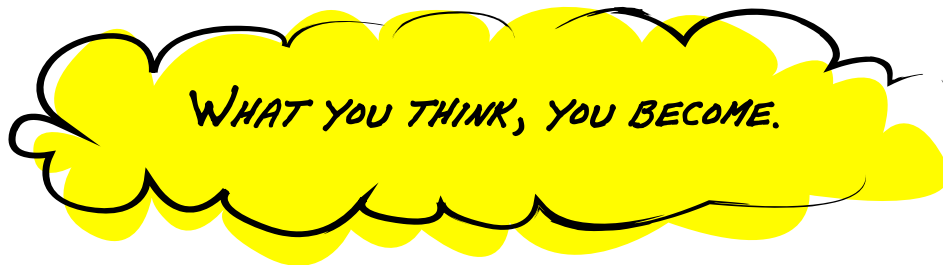
I will include the following habits in my daily routine:

Week 01

Week 02

Week 03

Week 04



MONTH:

My focus this month is to ignite impact by:

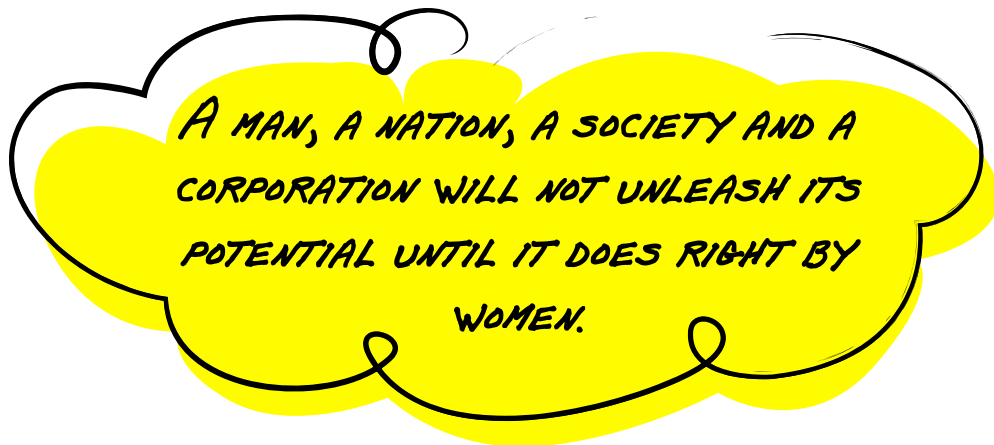
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Week 01

Week 02

Week 03

Week 04



MONTH:

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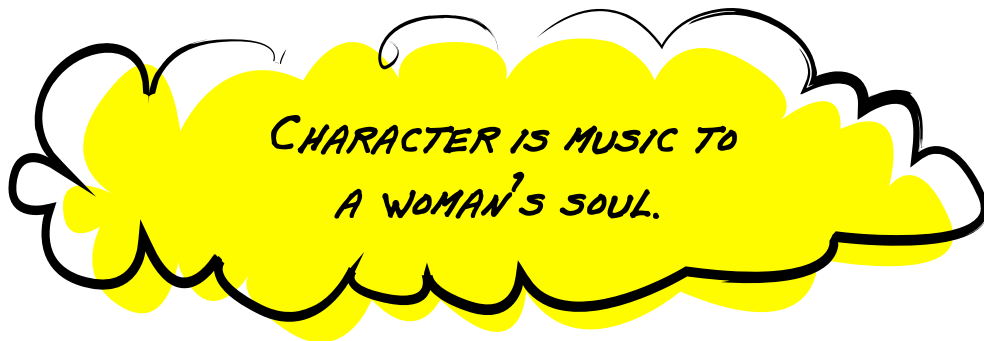
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Week 01

Week 02

Week 03

Week 04



MONTH:

My focus this month is to ignite impact by:

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Week 01

Week 02

Week 03

Week 04



*DON'T NEGLECT TO TAKE CARE OF
THE IMPORTANT THINGS IN YOUR LIFE.*

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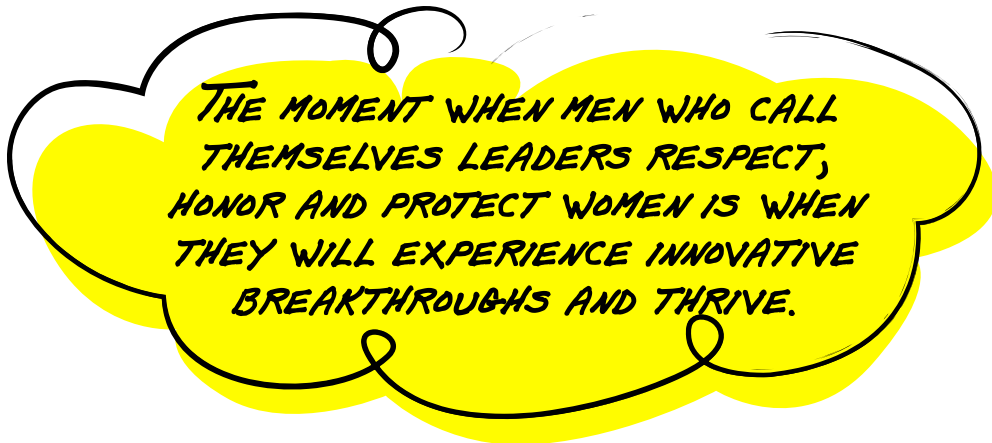
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Week 02

Week 03

Week 04



MONTH:

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Week 02

Week 03

Week 04



*LOVE IS NOT WHAT IT SAYS,
IT'S WHAT IT DOES.*

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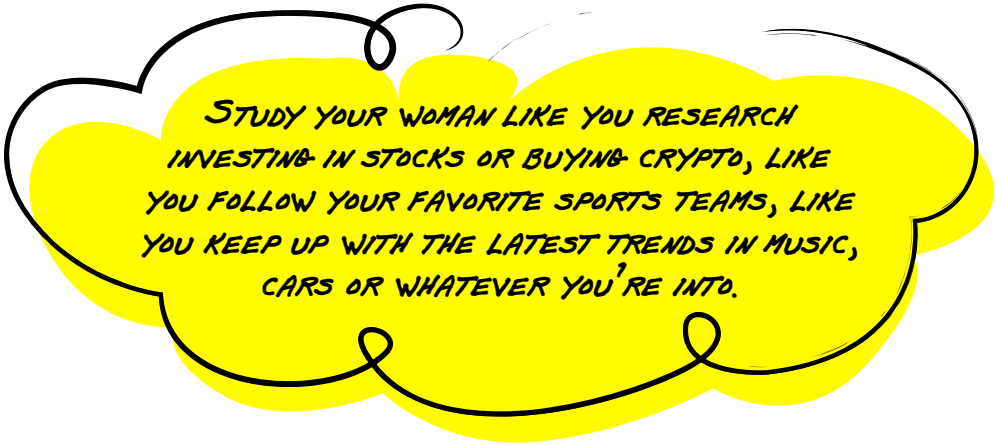
I will include the following habits in my daily routine:

Week 01

Week 02

Week 03

Week 04



*STUDY YOUR WOMAN LIKE YOU RESEARCH
INVESTING IN STOCKS OR BUYING CRYPTO, LIKE
YOU FOLLOW YOUR FAVORITE SPORTS TEAMS, LIKE
YOU KEEP UP WITH THE LATEST TRENDS IN MUSIC,
CARS OR WHATEVER YOU'RE INTO.*

MONTH:

My focus this month is to ignite impact by:

I will include the following habits in my daily routine:

Week 01

Week 02

Week 03

Week 04



MONTH:

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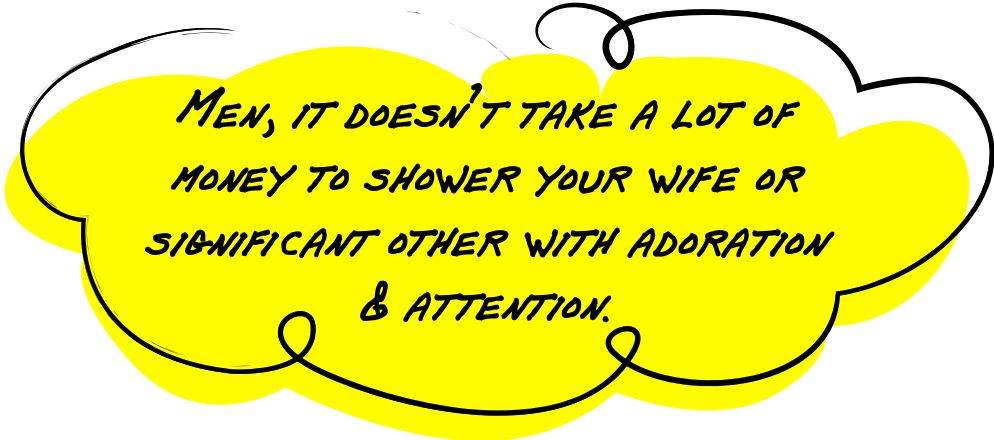
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Week 01

Week 02

Week 03

Week 04



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MONEY TO SHOWER YOUR WIFE OR
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IGNITE MORE POWER

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