



**THE
EMPOWERED
WOMAN'S
WORKBOOK**

The Workbook Accompanies



The Book Crushing Barriers

**Created by Marsha Lynn Hudson
Creator of The Women's Empowerment Society**

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How to Use this Workbook

If you are in the leadership series “Crushing Barriers: Succeeding in Life and Business,” or you ordered the book, “Crushing Barriers” we are glad you are here. This workbook accompanies the book, Crushing Barriers, and using the workbook along with the book will help you get the most out of the series. The way to use this workbook is to use the book and fill in the blanks, take notes, and allow yourself to be truthful and transparent. If you ever feel like something is the mission and you were created for more—I get it! I sure feel that way at times. The truth of the matter is you were created for more.

As much as we want to be successful (and success looks different to us all) we sometimes find it challenging to navigate the path that we want in this life. All we can do is take control of our lives and make changes where we see that we need them. Good news- this series – the Crushing Barriers” series will help you on your path to success. Use this workbook to crush the barriers that have been holding you back from creating a life and business you love, and let this workbook bring out your full potential.

If you don’t know about all the tools that you need for success from this series, these are all of the tools that you want to get for your own personal and professional development.

Included in the series are:

Book 1- Crushing Barriers: Succeeding in Life and Business

Book 2- Unleash the Leader Within: Excelling in Business and Career

Workbook – The Empowered Woman Workbook- physical product

My Big Bold Vision Dream Book – Planner /Journal – physical product

Transformation Guide – Turn Your Dreams into Reality- digital product

Mini -Course – Women Who Take the Lead and Change the Game

Our Membership – The Women’s Empowerment Society

All of these items are either available on Amazon or at our website – www.crushingbarrierswithmarsha.com and www.thewomensempowermentsociety.com

If you want to get the full experience of crushing barriers in your own life, then make sure you get the full series. I like to say commit at least 6 months and your life will never be the same. As I always say, “The Secret Sauce to Your Success is YOU!” Now, let’s crush those barriers and live our lives by design.

1. Define Your Vision

Defining your vision and understanding your value is crucial to your success as a woman. Our vision is the guiding force that helps us stay focused and motivated toward our goals.

Commitment to “Self” today

What is your big bold vision?

Is what you want for your life achievable for you? Is it for you? Why or why not?

From the book (pages 1-2) - Introduction

What is your story?

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What small steps can you take to reach your goals? (Pages 5-6)

- 1.
- 2.
- 3.
- 4.

Can you relate to Sarah's story? Respond. (Pages 7-9)

What is your passion? (Express in one sentence)

2. The Power of a Growth Mindset

A growth mindset is the belief that our abilities and talents can be developed through effort, perseverance, and learning through failures. As I always say, success starts with our mindset. By embracing a growth mindset, we open ourselves up to endless possibilities and opportunities for growth.

What do you think of when you think of a growth mindset?

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What are the keys to a growth mindset?

Key 1

Key 2

Key 3

How do you cultivate a growth mindset? List the steps (pages 17-18)

What will you do (or do differently) to cultivate your own growth mindset?

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Can you relate to Lily's Story? (Respond)

Notes:

3. Awaken the Queen Within

As women, we are constantly evolving and growing. Reinventing ourselves means embracing change and pushing ourselves to be better. It means breaking away from what society expects and defining our own paths for life and business.

How can we awaken some of the dead dreams that we have inside or that we have let go of?

In what ways do you feel you need to make changes in your life?

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How can you relate to Mary's story? (Respond) (Pages 26-27)

Notes:

What are ways you can...? (Pages 29-30)

Own Your Worth

Know Your Value

Set Boundaries

4. The Secret Sauce to Your Success

As a woman, owning your success is crucial for not only achieving your goals but also for breaking barriers and inspiring others. To own your success means taking credit for your accomplishments, having confidence in yourself and your abilities, and always striving to reach higher heights.

What is one way you can own your success? (Pages 32-34)

Why do we find it hard to own our success? How can we crush that barrier?

How can you relate to Sophia’s story? Respond. (Page 33)

Notes:

List 3 steps to owning your success (Page 35)

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Does anything hold you back from taking charge of your destiny and walking in your power?

5. Crushing the Inner Barriers

As women, we often face barriers that hold us back from our potential. These barriers can come in the form of self-doubt, fear of failure, and societal pressures. But it is time for us to break free from those limitations and unleash our inner confidence

What are some of the many barriers that women face?

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What are some that you face? (Pages 40-41)

Can you relate to Maya's story? (Respond) (Pages 42-43)

Notes:

List some steps to overcoming barriers (Page 44)

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Discuss the struggles we have and maybe some that you have when it comes to.. (Pages 44 – 46)

Overcoming Self-Doubt

Overcoming fear of failure

Building Confidence

Think about ways you can (personally) crush these barriers in your own life

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6. Achieving Work-Life Harmony

Finding a balance between work and life can be a daunting task for many women. With the demands of career, family, and personal responsibilities, it may seem impossible to give attention to each area. However, achieving work-life balance is crucial for our overall well-being and success.

What does balance look like to you in your life?

How can we set realistic expectations for our lives on a daily basis? (Pages 50-51)

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Can you relate to Emily's story? (Respond) (Pages 52-53)

Notes:

What are some steps to achieving work-life harmony? (Pages 53-54)

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Thinking time... Are you an entrepreneur or a career woman?

How can we find balance as an entrepreneur and as the other things that we are?

What roles do you hold? How can we find balance for our many roles?

How do we achieve harmony in everyday life? (Pages 55-56)

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7. Bounce Back from Setbacks and Road Blocks

Bouncing back from setbacks and roadblocks is just a part of life, especially for ambitious women striving to succeed in both their personal and professional lives. However, it is important to remember that these setbacks do not define us. It is the way we handle and overcome them that truly matters.

It is important to celebrate small wins.

Do you find it hard to celebrate the small wins in your life? Why?

List some of the small wins you can recall in your life

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Can you relate to Amelia's Story? (Respond) (Pages 61-62)

Notes:

List some ways to bounce back from setbacks (Pages 63-64)

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To overcome challenges, we must stay focused and keep moving.

How can we do this? (Page 64)

What are ways to reach our full potential even during the hard times? (Page 64)

How can you take action when roadblocks come your way? (page 65)

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Why is it important to have a support system?

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How can we use challenges as growth?

8. Stay Grounded in Your Values

It is important to stay grounded in your values and beliefs especially as we navigate the ever-changing world of life and business. Our values are what guide us through difficult situations, keep us true to ourselves, and ultimately lead us to success.

By staying true to our values, we stay _____ and _____.

What happens during times of growth and change? (Pages 67 -68)

Can you relate to Naomi's Story? (Respond) (Pages 69-70)

Notes:

What are some steps to staying grounded in our Values?

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How can you lead with integrity when your values are being challenged?

9. Eyes on the Prize

I want to remind you all my fellow women, to keep your eyes on the prize. Success can come but it doesn't come easy, and there will be challenges along the way. That is why it is crucial to remain persistent and consistent in pursuing your dreams. Being persistent and consistent means not giving up and being determined.

When keeping your eyes on the prize, remain _____ and _____ .

Success is not a destination- it is a Journey- What does this statement say to you?

Can you relate to Avery's story? (Respond) (Page 78)

Notes:

What are 3 steps to keeping your eyes on the prize?

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When the path gets steep, how do you stay the course? (Page 79)

Keeping your Eyes on the Prize means being a lifelong learner.. What do you do monthly for learning?

10. Become an Empowered Woman

True empowerment springs from within. It begins by building a relationship with your inner wisdom and capacity for greatness that resides in every woman. Turn out limiting beliefs and believe in your ability to be the instrument of change you wish to see. Set your goals and align them with your values and purpose.

What does it mean to be empowered?

Where does empowerment come from? (Pages 84-85)

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Can you relate to Carly? (Respond) (Pages 86-87)

Notes:

List 3 steps to becoming an empowered woman

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Time for Creating... (pages 89-90)

How can you create a legacy of Innovation?

How can you create a legacy of Change?

How can you create a legacy of Impact?

How can you take action toward becoming an Empowered Woman?

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About the author and creator of “Crushing Barriers” and the Women’s Empowerment Society



Marsha Lynn Hudson- Online Marketing Strategist & Leadership Trainer

Marsha Lynn Hudson's motto is " We Don't Just Train. We Transform". Marsha has been in education for over 30 years as a teacher. For the last 22 years, she was a Professor of Literature at Wharton County Jr. College until her retirement in 2023. Still young at heart and strong in her mind, she is charting a new course at this phase of life for leadership training for women. Marsha loves being in education, and now wants to train and equip the educators who are still in the trenches. She is the founder of Hudson Enterprises and Consulting, and she lives in Houston Texas with her best friend and life partner, Malcolm Hudson

In her education career, she has taught at the University of Houston, the University of Phoenix, and LeTourneau University. Marsha holds her EdS degree in Teacher Leadership from Walden University. Since 2015, Marsha has been a Marketing & Brand Strategist working with entrepreneurs and companies like the SBDC (Small Business Development Center), J.P. Morgan Chase Bank, Diversity in Ed, and other businesses and organizations training them on ways to increase in leadership and marketing.

She is the author of several books including “Crushing Barriers: Succeeding in Life and Business,” and “Unleash the Leader Within: Excelling in Business and Career.” Crushing Barriers is also a training program, an online course, and includes digital products. Marsha is the founder and creator of “The Women’s Empowerment Society” which is not just a membership, it’s a movement. Masha wears many hats including speaking, training, coaching, and writing, but at the end of the day she wears these hats well. She is skilled at time management and productivity.

In her spare time, she enjoys working in the photography business with her husband who is a drone pilot and videographer. In her leisure time, she enjoys leisurely walks, being in nature, weekend getaways, and delighting in the simple things in life. As Marsha likes to say, “The Secret Sauce to your Success is YOU! Most days, you can find Marsha sitting outside with a book in one hand and a coffee in the other at a local coffee house or bookstore.

Resources and Information Page

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