



CONSCIOUS LEADERSHIP EXPERT
AUTHOR & LEAD RESEARCHER
EXECUTIVE COACH

UNDENIABLE

THE FOUR MOVES
THAT TURN

PURPOSE

INTO

EXTRAORDINARY INFLUENCE

THE TAME FRAMEWORK

REFLECTION & ACTION WORKBOOK

Turn purpose into extraordinary influence - one deliberate move at a time.

PARTICIPANT NAME

DATE

BEGIN HERE

INSIGHT BECOMES INFLUENCE WHEN YOU PRACTICE IT.

This workbook is your space to slow down, tell yourself the truth, and turn the TAME Framework into deliberate action. Do not write what sounds impressive. Write what is true.



TALK LIKE YOU BELONG

Trust your voice. Stop waiting for permission.



ACCELERATE AWARENESS

Interrupt assumptions. See the story beneath the story.



MAGNIFY THE INNER VOICE

Name the critic so your inner leader can speak.



ELEVATE EACH OTHER

Turn support, generosity, and community into action.

BEFORE YOU BEGIN

The conversation, decision, or opportunity that matters most right now is:

If I showed up as the most undeniable version of myself, what would be different?



MOVE 01

TALK LIKE YOU BELONG

Trust your voice. Bring your culture, energy, and perspective into the room.

" True belonging does not require you to change who you are. It demands that you be who you are.

VOICE & BELONGING AUDIT

Rate each statement from 1 (rarely) to 5 (consistently).

I trust my voice in high-stakes rooms.

1-5

I speak before I feel perfectly ready.

1-5

I bring my culture, energy, and perspective with me.

1-5

I focus on serving instead of proving myself.

1-5

Where are you still waiting for permission to lead?

What does playing small cost you - and the people you are called to serve?

REFLECTION TECHNIQUE

THE RED GLASSES INVENTORY

Pressure can make us leave our most distinctive qualities behind. Name what you carry, what you hide, and what becomes possible when you bring all of yourself.

What makes me distinct

What pressure makes me hide

COURAGEOUS CONVERSATION REHEARSAL

The conversation I need to have

What needs to be said

What fear says

What purpose says

My opening sentence - clear, human, and true

My 24-hour move

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WHERE AM I WAITING FOR PERMISSION TO LEAD?

Consider: What part of me wants to be seen? What would I say if I trusted that I belonged? Who benefits when I stop shrinking?

My truth in one sentence



MOVE 02

ACCELERATE AWARENESS

Interrupt assumptions. Recognize the story inside yourself and the human being in front of you.

" Every person you encounter is carrying a story you cannot see.

THE PRESENCE PULSE

Think about your most recent meaningful conversation.

What I assumed

What I noticed

What I may have missed

What I will ask next

BEFORE + AFTER EVERY CONVERSATION

BEFORE

What story am I bringing?
What might be true for them?

AFTER

What will this person remember?
Did they feel seen, heard, and valued?

CONNECTION PRACTICE

THREE ICONIC MOMENTS. ONE TRUE WORD.

Iconic does not mean impressive. It means defining: a victory, loss, risk, turning point, or moment you survived.

1	Defining moment	What it shaped in me
2	Defining moment	What it shaped in me
3	Defining moment	What it shaped in me

The one core value connecting all three moments

MY 60-SECOND STORY

One defining moment was... It taught me... That is why I lead with...

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WHOSE STORY HAVE I REDUCED TO AN ASSUMPTION?

Consider: What have I decided without asking? What story might sit beneath the behavior? What would authentic curiosity sound like?

One question I will ask to create deeper connection



MOVE 03

MAGNIFY YOUR INNER CRITIC

Bring the critic into the light so the inner leader underneath can speak.

" The loudest voice is often the one inside your own head.

Give your inner critic a name

The message it repeats most often

When does this voice get loudest?

What might it be trying to protect?

What has believing this voice cost me?

PAUSE + NOTICE

When the voice appears, notice its pattern before obeying it.

☐

Body cue I notice

☐

Thought I repeat

☐

Behavior that follows

REFLECTION TECHNIQUE

SIT DOWN WITH THE VOICE.

Do not fight the voice or hand it the microphone. Understand it, learn from it, and set a boundary.

When did you first appear in my life?

Where do you come from?

What do you want me to learn?

What are you afraid will happen if I lead?

What boundary do I need to set?

What compassion or appreciation can I offer?

My firm command: I hear you, _____. You may warn me, but you may not decide...

REFRAME THE MESSAGE

The critic says

My inner leader answers

FINISH THE SENTENCE

GIVE YOUR FUTURE A VOICE.

Five years have passed. You return to share what became possible because you trusted your purpose. See it clearly, then write the evidence.

What did you build?

Who is now on your team?

Whose lives are different because you stayed?

What does your family have because you answered your purpose?

What did you finally stop believing about yourself?

What does your inner leader say now?

FINISH THE SENTENCE

I BECAME UNDENIABLE WHEN I...

Speak your vision out loud. A vision becomes powerful when it leaves your head.

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WRITE FROM THE VERSION OF YOU WHO ANSWERED THE CALL.

Begin: Dear present-day me, I need you to know... Write with the confidence, compassion, and clarity of your future self.

The commitment I will keep for the next 30 days

The person who will hold me accountable

90-DAY EVIDENCE OF PROGRESS



MOVE 04

ELEVATE EACH OTHER'S STORIES

Support becomes influence when it becomes action. No one becomes undeniable alone.

" Purpose becomes undeniable when it lifts someone else.

The weight I am carrying right now

The support I actually need

The person I will ask

I will ask by

WHAT KIND OF SUPPORT WOULD HELP?

☐ Listening

☐ An introduction

☐ Honest feedback

☐ A resource

☐ Encouragement

☐ Accountability

What makes asking for support difficult?

GENEROSITY PRACTICE

THE ELEVATION MAP

Choose three people. See their story, name their potential, and turn your support into one specific action.

PERSON + POTENTIAL	WHAT THEY MAY NEED	MY SPECIFIC ACTION	BY WHEN

GENEROSITY WITHOUT AN AGENDA

Who can I encourage today?

The exact words I want them to hear

COMMUNITY COMMITMENT I will make sure no one carries

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WHOSE SUCCESS CAN I MAKE MORE POSSIBLE?

Consider: Where have I been competing when I could collaborate? Whose story deserves more room? What can I share, introduce, or celebrate today?

One action I will take before I leave

INTEGRATE THE FRAMEWORK

FOUR MOVES. ONE PURPOSE. EXTRAORDINARY INFLUENCE.

Choose one visible action for each move. Make it specific enough to schedule and simple enough to begin.

MOVE	MY ACTION	PERSON / MOMENT	BY WHEN	EVIDENCE
T				
A				
M				
E				

MY UNDENIABLE COMMITMENT

I will bring something so real, so alive, that people can feel it - and cannot ignore it - by:

SIGNATURE

DATE

joey
aviles**STAY CONNECTED**

joeyaviles.com | info@joeyaviles.com | 202-855-4727

Social: @migueljoeyaviles