

The Four Driving Forces

Ninja Activation Levels Worksheet

You might be a ninja and not even know it — or a ninja who feels stuck and isn't sure why. Ninjas are fueled by four driving forces, and each one can be at different activation levels, from idle to full engagement. This worksheet helps you identify where you're idle, where you're misfiring, and where you're ready to move forward.

| The 4 Driving Forces | Idle | Misfiring or Revving in Place | Full Engagement |
|--------------------------------------|--|---|---|
| #1. Daring Dreams | <ul style="list-style-type: none"> • Dreams feel fuzzy or pushed down • Daydreaming without direction • Frequent questioning of dreams • Settling for 'good enough' | <ul style="list-style-type: none"> • Constantly switching dreams • Starting and backing off repeatedly • Trying to pursue too many dreams at once • Movement without traction | <ul style="list-style-type: none"> • Clear and focused direction • Strong ability to say no • Momentum builds quickly • Challenges do not derail progress |
| | <p><i>What's your current activation level? What's the evidence or examples? Note key insights or realizations.</i></p> | | |
| #2. Purposeful Learning | <ul style="list-style-type: none"> • Interest in learning without follow-through • Learning talked about but not practiced • Curiosity without action | <ul style="list-style-type: none"> • Overconsumption of information • Learning adjacent or unrelated topics • Endless learning without application | <ul style="list-style-type: none"> • Learning that fuels energy • Learning applied directly to goals • Unneeded learning cut away • Strengths intentionally developed |
| | <p><i>What's your current activation level? What's the evidence or examples? Note key insights or realizations.</i></p> | | |
| #3. Courageous Transformation | <ul style="list-style-type: none"> • Learning not applied to life • Dreams not integrated into behavior • Change postponed due to conditions • Repeating the same patterns | <ul style="list-style-type: none"> • Surface-level change only • Avoiding core issues • Actions disconnected from priorities • Learning rejected in real moments | <ul style="list-style-type: none"> • Change integrated from the inside out • Mindsets and systems reorganized • Behavior shifts without announcement • Learning embodied in daily actions |
| | <p><i>What's your current activation level? What's the evidence or examples? Note key insights or realizations.</i></p> | | |
| #4. Bold Action-Taking | <ul style="list-style-type: none"> • Knowing what to do without doing it • Talking about action without movement • No forward motion | <ul style="list-style-type: none"> • Busy but misaligned actions • Scattered or inconsistent effort • Poor follow-through • Energy spent without progress | <ul style="list-style-type: none"> • Bold actions taken consistently • Actions aligned with clarity and learning • Comfort with risk and discomfort • Momentum maintained through recalibration |
| | <p><i>What's your current activation level? What's the evidence or examples? Note key insights or realizations.</i></p> | | |

Clarity Is Your Competitive Advantage.

What if the breakthrough you're looking for isn't a "magic bullet" that promises instant results, but a **powerful tool you can rely on – time and time again** – to conquer challenges and create lasting well-being, happiness and success? At Pocket Ninja Strategies, we know clarity is a superpower and your ultimate competitive advantage!

Clarity is a powerful sword that cuts through overwhelm. It transforms hesitation into decisive action and turns complex decisions into courageous steps forward. Whether you're seeking breakthroughs in business, advancing your career, or creating meaningful change in your life, clarity fuels the momentum to move—and the resilience to keep going.

Imagine what's possible when you:

- Know exactly what you want — and why it matters?
- Navigate challenges with clarity, instead of questioning yourself?
- Lead with courage and surprise yourself with your bold actions?
- Replace burnout with clarity and forward momentum?

Clarity doesn't just move you forward—it sets you apart.

At Pocket Ninja Strategies, we empower you to turn your desires into action through our signature MTS Training™ — Mindset, Toolset, and Skillset development — for lasting growth. Whether you're building momentum, overcoming challenges, or seizing new opportunities, we provide the clarity, strategies, and tools to help you grow and thrive.

Try a complimentary Clarity Conversation.

Discover the power of clarity — what it feels like and what it could unlock for you. Schedule your session today at clarity@pocketninjastrategies.com.



What Clients Are Saying...

The coaching process was a game-changer. After every session, I felt energized and had a clear sense of direction. I looked forward to each session because I always had something specific I wanted to work through, and by the end of each session, I had actionable steps to take. I'm the kind of person who loves applying what I learn to real-life situations, and coaching gave me the tools and confidence to do that. I started making different decisions and advocating for myself in ways I hadn't before. For example, I got the courage to ask for things I never thought I could, like extra flexibility in my schedule or opportunities that aligned with my goals – and I actually got them!
– Marcelo Marques, GM

In essence, working with PNS has been a life-changing experience. I now embrace authenticity, joy, and contentment in the present, leveraging my strengths to create a thriving business. I feel unburdened, as my cages dissolve and I step into a world of freedom and boundless opportunity. With PNS as my steadfast coach, I am creating an extraordinary life and business. I am eternally grateful for the transformative impact this has given to me.
– Sabrina, Mortgage Broker

Coaching was a game-changer for me. I came in knowing something felt 'off' – at work, at home, and in my relationships – but I couldn't pinpoint what it was. Through coaching, I gained clarity on my values and uncovered misalignments that were holding me back. Once I understood my priorities, everything shifted. I started making intentional changes – balancing work and life, aligning my actions with my values, and focusing on environments where I could thrive. That clarity set off a domino effect. It's had a lasting impact that continues to ripple outward.
– Kieran, Founder, COO & Consultant

If you're looking for a coach who can help you achieve your goals and transform your life and also unleash your potential look no further than Jehanne – she is the best coach you can ask for.
– Beatriz Magnabosco, Surgeon & Executive Leader

Ready to move *forward*? Ask Pocket Ninja.
jehanne@pocketninjastategies.com or www.pocketninjastategies.com