

# Pitch With Power: 5-Step Checklist for Women

## Everyday Strategies to Influence Work and Life

Every woman is pitching daily — at work, at home, and in life. Use this checklist to prepare, influence, and pitch with confidence.

### ■ Define Your Ask Clearly

- ✓ What exactly do I want? (Promotion, vacation, flexible hours, etc.)
- ✓ Can I summarize it in one clear sentence?

Tip: Avoid vague phrases like “I was thinking...” Instead, be direct: “I’d like to request...”

### ■ Back It with Evidence

- ✓ Do I have numbers, examples, or stories to support my idea?
- ✓ Can I show how this benefits the other person as well as me?

Trick: People trust data more than feelings. Use stats, savings, or results to make your pitch undeniable.

### ■ Frame It as a Win-Win

- ✓ How does this request align with their goals, priorities, or needs?
- ✓ Am I presenting it as collaboration, not confrontation?

Tip: Use “we” more than “I.” Example: “This vacation will help us recharge as a family.”

### ■ Practice the Delivery

- ✓ Have I rehearsed how I’ll present it (tone, body language, confidence)?
- ✓ Can I deliver it in under 3 minutes without rambling?

Trick: Record yourself on your phone. If you sound unsure, practice again until your tone is confident and concise.

### ■ End with a Clear Next Step

- ✓ Did I propose a specific action or decision?
- ✓ Example: “Can we confirm this by Friday?” or “Shall we plan the details this weekend?”

Tip: Always end with a question that requires commitment. Leaving it open-ended often leads to ‘let’s see later.’

■ Pro Tip: Confidence is not about being loud — it’s about being prepared. When you walk in with clarity and evidence, your pitch already wins half the battle.

■ Keep this checklist handy before your next pitch — at work, at home, or in life.

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