

When we CLAIM our Personal Power, we experience life!

"I'm just going through the motions..."

Ever had a day like that?

A week, a year, a lifetime?

Feeling unaware, unnoticed, half-interested, half-engaged, numb, or directionless?

In the absence of realizing one's Personal Power, life goes unexperienced or half-experienced at best.

When we start to understand the depth of our Personal Power, we begin to feel again. We become aware, noticing, interested and curious, engaged and visionary.

We start to live in the NOW, not the past or the future.

This NOW-ness has the ability (with the help of our Personal Power) to release us from impulsivity and the ever-present desire to cozy up to our old fears and do things the old way "because it's easy."

We reckon we have enough "hard" in our lives and doing anything else, the thing we really want and hotly desire would just be piling on.

James Clear says, "True behavior change is identity change. You start a habit because of motivation, but you stick with it because it becomes part of your identity."

If we start to identify as women who are aware of, in touch with, and living through our Personal Power, the above statement becomes our reality.

So how do we CLAIM this dormant Personal Power? How do we wake it up?

Brendon Burchard says by being:

1. An OBSERVER: how are you behaving? Analyze your life as an observer. How do you handle things?

Answer this: Am I responding as my highest and best self? What would I say if I was?

2. A DIRECTOR: by being aware and on purpose, you live life more intentionally and aware. The director calls the shots and shapes the narrative - as directors, we CHOOSE to create a hero.

Answer this: What will my life story be and how can I direct my thoughts and actions to make my vision a reality?

3. A GUARDIAN: of your heart, mind, body, and soul. Guard against negative information, food, people, and habits. Stop consuming USELESS and STUPID, because consuming it means it becomes a part of us!

"We would feel horrible and guilty if we destroyed someone else's property, yet we wreck the very temple our Creator gifted us with!" -Brendon Burchard

4. A WARRIOR: warriors understand self-mastery - they have their weapons - skills, tools, tactics, and strategies, and use them in warfare when it comes to hard work.

Cowards shrink back while warriors use their weapons.

Answer this: Am I doing what I need to do to prepare my mind, body, and soul for victory? Am I convicted and committed, or just going through the motions?

5. A LOVER: being present, attentive, and connected to those who matter most, and having relationships that are sweet and caring.

Answer this: Am I GENUINELY asking how their day was, and then truly listening? Do I think of ways to make their lives better? Is there a way to demonstrate more affection and appreciation?

6. A LEADER: We are here, now, on purpose, and for purpose. Understanding this means we stop grasping and start leading.

This world needs fearless leaders.

Answer this: How can I uplift others and improve the world that I influence? At home, at work, in service?

All of these roles help to awaken our own Personal Power.

It's time to wake up - your life is calling!

...And you need Personal Power to live it WELL!