

We've talked about high/low vibe, energy, and what it means to tap into your Personal Power.

The awareness of it is always the right start BUT -

Did you know you can increase it?

Personal Power increases when we increase our ability to do these 4 things:

1. Think thoughts that are supportive, not the put-down ones!
2. Act, rather than procrastinate. Tell yourself "I'm going to do it anyway, even though I am _____ (scared, tired, don't feel like it, etc.)"
3. Choose love over hate. The world is a polarizing place and stepping away from, and out of, the narrative in favor of love is a better use of your energy.
4. Understand that there is a connection between your intellect, spirit, and will. Allow them to collaborate, so they can create.

James Clear says, "The more you create, the more powerful you become."

So here are the "How To's" on increasing your Personal Power, and questions to ask yourself:

1. Do you know who you are and what you stand for?

You've heard, "If you don't stand for something, you'll fall for anything."

We're talking about your values. Your life is dictated by them; are they your own values or have you adopted someone else's?

2. BELIEVE! Do you believe in what you're doing or just going through the motions like we talked about a few days ago? To tap into Personal Power, your life needs to be anchored with your values. If you don't truly believe them (because they're not yours)...well, there is no anchor and you are adrift.

3. Look at your talent, passion, and contribution - those 3 things will help drive you to find your sweet spot and realize almost a divine synergy - you're energized, excited, and love what you do and evidence of your Personal Power.

4. Show up every day as the True You - it takes guts to live an authentic life and stop being a people pleaser. Not being the true you will drain you of your Personal

Power, giving you back a life of "pretend." (that's a nice way of saying your pretending is a lie!)

5. Push your own buttons. In the office where I used to work, they had a sign over the thermostat saying "Touch these buttons and die!"

You need to guard your own thermostat just like my office did--secure it, warn others to back off, and have a clear boundary. When we allow others to push our buttons, we give up the regulation of ourselves, just like a thermostat in your home.

What if someone you knew had the audacity to change the temperature on your thermostat? I'm going to guess you'd be offended--I know I would be. It's the same thing!

When you realize your Personal Power, you make better choices, have better outcomes, and have more vibrancy! Can you imagine increasing it, too? WOW!

High Vibe

1. Real true friendships
2. Finding love
3. Being important to others
4. Living your best life complete
with faltering along the way
5. Being true to yourself
6. Noticing and reveling
7. Seeing what's possible

Low Vibe

1. Acquaintances
2. Isolating
3. Being co-dependent
4. Living with regret
5. Playing for others
6. Navel gazing
7. Believing the lies and your
self-limiting beliefs