

"Personal Power" was a thing way back when, and I even bought the program - do you remember the infomercials? 😊

There was some really good stuff in there! Some of my favorite highlights are:

- Acknowledge and declare it
- Replace negative self-talk with positive affirmations
- Advocate for yourself (and others)
- Ask for help when necessary
- Acknowledge your fears

Personal Power is generated by confidence, strength, and competence.

Psychologists tell us that Personal Power represents a movement TOWARD self-realization, to help you master yourself. (not others)

The cool thing is when we tap into this, we become MORE of who we are - living consciously and leaving the auto-pilot thinking for toilet cleaning, not living.

Bruce Lipton, author of *Biology of Belief*, says we live 85% of our lives on autopilot. We miss the sweetness of life just going through the motions, day in and day out.

But RECOGNIZING our own Personal Power means we have a vibrant vision for ourselves, we are more generous with our love and empathy, and we see the abundance in this world instead of the scarcity. We don't fear "running out."

Your INTELLECT, SPIRIT, and WILL collaborate to bring Personal Power into your life.

This is God's gift to you - these incredible CAPABILITIES help you to discern knowledge over ignorance; wisdom above foolishness; hard work over ease; humbleness and humility over arrogance; love over hate, and grace above condemnation.

"Personal power involves producing success through modeling what works and taking consistent action towards your goals. At the same time, you have to internalize behavioral and belief changes in order to take the necessary action to produce the results. It's been said that successful people do what others won't, and that if you believe you can or you believe you can't, you're right. Both of those statements are true."

—Tony Robbins —

How do you harness your own Personal Power?

1. Have confidence in what you stand for.
2. Believe in what you're willing to work for.
3. Be authentically YOU - weirdness, warts and all!
4. Be proactive, not over-reactive. (Over-reacting is how Personal Power is lost!)
5. Value victory instead of victimhood.