

Some people seem to have a natural propensity for confidence and strength, while others are the complete opposite. The bottom line is - your Power Points are controllable.

How do you do this?

1. Tell the story you want based on the outcome you want. What do you desire? How will it serve you and those around you?
2. Power it up - use your I AM statements and have a good morning ritual in place. Your setup is your get-up-and-go.
3. Your emotions aren't oceans - merely moments. We have to compartmentalize certain things in our lives. Mastering means putting them in place.
4. Goals, girls, GOALS! They give us a GPS and help us harness our power.
5. Striving is thriving. Hard happens - allow for it and push through anyway. This is what gives you grit!

Each one of us has strengths and Power Points, and when you start to recognize the things in your life that can be directed into the things you want, it will change your entire perspective. ❤️👉