

**Workbook**  
**DEVELOP YOUR  
PERSONAL POWER**

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## What Is Personal Power

Ultimately, it's your ability to refocus to change your life's direction. Of course, there's a little bit more to it than that.

A great example of personal power and how you can exercise it would be to control how you react to someone trying to get a rise out of you, to quit smoking or implement a new habit.

An effective way to measure your level of personal power would be to see just how efficiently (and quickly) you can change a particular behavior pattern. Though, this is a good time to point out that personal power is not self-discipline, though they may share a number of similarities.

When you try to change a habit or adopt a new one, the key factor you have to consider is desire. The greater your desire the easier you will find it to make changes. When faced with a grave diagnosis and told to give something up, there is a high price to pay.

A highly motivated person will focus on giving that unhealthy habit up in order to live longer. They use self-discipline to overcome the challenge and use their personal power, which they may not even have known they possessed.

Now, this might seem like the complete opposite of personal power. What it shows us, though, is that people who overcome when they have no other choice *do* have a wealth of personal power, they just didn't have *desire*.

### **So, how can you develop your personal power?**

You have desire but why do you struggle to make things happen? Well, that is where your personal power comes in. Though, you could be facing trouble with competing desires. You may choose to blame your self-discipline and wish for more personal power, without considering how your competing desires impact your habitual choices.

So, you want to start eating a healthier diet, but you are too tempted by ice cream to really commit. You now have two competing desires, the one where you want to eat healthily and the one where you want the pleasure you get from eating ice cream. This sets up a conflict of agendas.

When you are faced with conflicting desires, you tend to increase your use of that personal power as you go between those desires. You might think that sounds like a positive, but you're expending your personal power incorrectly because you're draining your energy. You're wasting it.

You eat a healthy dinner and you treat yourself to ice cream for dessert. Then comes that voice within that chides you about your choices, telling you that you've failed and convincing you that you don't have the power to succeed.

When you let that voice speak unchecked, then you start to agree with its narrative and you are left with very little personal power. Your personal power should be invested in believing that you are capable of anything and everything. The problem is not that you lack personal power, it's that you have invested in the belief that you're powerless.

**One of the most effective ways to develop your personal power is to stop agreeing with those self-sabotaging thoughts that are filling your head. It's important that you have the self-awareness to understand that.**

One way to tackle those conflicting desires is by focusing your attention. It's important that you realize that even if you have discipline, you don't necessarily have focus. It doesn't necessarily mean that you can master your focus in every (or any) situation. Meditation is one of the most effective ways to increase your ability to focus.

You take in a literal stream of information at all times, no wonder it's so difficult to quiet your mind in order to focus on a single task.

Meditation teaches you how to quiet your mind and focus, something that you can then do in other areas of your life. It's difficult to do when you have no personal power to exercise. When you want to take your life in a new direction, you're demanding that your mind does something that flies in the face of how you've trained it to act all these years.

Your thoughts often create emotional pain that you're not even aware of, you're inflicting suffering on yourself because of the beliefs and thoughts you've created in your head. That awareness will help you through the process of developing your personal power.

# Developing Your Personal Power

## Stop Habits That Waste Time

The first step to developing your personal power is to stop your habits that waste time and serve you none.

You have plenty of personal power already, it’s just hiding, and then throughout the day you waste it on nothingness and end up exhausted. This is your opportunity to consider the habits that sap your personal power, exhaust you, and are just a waste of your time.

Make a note of your time-wasting habits here....

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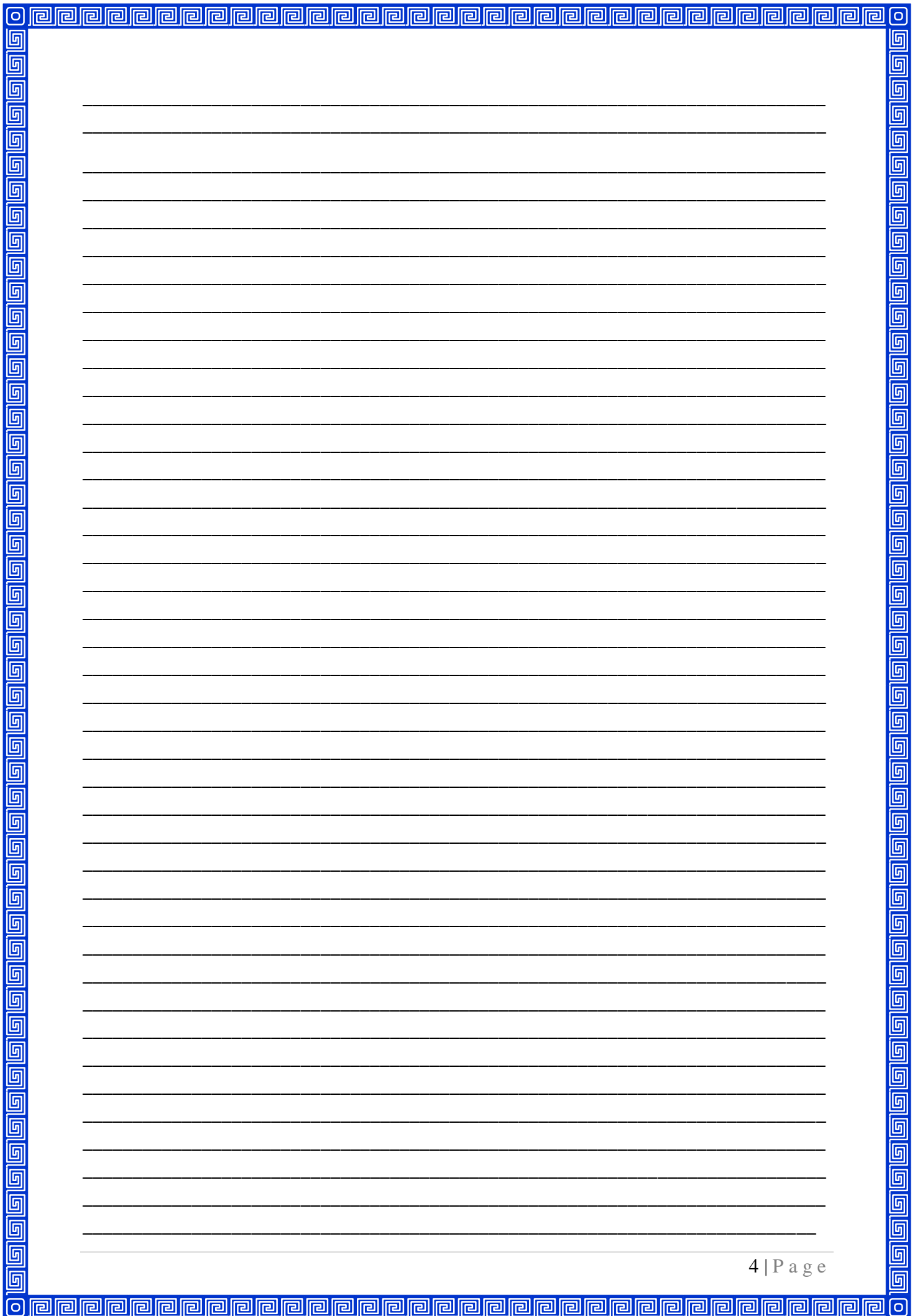
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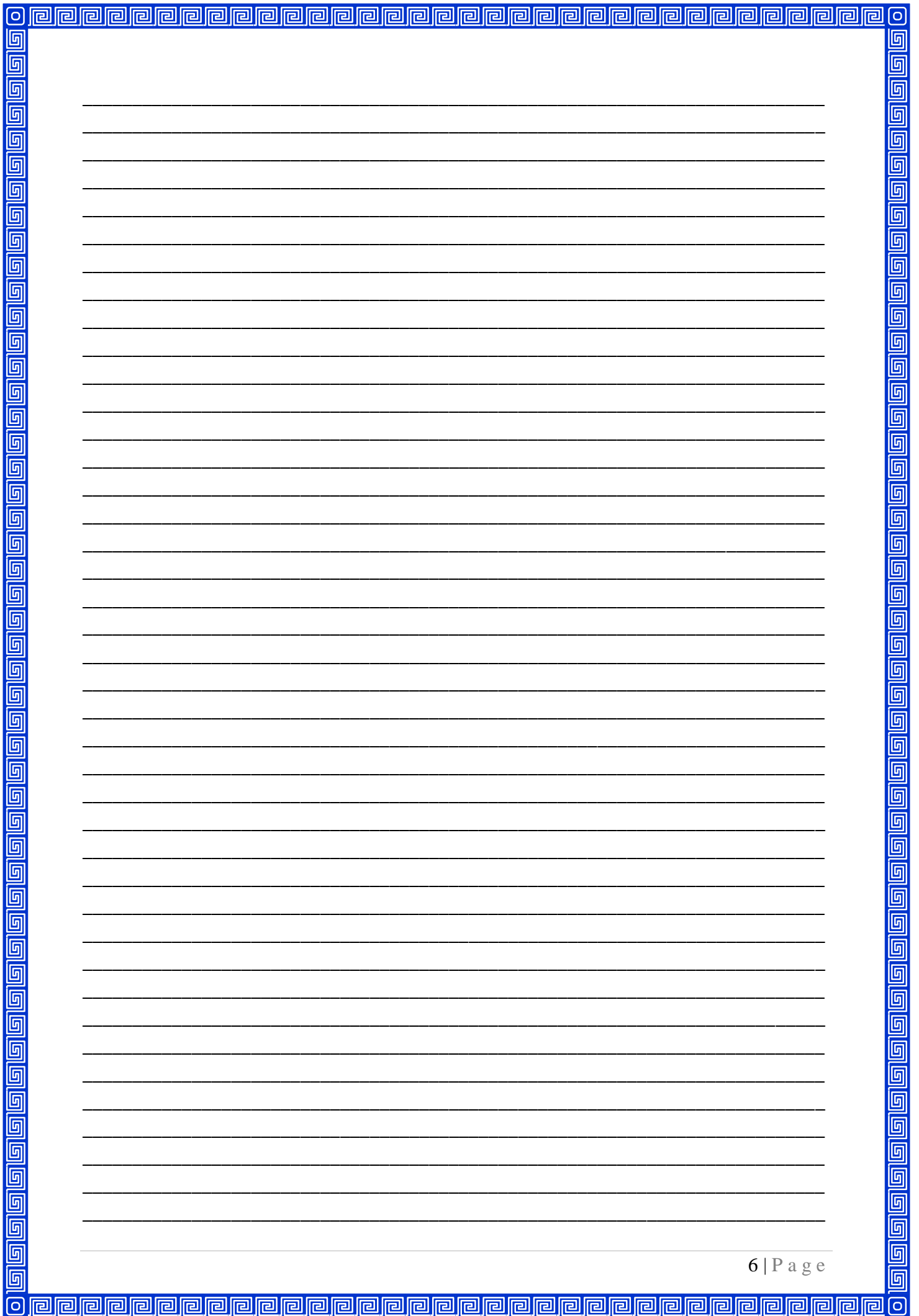
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# Set Your Goals

With every degree of power, you gain, you can break another one of those habits or activities that is wasting your time. As you break more and more of those habits, you will start to see your personal power develop.

**Essentially, those habits are sabotaging your progress and growth as a human. You will get better at breaking bad habits as your personal power grows, too.**

In order to develop *and* wield your personal power, there are a number of activities that you can and should do. You need to create clarity, it's the key to personal power. It's important that you know exactly what you want and how you plan to achieve it.

Before you can do this, you need to have personal goals.

**This is your opportunity to create a set of personal goals. You can write a list of as many as you like, you won't work on them all at once.**

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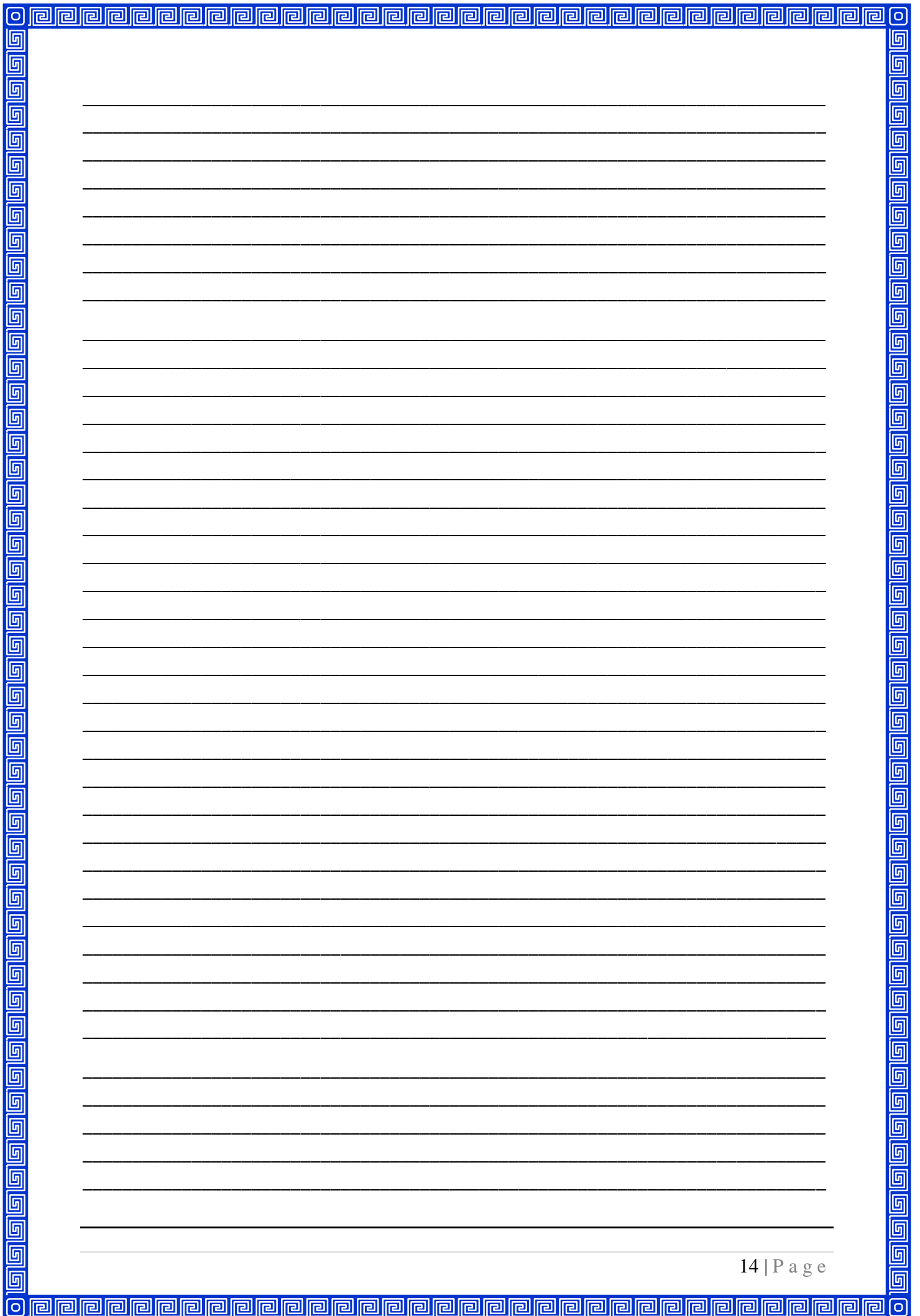
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## Understanding Yourself

**It might not be easy to develop focus and drive, but it's a key part in developing your personal power.** How will achieve your goals if you don't channel all of your energy into that? By channeling your energy into your goals, you will create a momentum, as well as confidence, to drive you forward as you continue.

**Personal power also requires an understand of your needs and how to communicate them.** All of that requires confidence, confidence to express, to be yourself, and to share your opinions. You must be confident and assertive as you tell people what you want, and it's up to you to do what you need to do to make your desires a reality. That doesn't mean that you need to be aggressive, it means you need to be assertive. You know what you want, you know how to get it, and you do it. You don't need to stop on other people to do that.

To develop your personal power, you must commit to developing yourself. This is a lifelong commitment to learning and the only way to continue on your growth path is to acquire new skills, experience, and knowledge. This is a lifelong endeavor that you are embarking on.

**Don't forget about your mindset.** Part of growth is building a mindset that supports resilience. Developing self-esteem, self-confidence, and self-worth are all things that will aid you in your journey to develop personal power. All of these things help you fuel your power.

You created a rough list of your personal goals earlier, now is the time to put them into action. For now, your action is to create a plan of action for developing your personal power. Don't worry, we'll help you put it all together.

Just keep everything you've learned so far in mind as we embark on this final journey together. It's all important, it's all relevant, but this section of the workbook is all about action and practical steps that you can take and apply to your life.

**Before you create your action plan, answer the following questions to get a better understanding of yourself.** The first goal here is to gain insights into yourself so that you can understand other ways you let go of personal power each day.

**How do I let go of my personal power throughout the day?**

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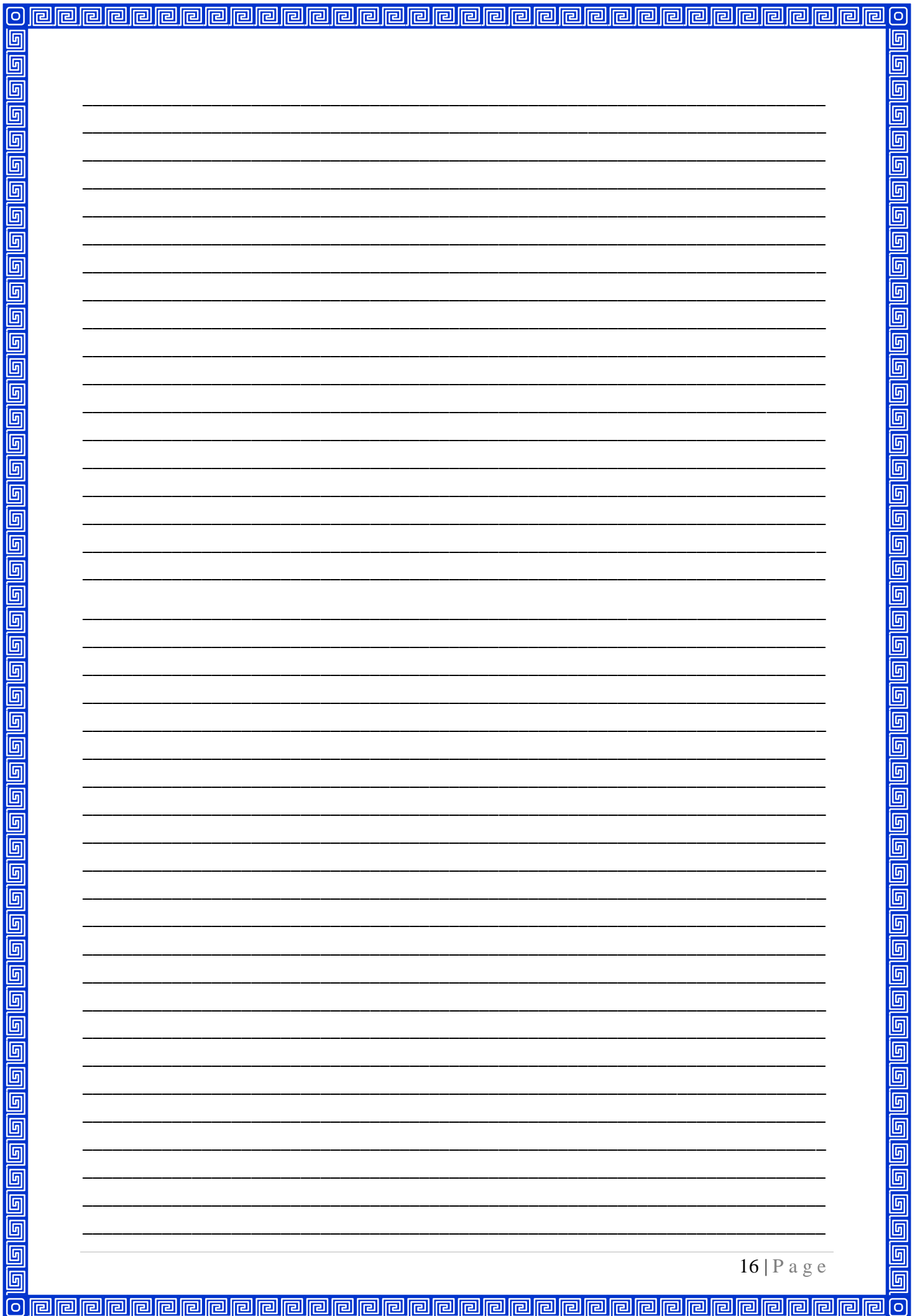
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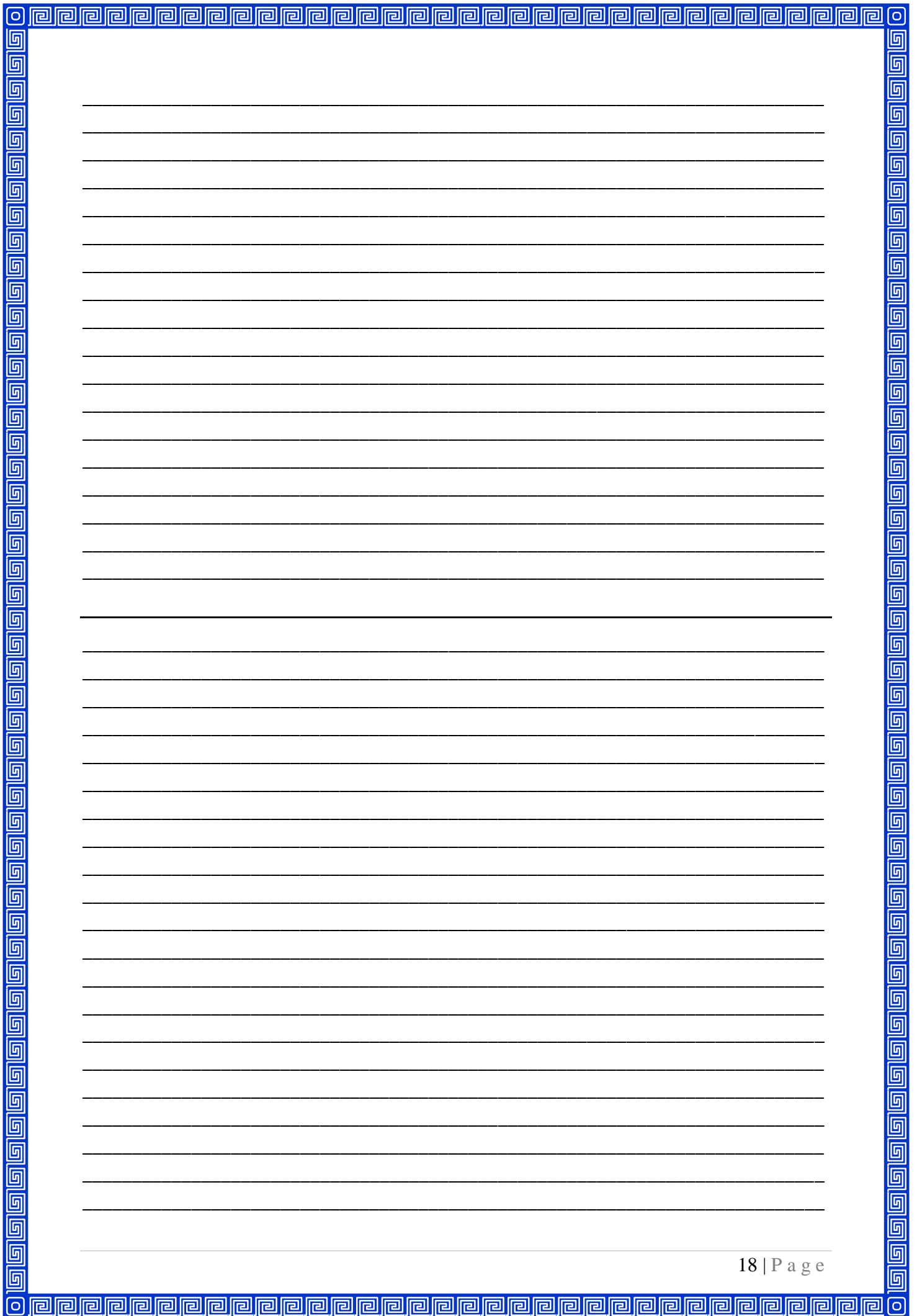
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**To help you complete this exercise, we have put together some examples of how people tend to let go of their personal power. This is just to give you a rough idea of what it looks like, which will help you identify it in your own life.**

- Failing to go after what you want
- Complaining when something doesn't go your way
- Indecisiveness
- Avoiding situations because you're afraid of embarrassment, criticism, judgment or rejection.
- Getting discouraged when things don't go your way and believing it's because you're undeserving.
- Avoiding responsibility

## **Setting Your Intention**

That last one is big. It's easy to absolve ourselves of responsibility when the going gets tough. Yet, there is power in holding yourself accountable and taking responsibility for the circumstances and events going on in your life.

Taking responsibility allows you to feel in control of your life because you *are taking* more control. Taking control of a situation allows you to proactively seek solutions. That is the moment you know that you're wielding personal power.

**You need to be clear about your goals, but more importantly – you have to be *specific*.** You should be prepared to enter any scenario or event in life. The most effective way to wield that personal power is to know what you'd like to accomplish and how you believe you will deal with any given situation.

**This goes beyond just having a goal, this is about your intention. Ask yourself the following questions and really be honest with yourself.**

**What do I want from this specific situation?**

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## Understanding Your Values, Strengths, Passions And Purpose

The more clarity you have about what you *really* want, the greater you will be able to exert your personal power. If you don't really know what you class as being important in your life, then how do you expect to use desire to motivate you to achieve it?

Part of setting your goals and achieving them is understanding your values. So, consider your values now, as well as your purpose, passion, and strengths.

**What are my strengths, what am I really great at?**

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**What are my values, and why are those beliefs important to me?**

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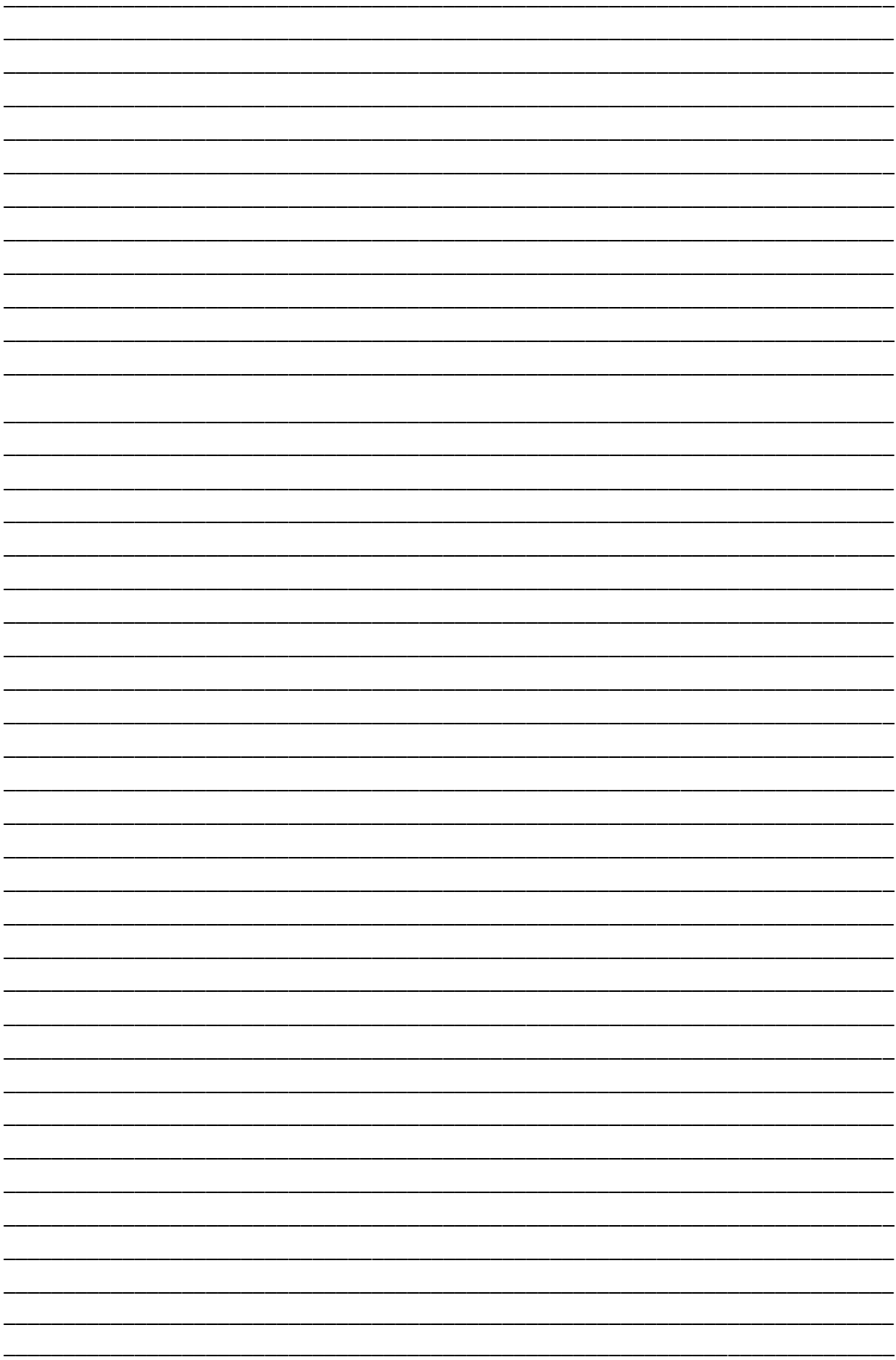
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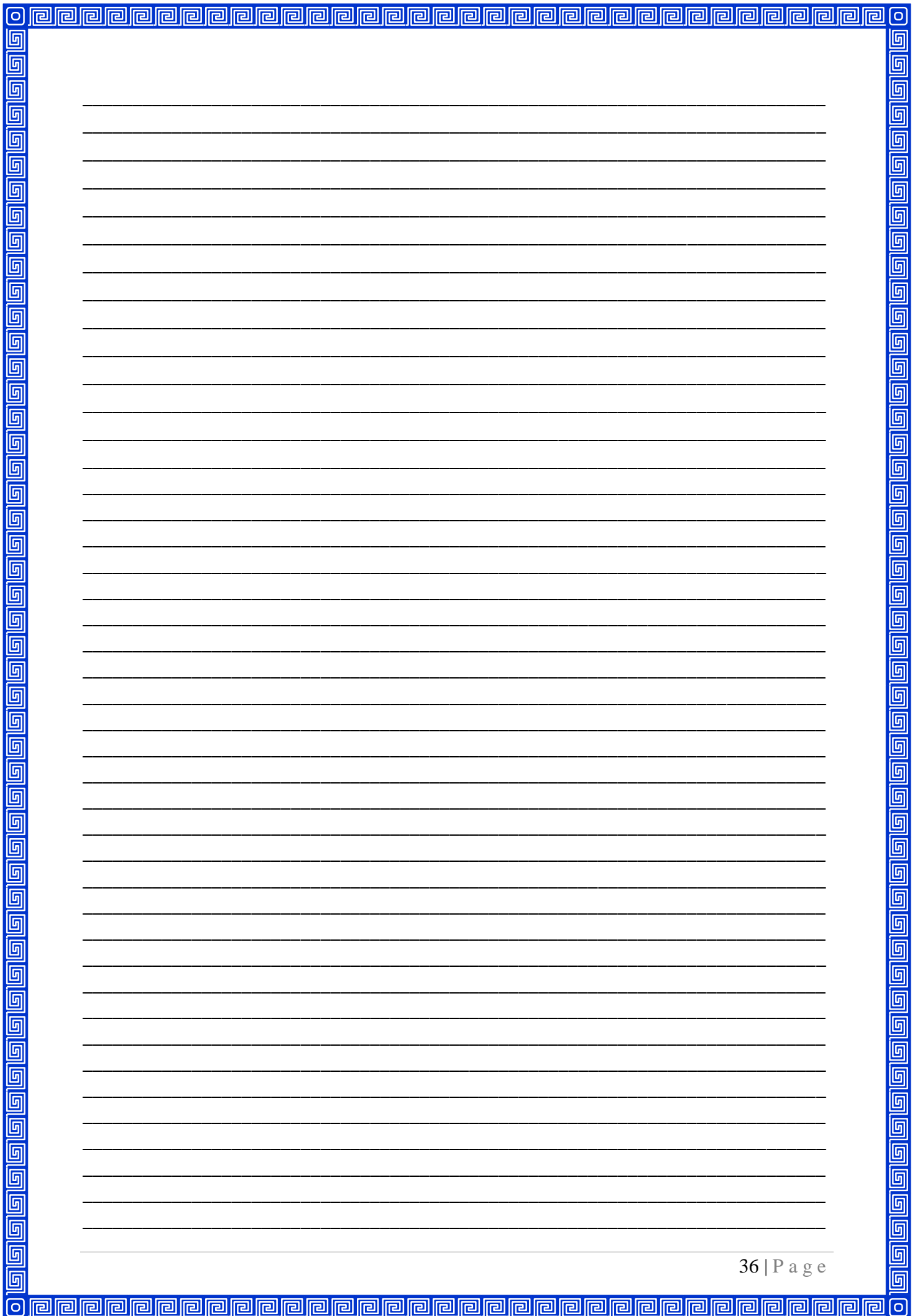


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## Social Interactions

**When you have a sense of clarity around what's really important to you are centered.** It's not difficult to act in line with your values and beliefs because you are aligned with them.

You are tuned into your needs, your desires, and this will help you stay focused and grounded. This will come in handy when life throws lemons in your path. You wield your personal power when you can control yourself during challenging times.

**What about how you interact with others? How do you wield your personal power or give it away?** When you interact with others, it's easy for an exchange to turn into a power struggle.

Both parties try to gain the power within the interaction and one person will win, leaving them feeling empowered and the other feeling deflated and drained. It's important that you remain tuned into your personal power in your interactions with others. You can answer these questions to help you out.

**What did I really want from this situation?**

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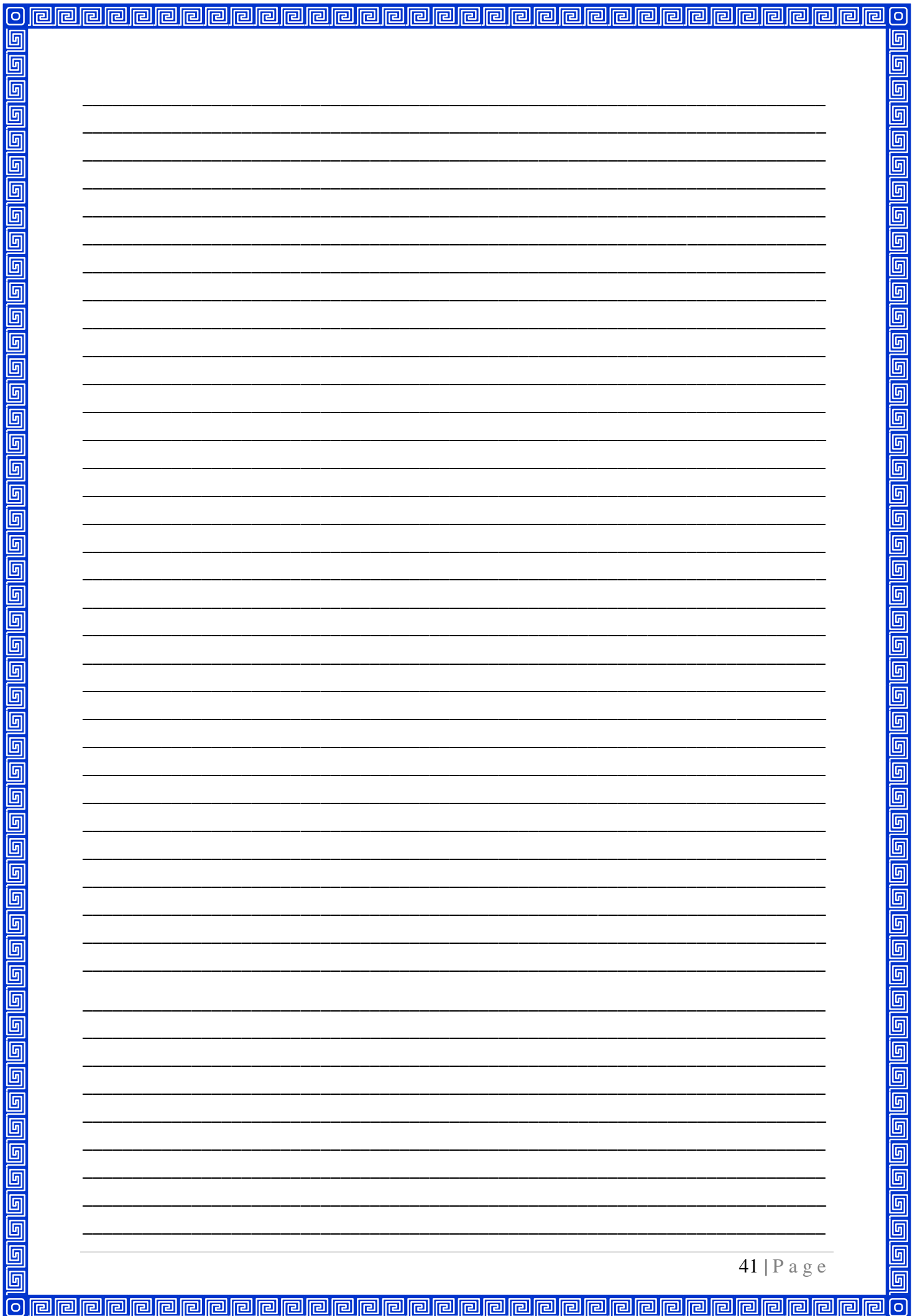
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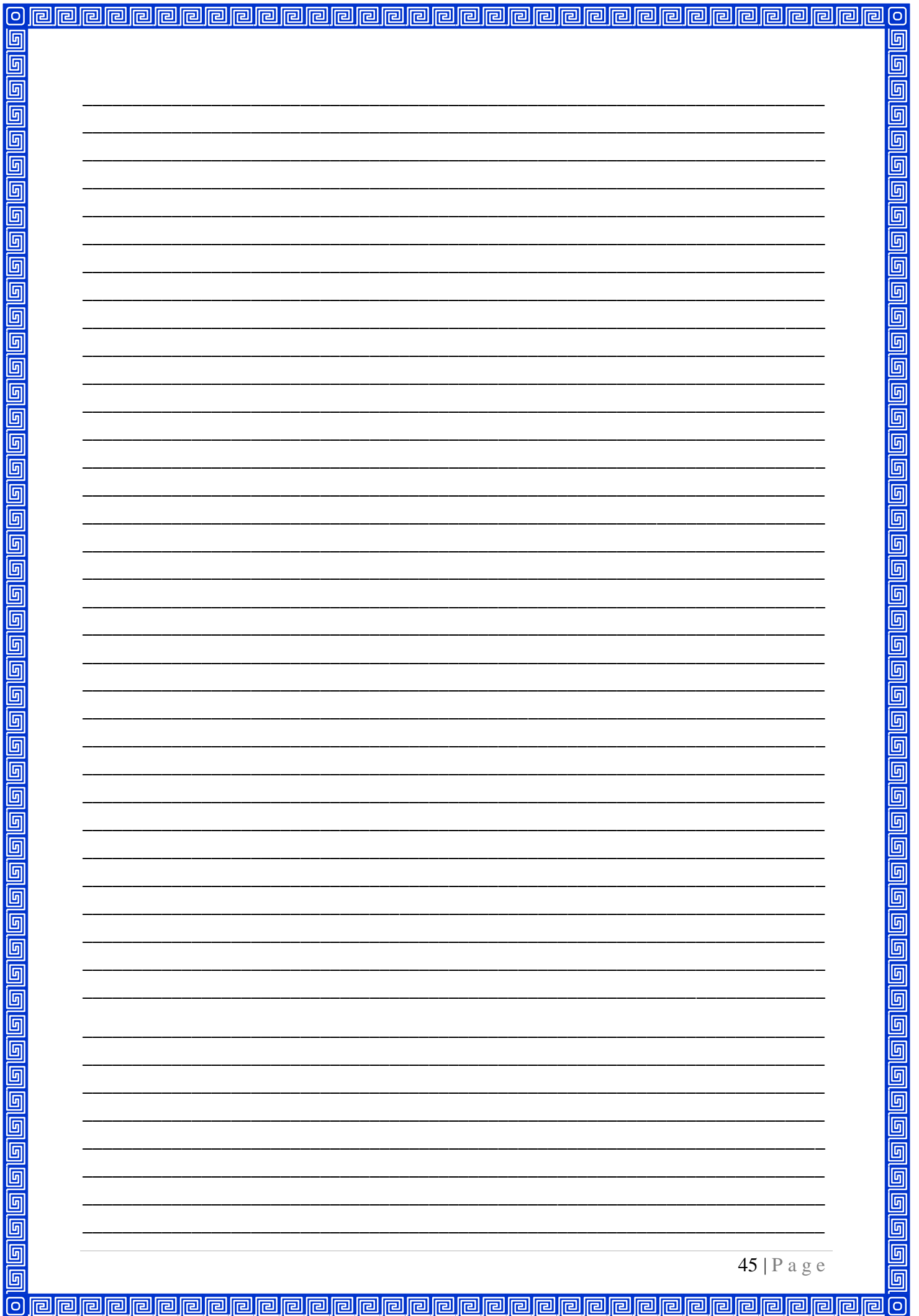
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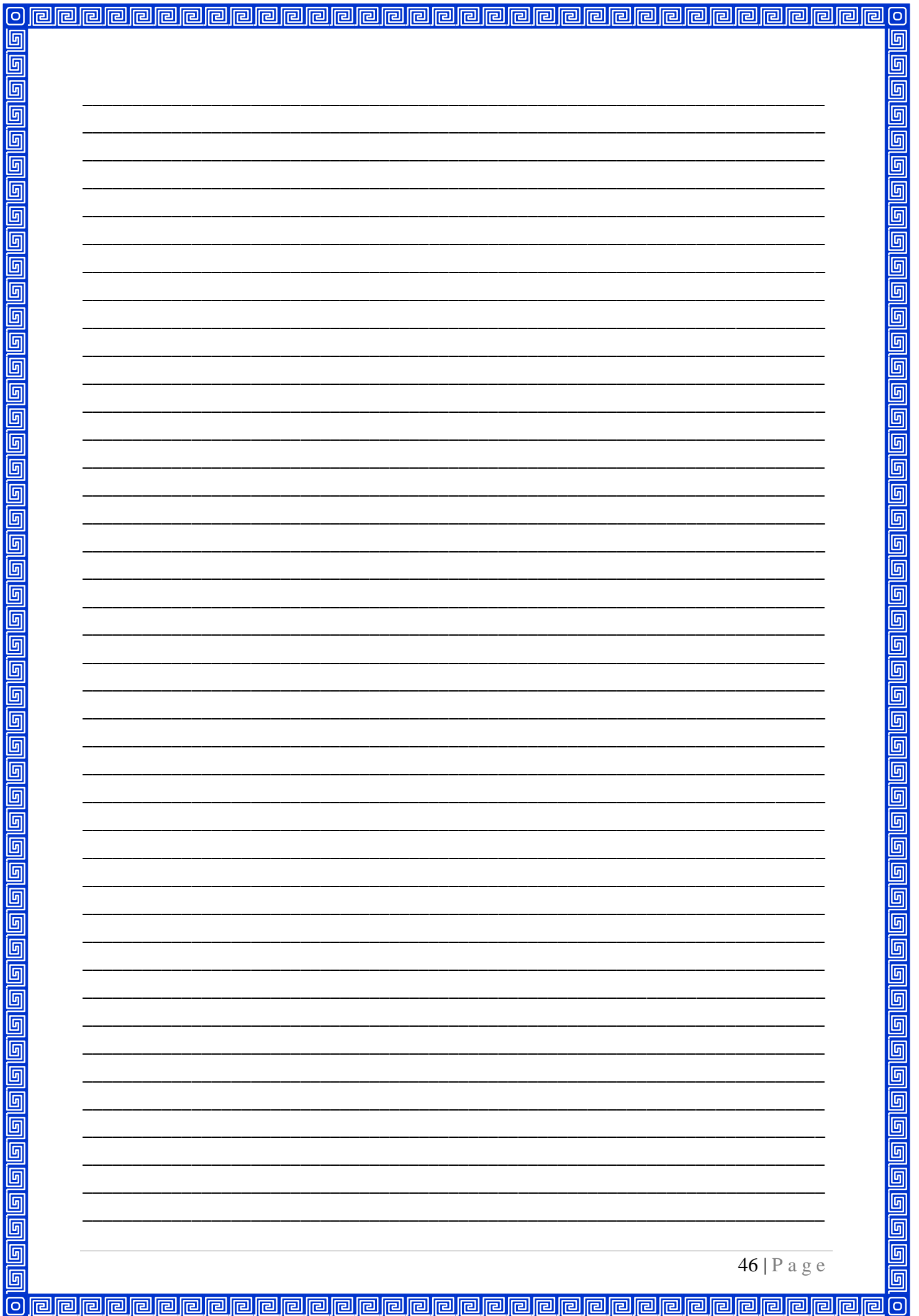
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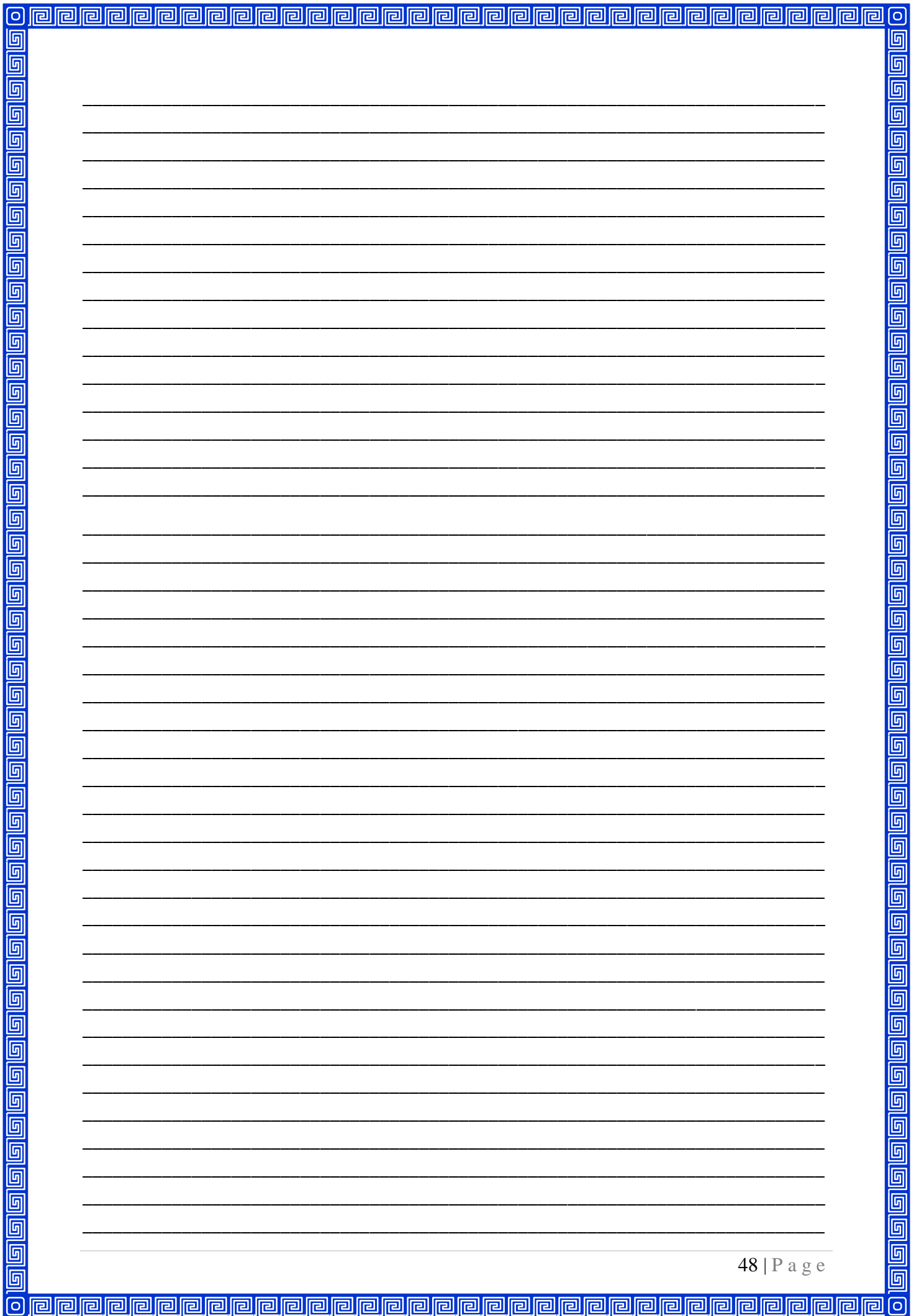
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**Was I powerful in this social interaction?**

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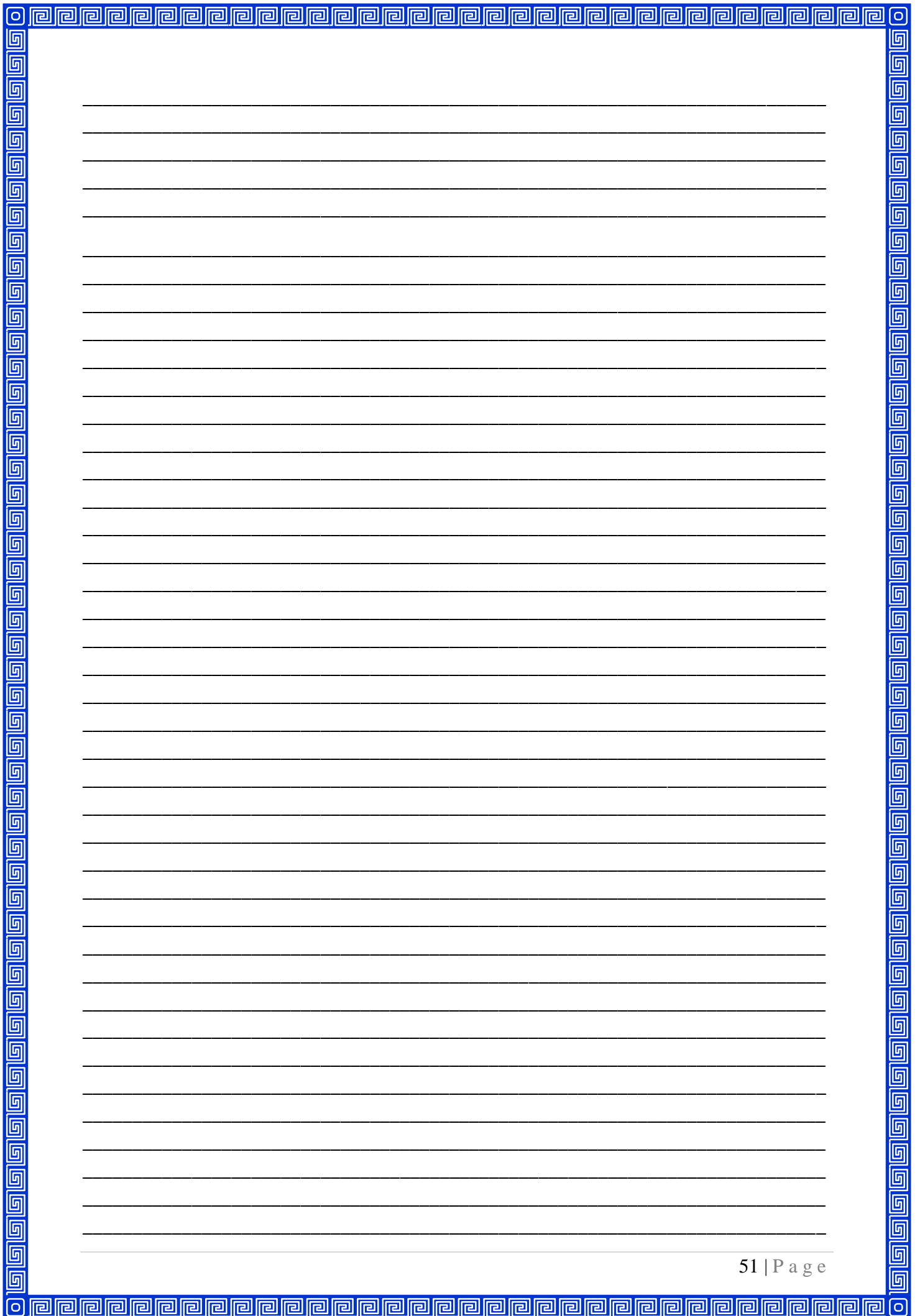
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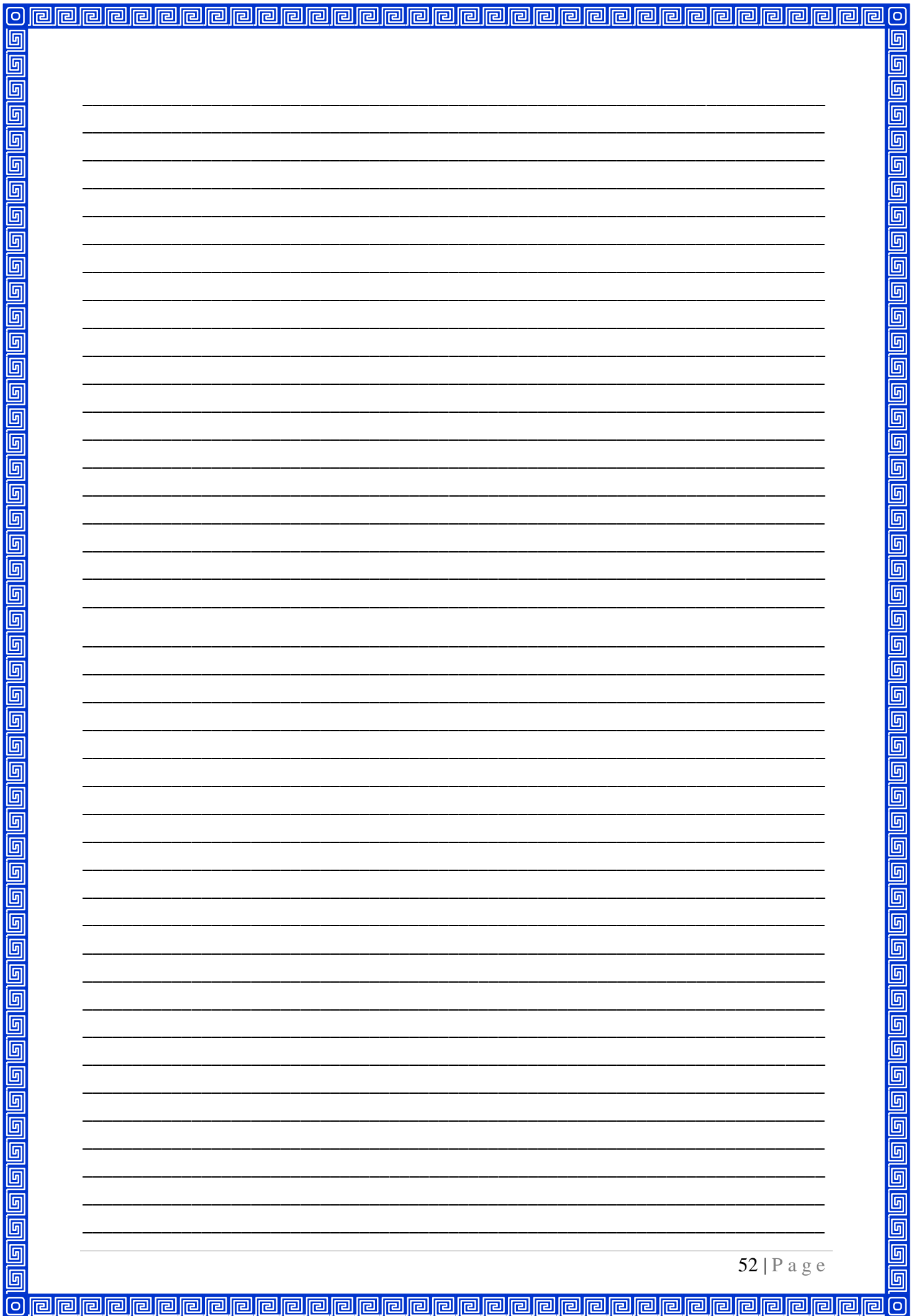
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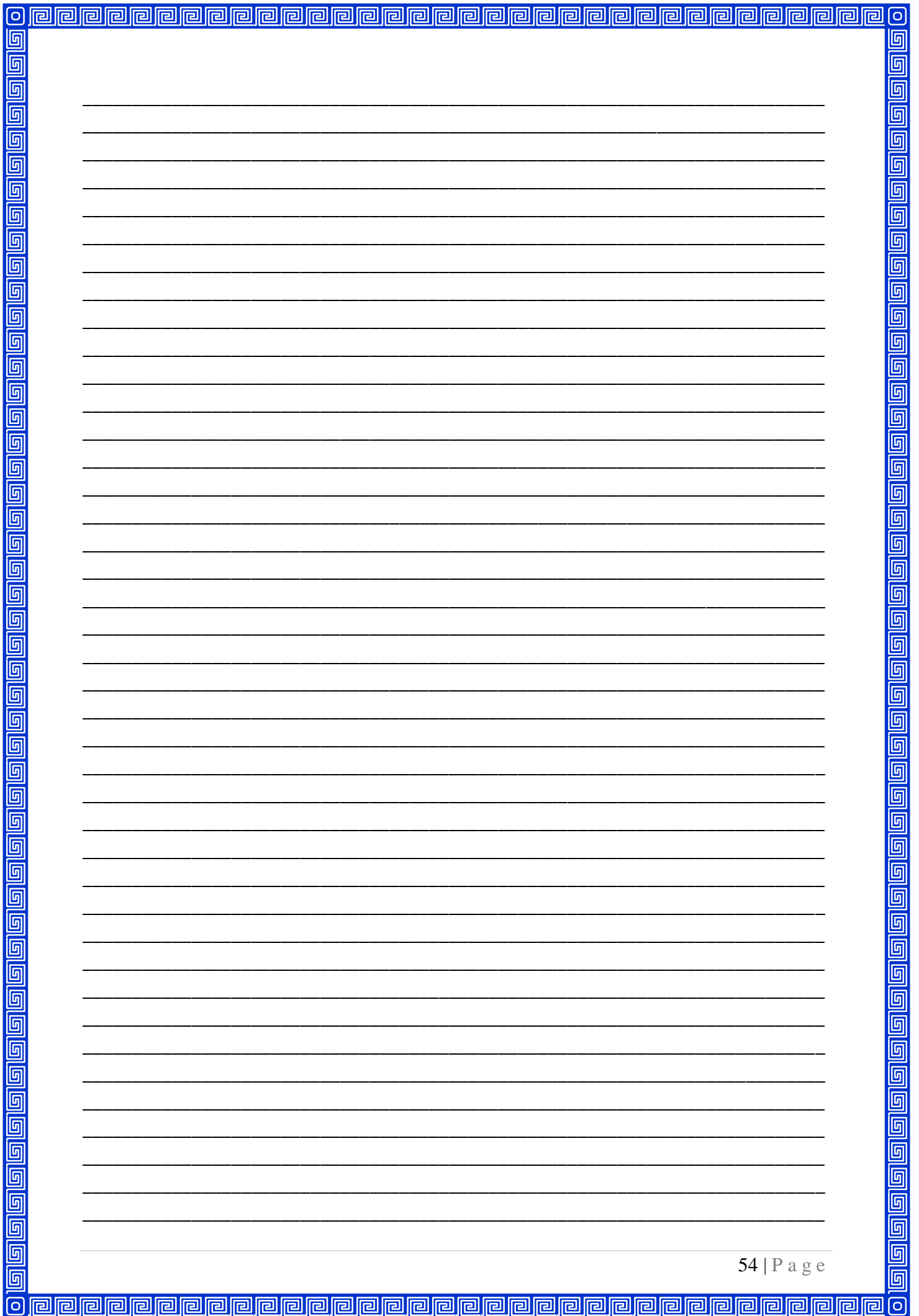


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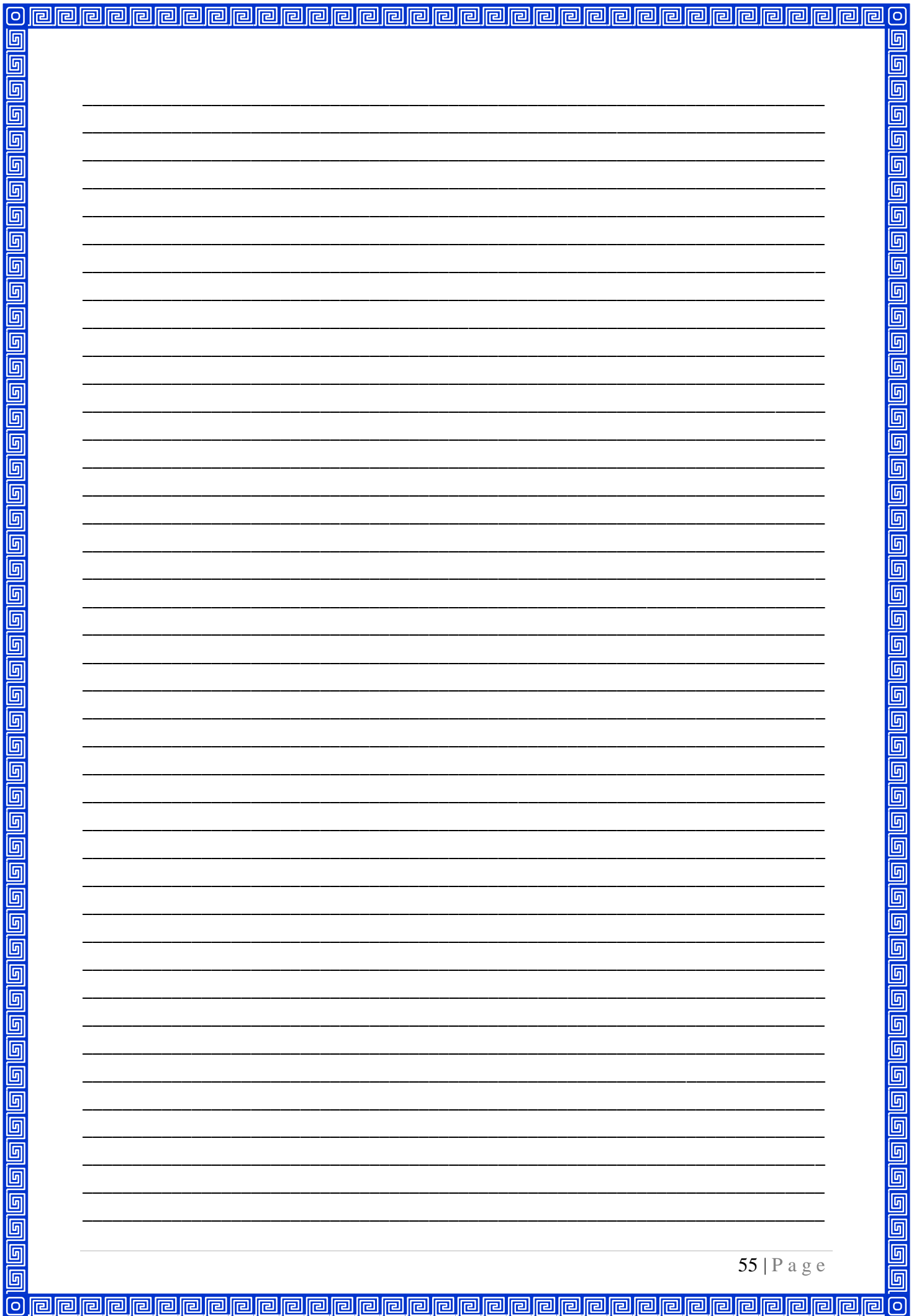
**How powerful was I and in what ways did I wield that personal power?**

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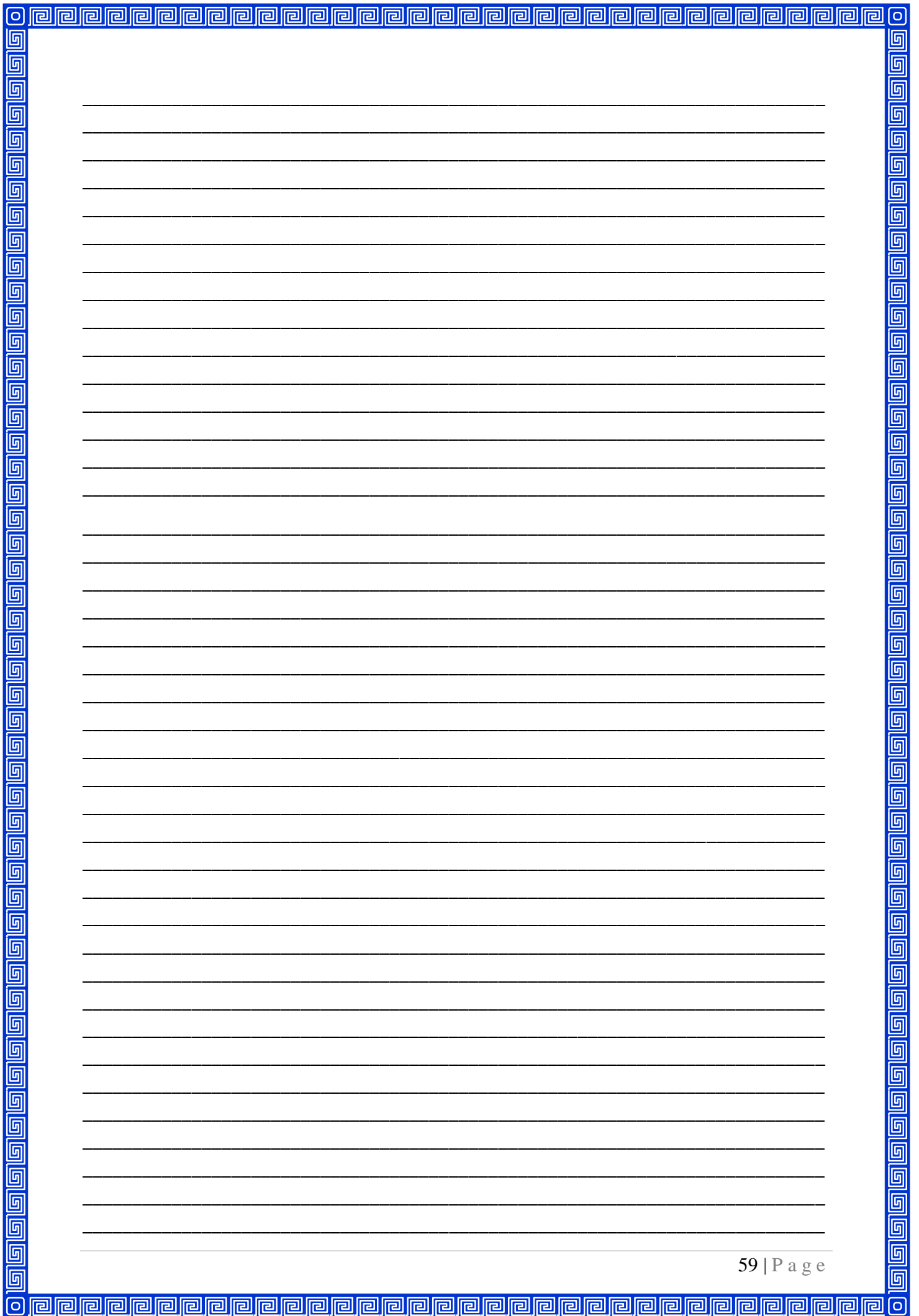
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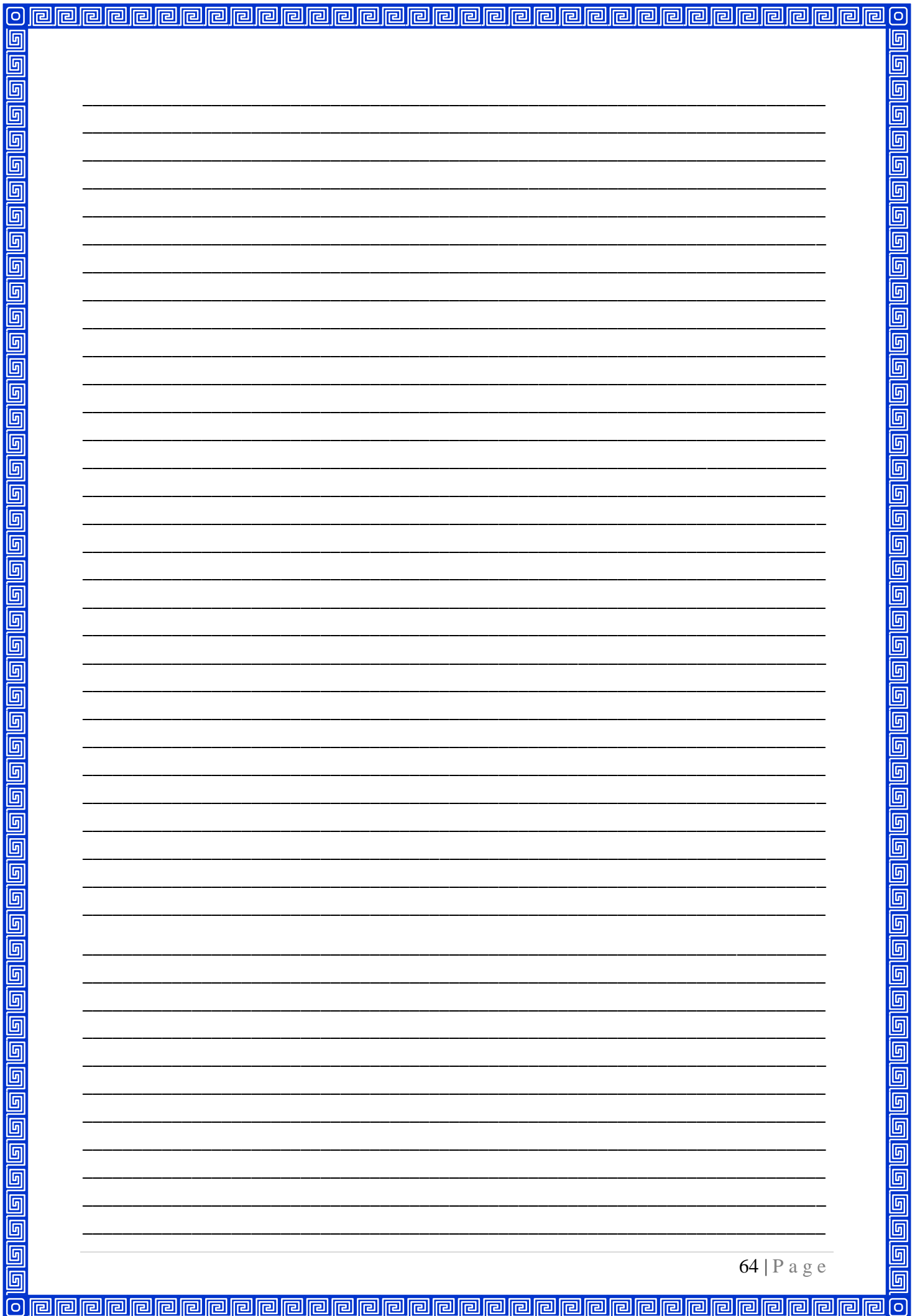


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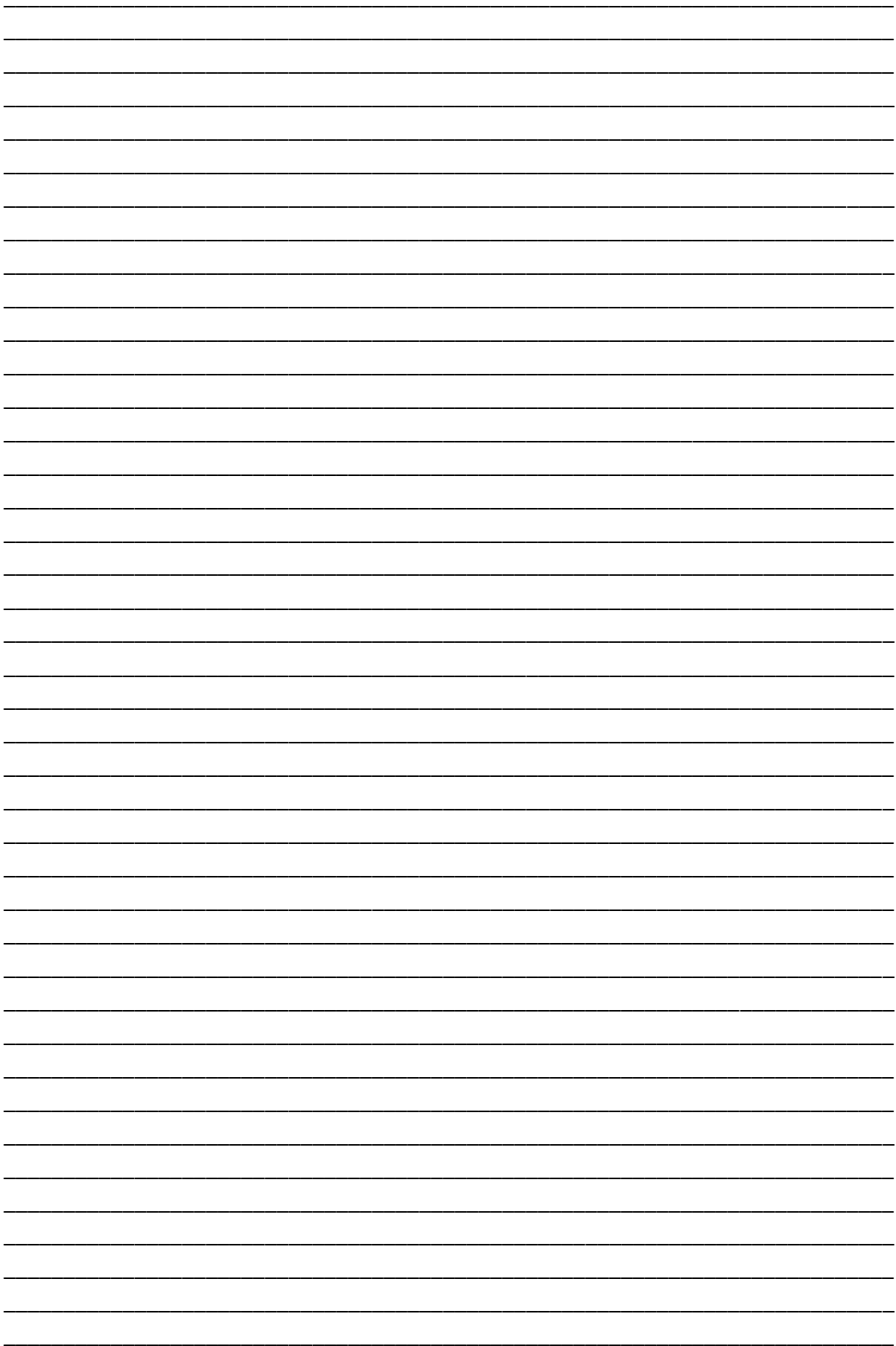




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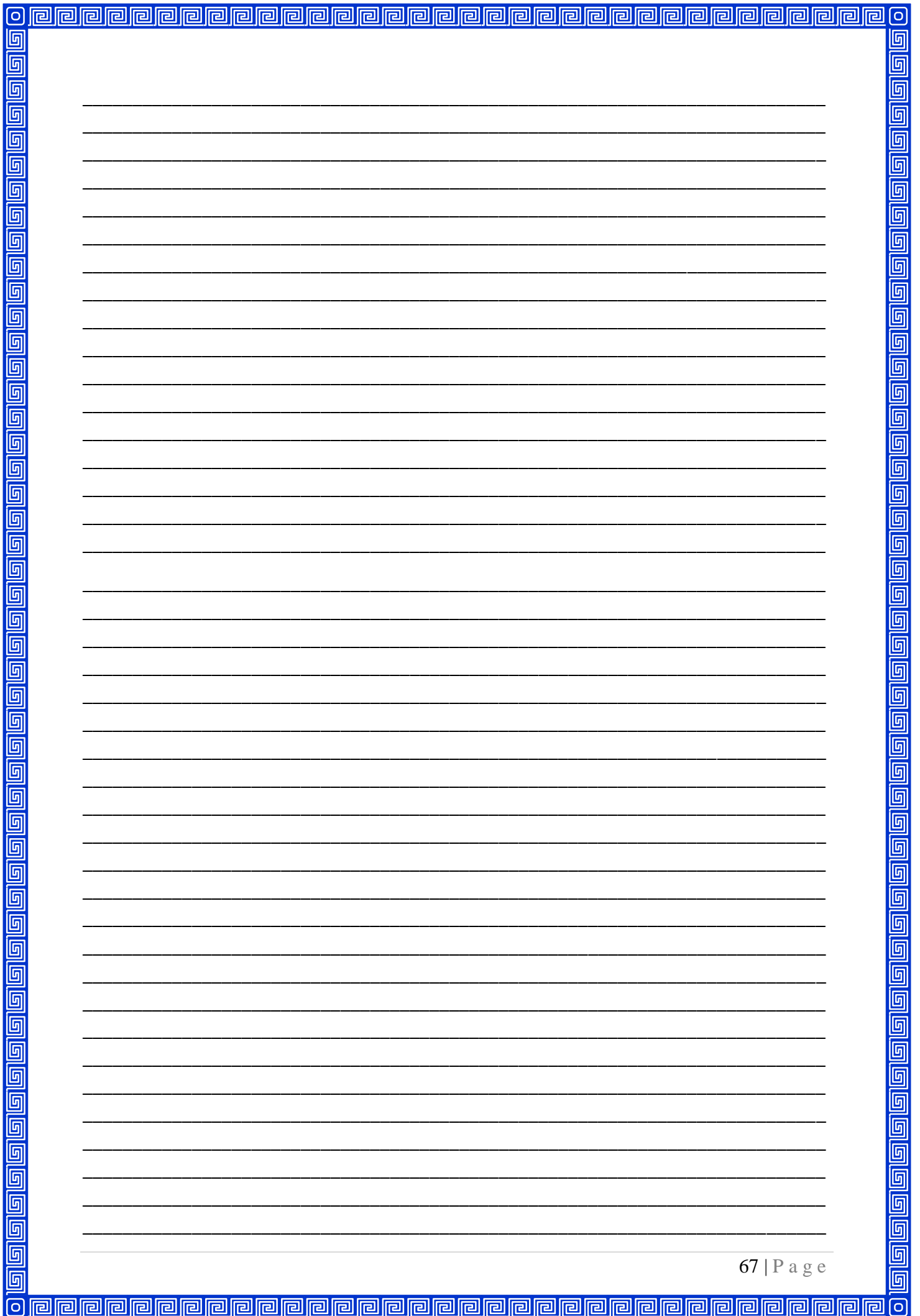


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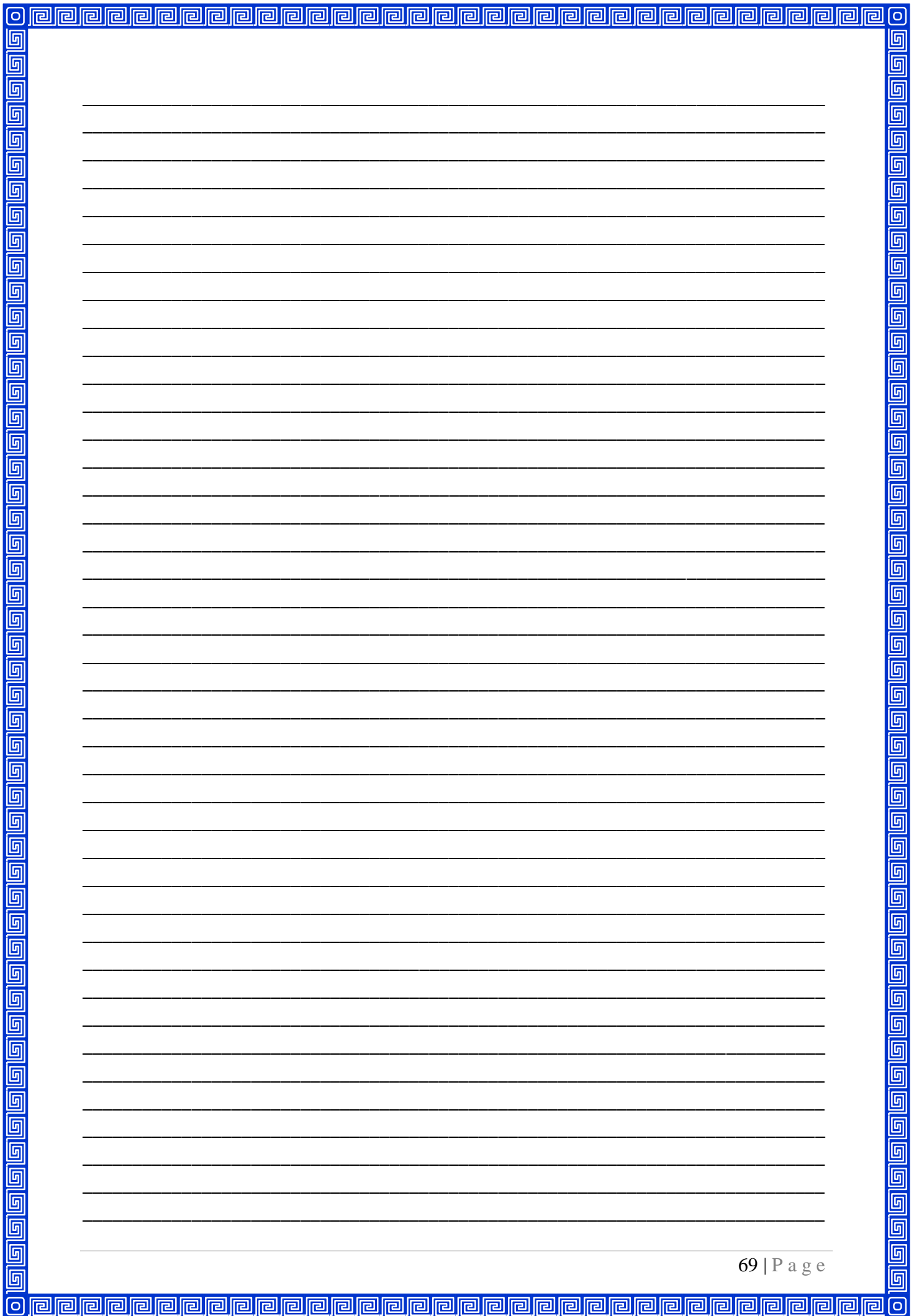


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**Conversely, what did my words, thoughts, and actions decrease my personal power?**

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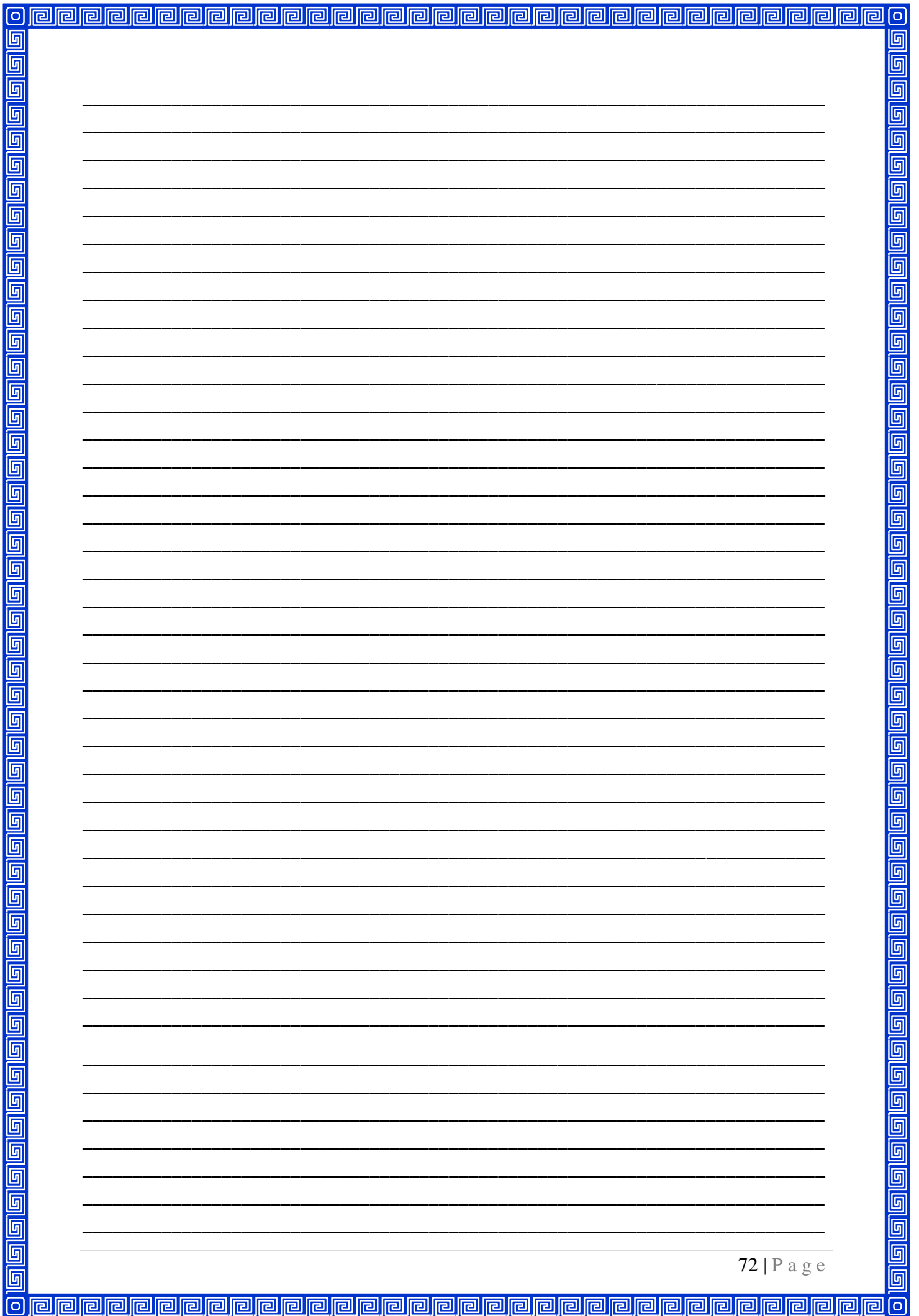


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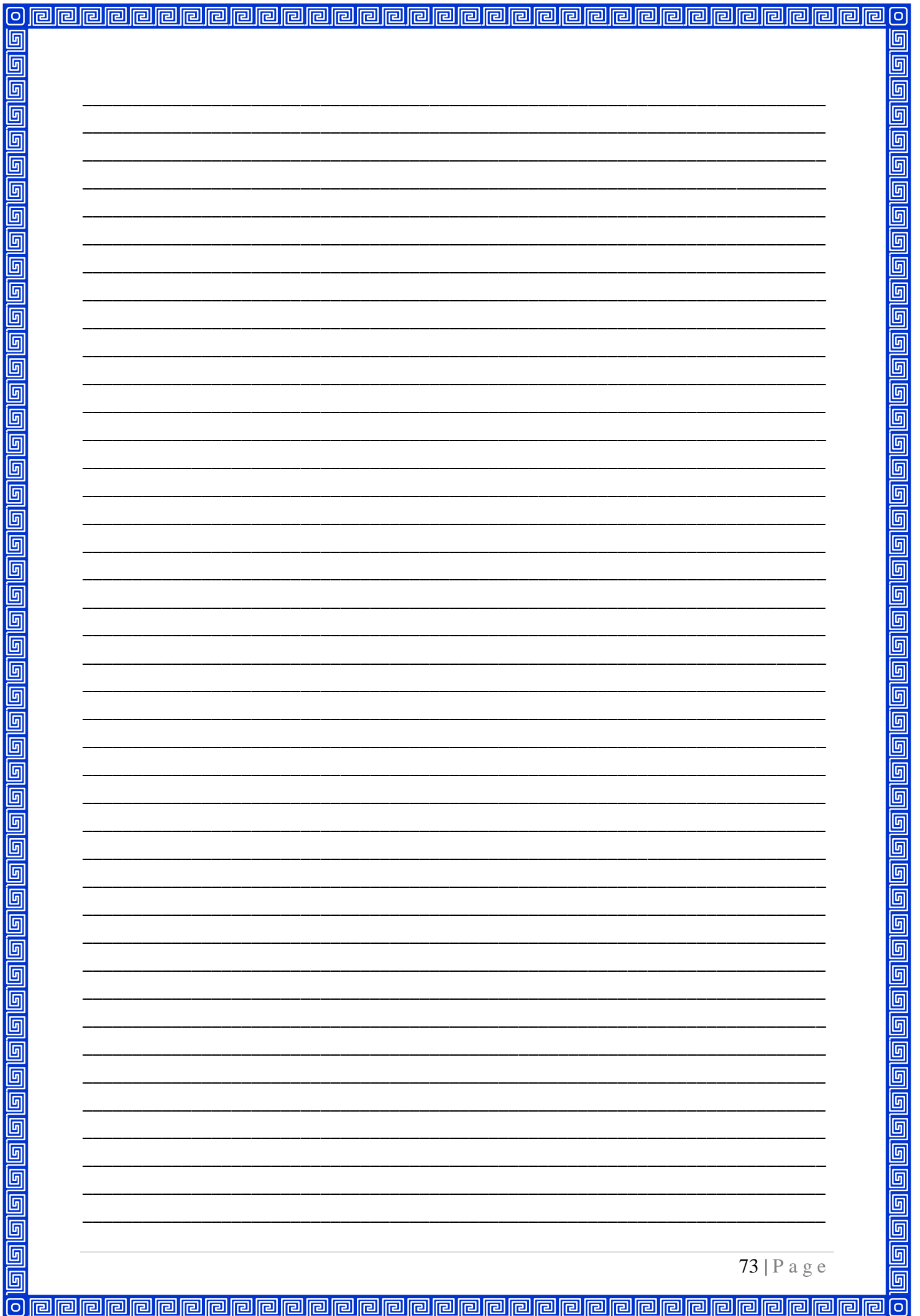




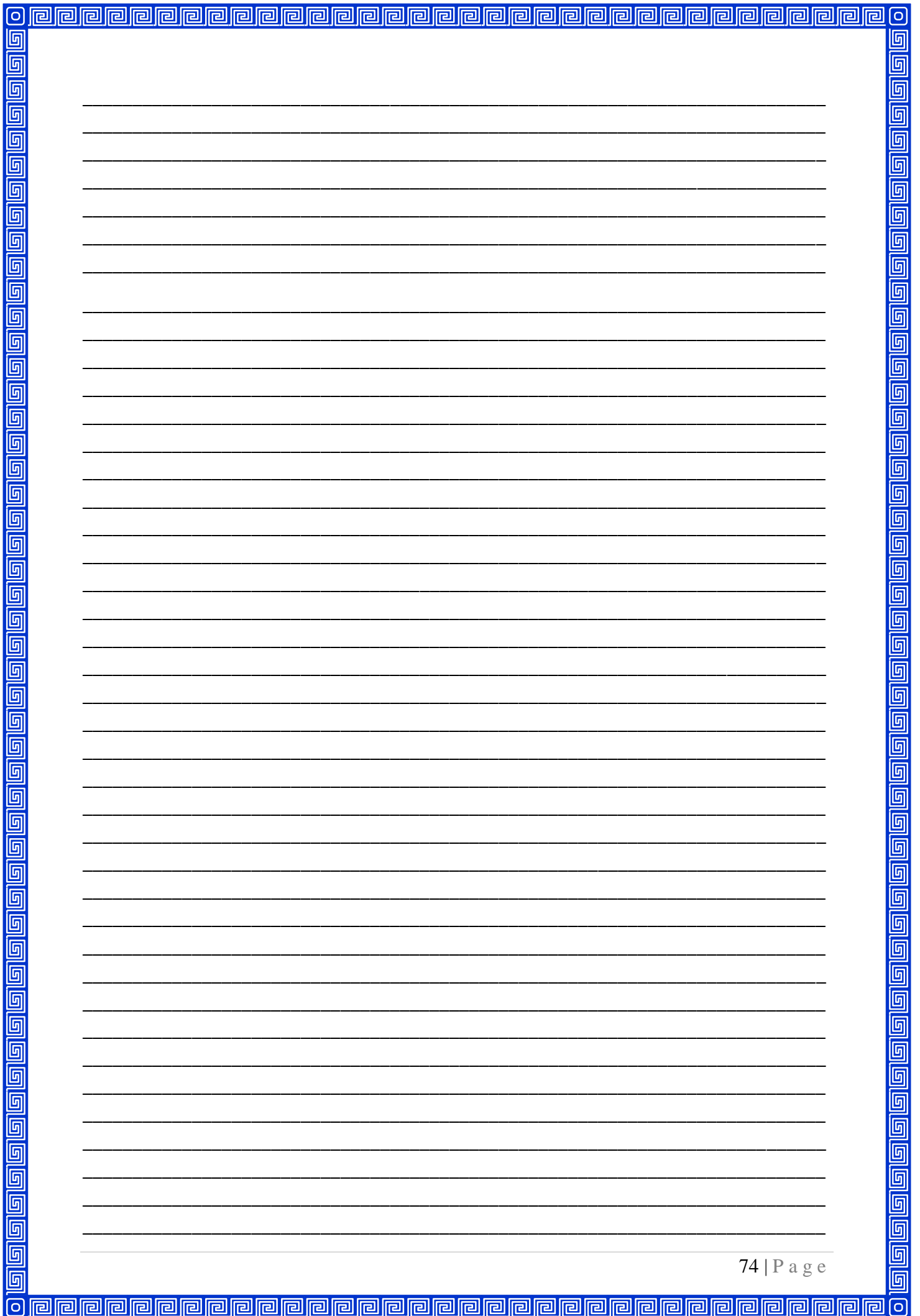
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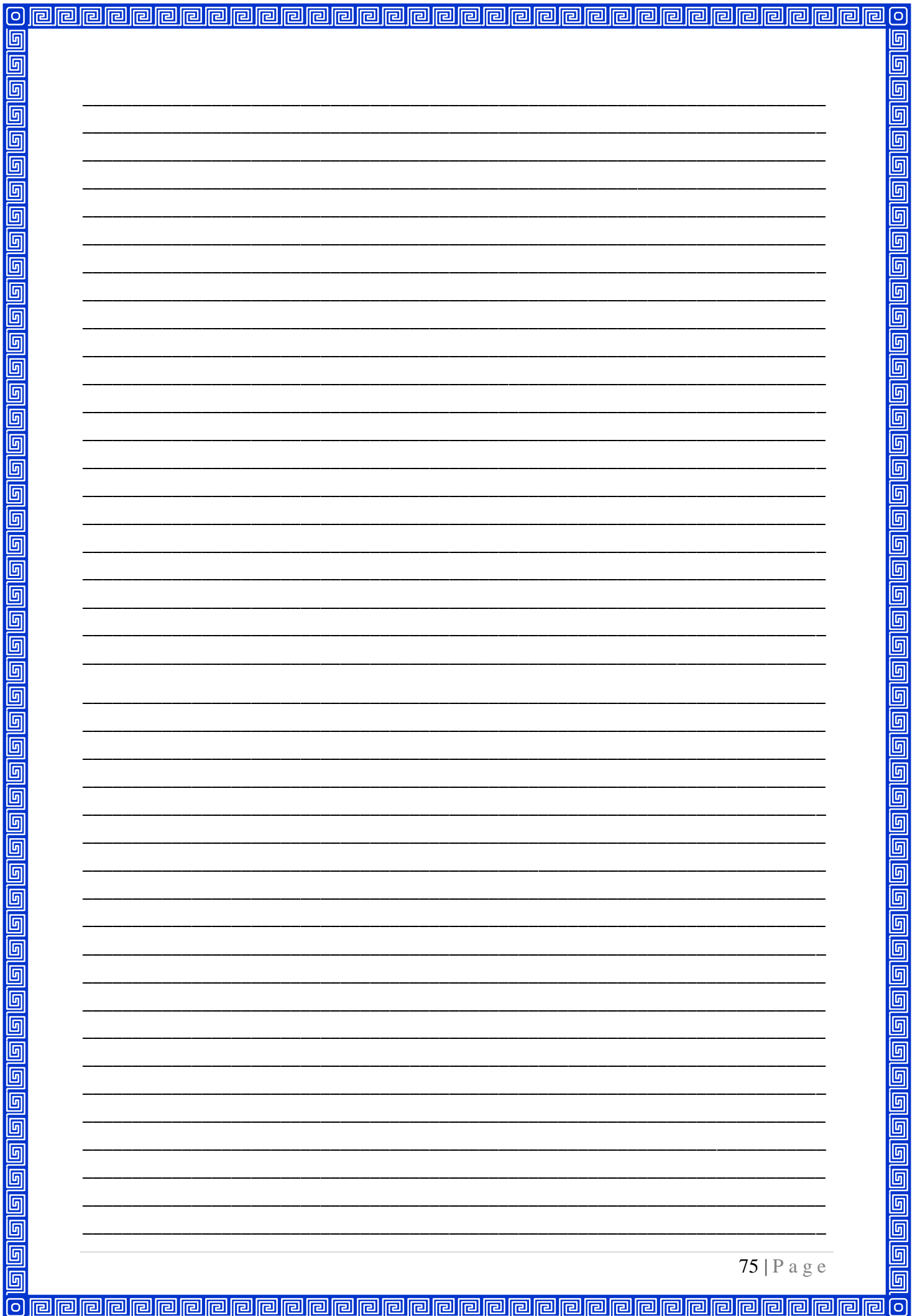
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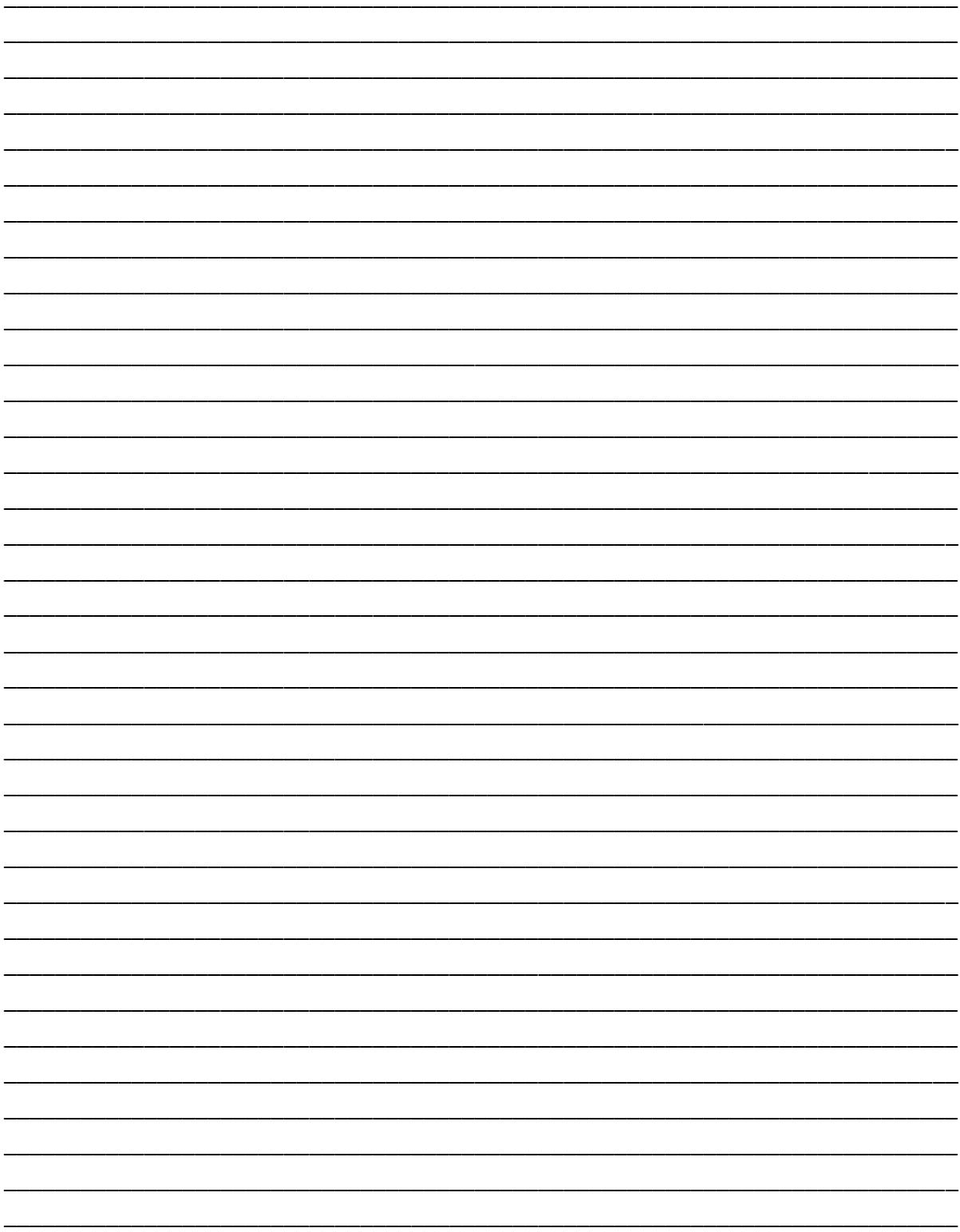
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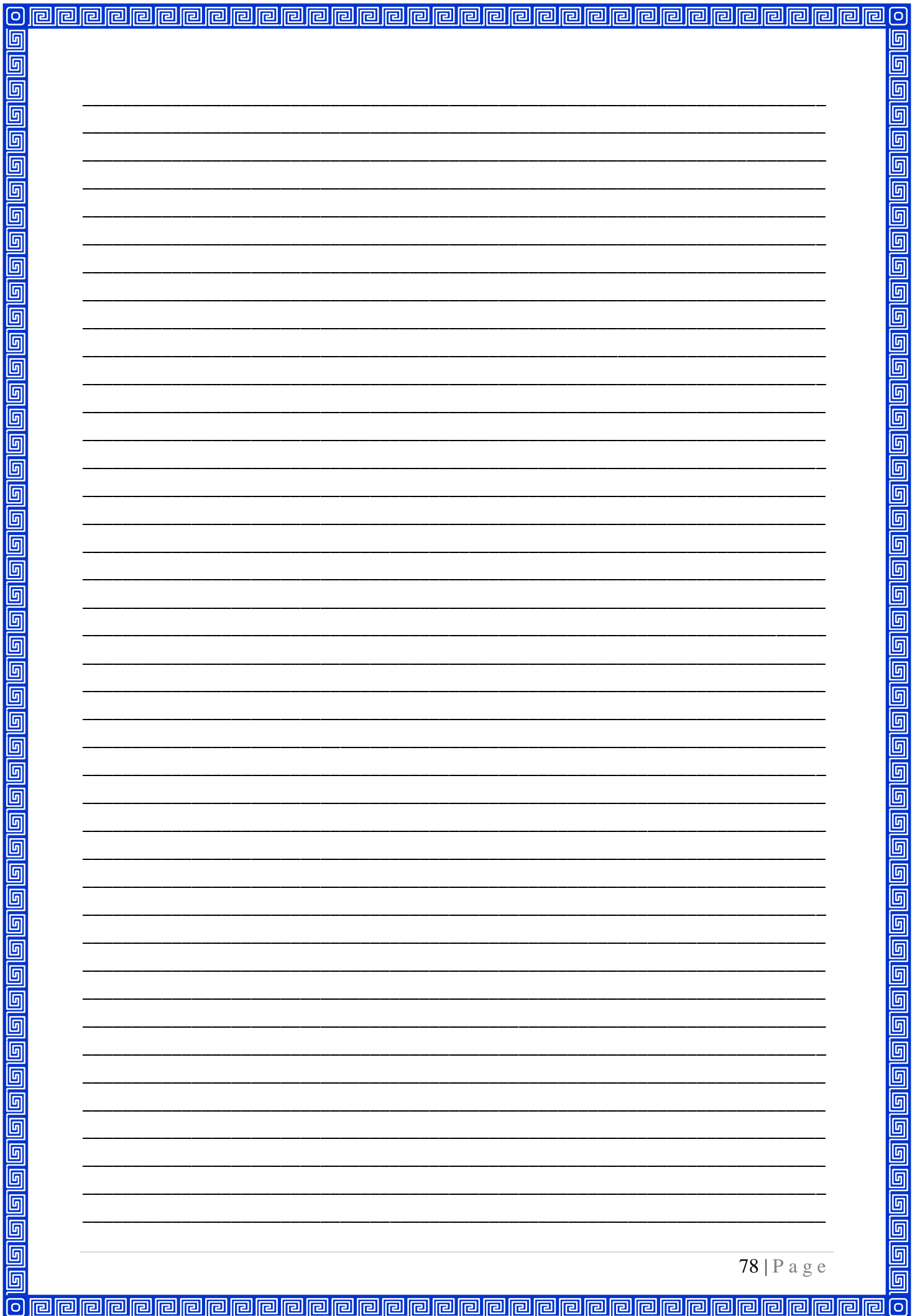


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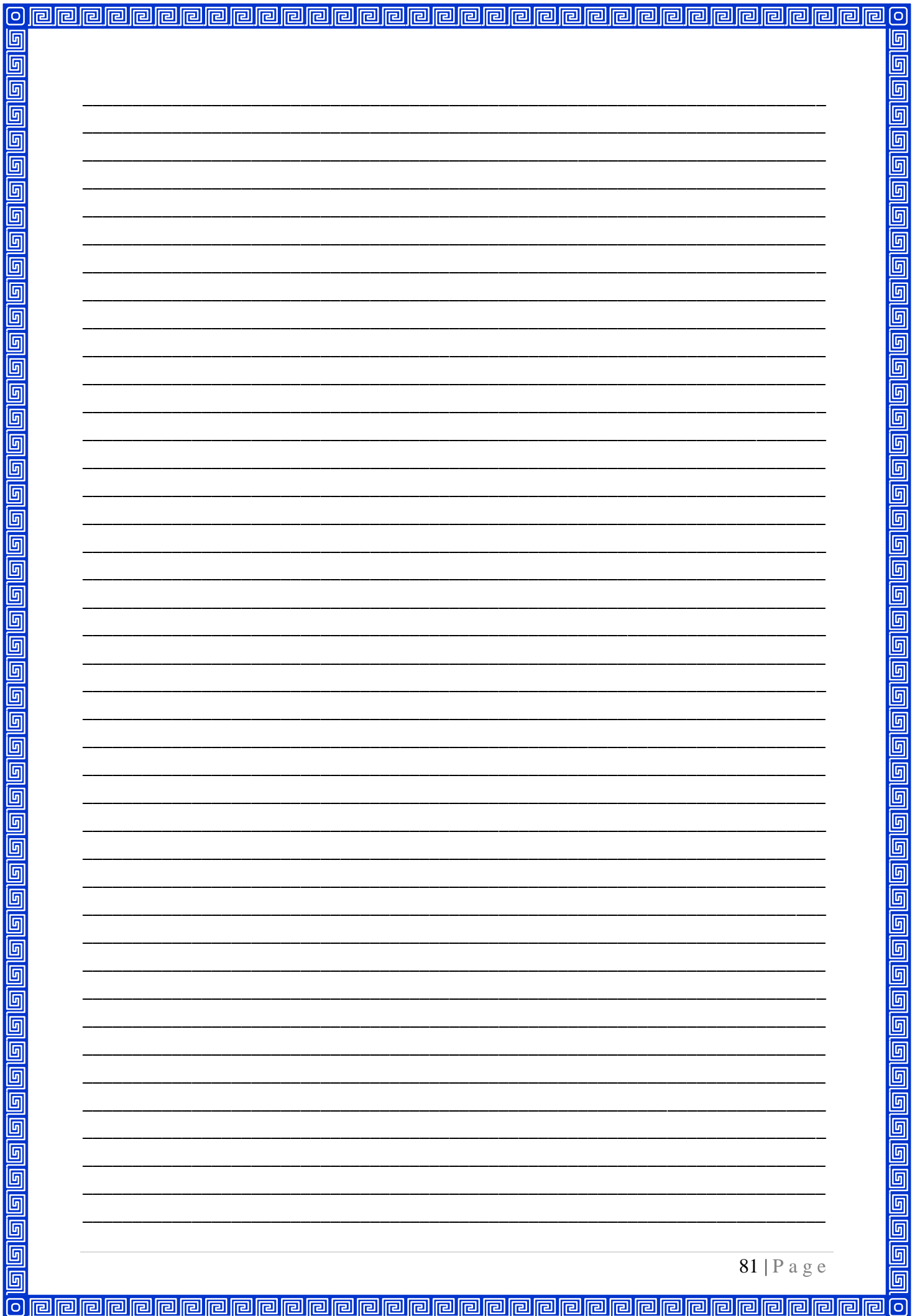




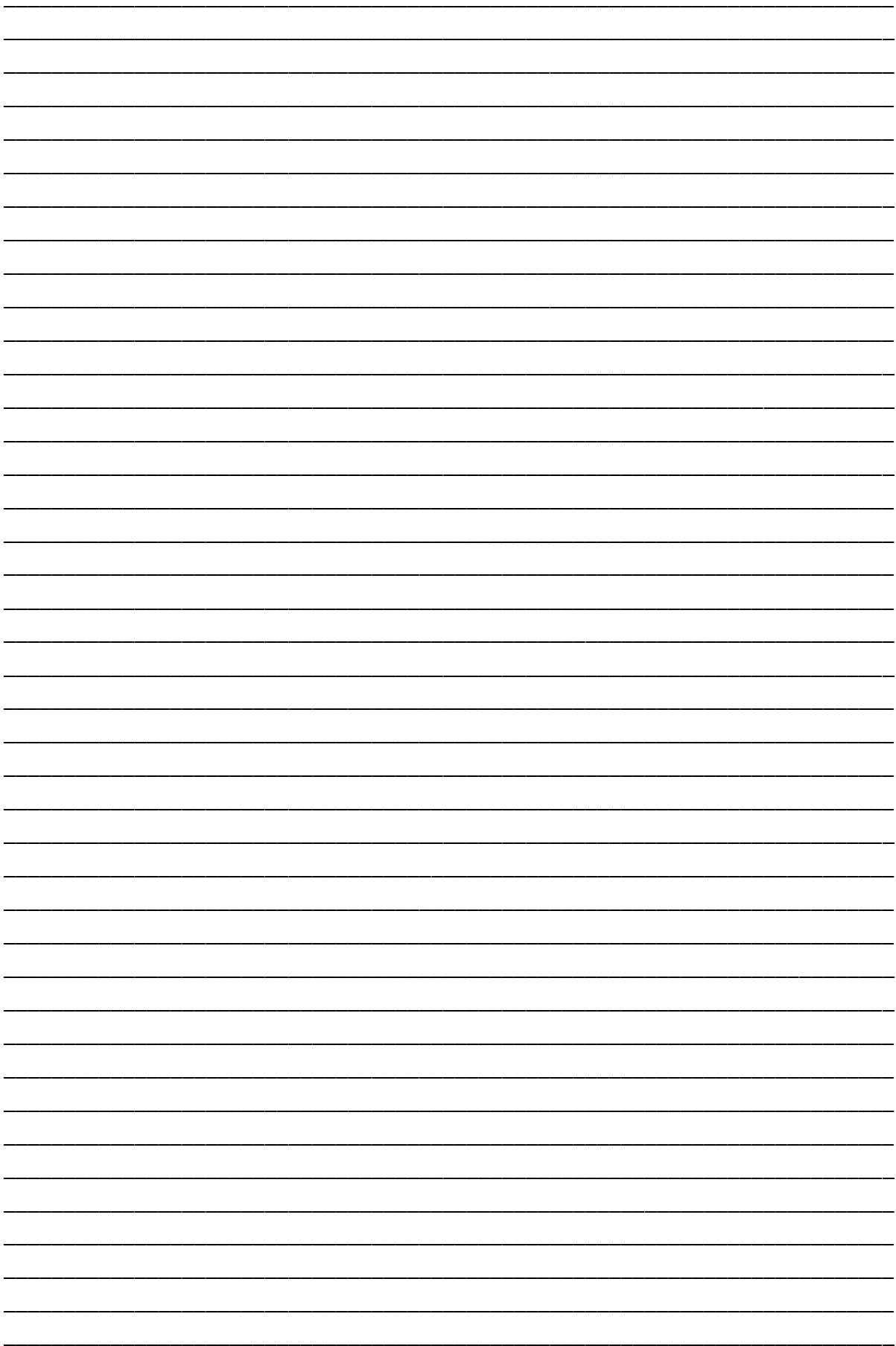
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## Final Thoughts

These questions will assist you in creating your ultimate action plan. Your answers will help you remain focused in every interaction, which will ensure that you get the best from every situation, without letting go of any personal power.

It's easy to get trapped in the idea that your personal power stems from your self-confidence. While it does play a role, it's just one aspect of the components that come together to shape your personal power. **When you develop your personal power, you will feel more confident, it's only natural. Moreover, you will feel in control of your life.**

It doesn't matter what is going on around you, none of it can change what's going on inside of you when you are in touch with your personal power. There's a certain stage that you will reach in your development and growth that will allow you to draw from an unlimited store of personal power.

**It's really important to also note that there *can* be power in letting go of your personal power in certain situations.** Sometimes, vulnerability is incredibly important and, in those moments,, giving your personal power away will allow a social interaction to take on a more authentic and compassionate tone.

**As you develop your personal power, you will understand when to give your personal power away to the benefit and empowerment of someone else.**

**One of the biggest misconceptions about personal power is that it's something to be flaunted.** It isn't, it isn't something to hold over the heads of others either. It's something to control and to moderate and use wisely in any situation, whether it's an event or a person that you're dealing with.

Think of your personal power as a superpower that should only be used for good. You don't need to be super *all* the time. Sometimes you can be an unassuming person, one who will give their personal power away in order to earn the respect of others and win their trust.

**Isn't there something incredibly powerful about that in and of itself? When you have personal power, you won't lose it. It's up to you to determine exactly how you plan to use it.**