

ACCESSING YOUR PERSONAL POWER

EMPOWERMENT

What makes a person powerful? Is it their money, fame, position, charisma, social status, or expertise? Some of these things are important, but the most powerful person has the ability to use not only their external resources, but also access and activate their internal gifts and talents. An influential person is first and foremost true to themselves, and their internal make-up is reflected in their outside world of relationships, work, community and environment.

Powerful people put their stake in the ground on what they know to be their truth and continue moving towards that for the greater good of self and others. The leadership in their own lives becomes intoxicating to those around them, and they can't help but naturally empower others. Their authenticity is apparent and their intense presence is aligned with their own personal values, continual personal growth and resulting external actions.

Do you feel powerful in your life and if not, why? Maybe you are not tapping into all of your greatest assets or fully using your potential. Perhaps you are still living the "life scripts" that someone else gave you and you have forgotten the dreams and aspirations you once had. Maybe you have given your power away to someone who emotionally or financially supports you, but does not truly listen, understand or even know you.

No matter where you are in your life, I believe you can re-gain your power by taking small steps to access that forgotten energy. After all, your personal power is not something you get from things or others, it is something that already exists within yourself. You just have to remember where it is and then retrieve it.

12 WAYS TO ACCESS YOUR AUTHENTIC POWER:

1. The Power of Self- Know you and your values, what is important to you, and your limitations. Claim your own personal power, as opposed to letting others define you.
2. The Power of Passion- Know what makes you feel alive and pursue those activities that help you feel connected to yourself and others.
3. The Power of Expansion- Dream, visualize, grow and create. There are unlimited possibilities and resources.
4. The Power of Intention- Decide what you want and be fierce for it. Use powerful thoughts, words and actions to support your vision.
5. The Power of Connection- Share your dreams with others who will support your vision. Engage in creative collaboration.
6. The Power of Choice- You are always in choice about your thoughts, attitudes and actions. Learn to say NO.
7. The Power of Words- The permanence of language can be used to motivate, inspire, and build up or hurtful, harmful and tear down. Communicate clearly, positively and responsibly.
8. The Power of Action- A great idea without action is simply an idea. Do something, anything, to make it real. Move, dance, go outside, make a phone call, set up a meeting. Be Proactive.
9. The Power of Risk- Risk changing. Be uncomfortable or unpopular to pursue what you believe to be true. Be afraid and do it anyway.
10. The Power of Giving- Give your time, talent, and resources to others without sacrificing yourself or expecting recognition. Tithe. Be grateful, understanding, kind, and compassionate.
11. The Power of Faith- Let go and trust in God, a Higher Power, or the Universe. Believe.
12. The Power of Wisdom- Trust your intuition and your experiences and never go against yourself.

It is within your power to become as happy, content and successful as you make up your mind to be. Accessing your personal power will create the self-confidence you need to take the necessary actions to ensure your desires come to fruition. By unleashing your power within each of these areas, you can go from feeling powerless to being powerful each and every day.

POWERFUL COACHING QUESTIONS:

1. Who is a powerful role model for you, and what are the qualities in that person that you admire most? What makes them powerful?
2. Of these admirable qualities and referencing the above list, what do you already possess that will make you more powerful in your life?
3. Are there any people, circumstances or beliefs that you give your power away to? And if so, how can you change course
4. Using the list above, create the inspired actions you will take to expand your own power base.

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