

PUMP UP THE POWER

90-Day Personal Power Plan

Level One Workbook • Day 1-30



IYANLA
VANZANT

and

Inner Visions Institute
for Spiritual Development

PUMP UP THE POWER!

PERSONAL POWER PLAN

**GET OUT OF YOUR OWN WAY!
ELIMINATE LIMITING BELIEFS!
DO WHAT WORKS!
STEP INTO YOUR POWER!**

**Level One Workbook
Day 1-30**

Inner Visions Institute For Spiritual Development
Post Office Box 8517, Silver Spring, MD 2079
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Inner Visions Spiritual Life Maintenance
#PumpUpThePower

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TABLE OF CONTENTS

Pump Up The Power: Personal Power Plan.....	1
How The Program Can Support You.....	2
What You Will Do.....	2
How The Plan Works.....	3
What You Will Need.....	4
Strength In Numbers.....	4
Tools for the Journey.....	4
Counting Meditation.....	7
Day 1: What Do You Want?.....	8
Day 2: What Do You Want?.....	11
Day 3: What Do You Want?.....	14
Day 4: What You Want Is Yours To Have!.....	17
Day 5: What You Want Is Yours To Have!.....	19
Day 6: What You Want is Yours to Have!.....	21
Day 7: Personal Assessment.....	23
Day 8: Personal Spiritual Power Assessment.....	27
Day 9: Personal Spiritual Power Assessment.....	29
Day 10: Personal Physical Power Assessment.....	32
Day 11: Personal Physical Power Assessment.....	36
Day 12: Personal Mental Power Assessment.....	39
Day 13: Personal Mental Power Assessment.....	42
Day 14: Personal Emotional Power Assessment.....	45
Day 15: Personal Emotional Power Assessment.....	49
Day 16: Personal Power Assessment.....	52
Day 17: Personal Power Assessment.....	55
Day 18: Personal Power Assessment.....	57
Day 19: Spiritual Clarity.....	60
Day 20: Mental Clarity.....	63
Day 21: Mental Clarity.....	66
Day 22: Emotional Clarity.....	68

Day 23: Emotional Clarity	72
Day 24: Physical Health and Well-Being	74
Day 25: Financial Health.....	78
Day 26: Financial Health.....	82
Day 27: Relationship Health.....	84
Day 28: Relationship Health.....	87
Day 29: Career/Work Life Health	89
Day 30: Rest and Relaxation.....	92

PUMP UP THE POWER: PERSONAL POWER PLAN

Are You Using Your Power Effectively?

Each of us has the power to create and live the life we desire. The question is . . . why does it feel so *difficult to get this power flowing* in the right direction and realize the results we desire?

There are several answers . . .

First, most of us scatter and dilute our personal power by moving into projects and activities without a clear intention or vision for the desired outcome. There is a distinction to be made between *wishing, hoping, trying* and believing or knowing that what we desire is possible. Powerful people believe in themselves, the unlimited possibilities of life and set their sights on a desired outcome without wavering.

Second, many people are not clear about the truth that we have power and the nature of the power we possess. Instead, they focus on circumstances, people and situations outside of themselves allowing them to their responses and behaviors. Powerful people know who they are, from the inside out. They are willing and understand their right and capacity to take complete responsibility for creating the life they desire.

Finally, more people than we can count fear their power and in doing so diminish, deny and dismiss its presence within themselves or in their lives. More often than not, this is an intellectual response to past conditioning, experiences and judgments about what is and is not possible for them individually. When past fears occupy the mind's space, future failures are inevitable. Power people use past experiences as teaching tools that facilitate making new and powerful choices in the present moment.

PUMP UP THE POWER: Personal Power Plan is being offered to support you in harnessing the divine creative power that may be lying dormant within you in order to create a fulfilling experience of yourself and your life throughout the year. While you may be excited and ready to get started, this will be a thorough and slow walk into the most precious possession you have at your disposal. For this reason, we encourage you not to rush ahead! Instead

- ♦ Complete each exercise entirely!
- ♦ Reflect on what you learn about yourself in every exercise!
- ♦ Use what you learn in each exercise to your benefit.

WHAT IS PERSONAL POWER?

A silent state of being and knowing who you are that allows for the authentic demonstration of who you are in the moment, moment-by-moment.

When you think of the concept of *Personal Power*, what comes to mind?

If you are thinking about force, control and doing things the way you think they should be done . . . you may want to re-think your definition. The most common definitions of **power** are:

- ♦ The ability to do something or act in a particular way;
- ♦ A person or organization that is strong or influential within a particular context;
- ♦ The right or authority that is given or delegated to a person or body of people.

As you can see, none of the accepted definitions have anything to do with anyone or anything other than you. Your **Personal Power** is determined by what **You** believe and how **You** demonstrate each of the above concepts. For this reason, you may find it supportive to be familiar with the definition of the key words associated with power:

- ♦ Ability, Capacity, Capability, Potential, Faculty, Competence, Authority, Influence, Dominion, Mastery,

HOW THE PROGRAM CAN SUPPORT YOU

This is an important time. It is a window that calls us into power, harmony and discipline. If we are disciplined in our approach to love, work and life; if we do not cheat others or ourselves, the blessings will be abundant. If, on the other hand, we attempt to maintain the status quo, doing what we have always done, resisting the changes that are necessary, things will be difficult at best, disastrous if we do not use our personal power wisely.

The energy of this evolutionary moment is calling us to rectify the imbalances in our lives by adding to the light side of the scale and removing excess from the heavy side. If we overwork, over-commit, over-eat, over spend or, over anything, discipline and change will be required. If we under-plan, under-rest, under-commit, our work will be about getting clear and standing powerfully in every area of life.

Harmony is a key word for this inner and outer exploration. It's time to bring your mind, heart, life and affairs into harmony by utilizing your personal power efficiently and effectively. Harmony has a higher vibration than balance. In order for harmony to exist, there must be a congruent combination or arrangement of all existing parts. When thinking of harmony consider:

- ♦ Agreement, Peace, Friendship, Fellowship, Cooperation, Understanding, Consensus, Unity, Sympathy, Rapport, Like-Mindedness

This means that the focus of life in this evolutionary moment will be to ensure that every area of life is created and experienced in a way that supports and advances every other area of life. When we do not achieve this level of harmony, we have a tendency to waste time, energy and yes, our personal power.

WHAT YOU WILL DO

The Personal Power Plan is not an intellectual exercise. It is about doing the work! Here is a synopsis of what you will do:

LEVEL 1- INFORMATION GATHERING

Identify Where You Are and What Might Need To Be Changed.

In order to realize and utilize your personal power, you must be willing to eliminate all habits that do not move you closer to your desires. This includes everything from how you think, to what you harbor in your heart to

PUMP UP THE POWER

what you do from the moment you wake-up until you go to sleep. The first step is . . . Pay Attention To What You Do and Recognize Why You Do It!

LEVEL 2 - INFORMATION ASSESSMENT

Identify What You Are Ready and Willing To Do To Regain or Re-Direct Your Power

Desire is a critical element to consider when you are harnessing your **Personal Power**. All too often, we do what we think we should do because we do not believe we have the power to do what we desire. What you may be experiencing as a lack of Personal Power or self-discipline may be the results of failure to identify your real desires. You can open the floodgate reserves of Personal Power by getting in touch with your authentic desire.

LEVEL 3 - PERSONAL POWER BALANCE

Eliminate Competing Desires By Creating Priorities

Competing desires cancel each other out and are a primary reason that we fail to realize our Personal Power. Competing desires send you in several directions at once and yield little from either direction. They also lead us in the direction of making habitual choices. When you hold competing desires in the mind, you will inevitably set up conflicting agendas that drain your energy, your power and create stress. When this conflict happens you will expend some of your Personal Power debating back and forth, mentally and emotional about what is the right thing to do.

LEVEL 4 - GATHERING THE POWER

Create A Clear Vision and an Authentic End Result

Until you can believe you can have it and see it in your mind, it will not happen. The most important element of the Personal Power Plan will be taking the time to get clear about what you desire and Feeling As If the Thing Happened — Already! That is the definition of *Faith*. In other words, this is a faith building plan — building faith in yourself, your vision and the infinite goodness of life.

LEVEL 5 - PUTTING POWER TO WORK

Eliminate Blockages and Create An Action Plan

Baggage! It can be difficult to carry and sometimes difficult to move. For this reason, we want to pack light and move swiftly. We call it, eliminating incomplete cycles of action. It will make the journey into power much easier.

LEVEL 6 - PUMPING UP THE POWER

Do What Is Required . . . As You Have Designed It!

No matter what anyone else says or does, you are the only one who gets to say what goes on in your life! This means if you have a desire and a vision, you must be willing to take the most appropriate steps in the direction of your desire. In others words, you will be required to do the work. This program is designed to set you up for success. However, you will be the only determining factor of how much success you experience.

HOW THE PLAN WORKS

Over the next 30 days, you will be engaged in a series of exercises and activities designed to bring you into direct relationship with your Personal Power; your ability and capacity to create the life you desire. You are encouraged to print this workbook so that you can document your responses or, you may choose to write your response in a journal.

WHAT YOU WILL NEED

Let's Keep It Simple

- ♦ Journal
- ♦ 20 minutes every morning
- ♦ 10 minutes before you go to bed
- ♦ Copy of “The Seven Day Mental Diet “ Download Available at: <http://bridgethegaptoday.com/wp-content/uploads/2011/05/The-Seven-day-Mental-Diet-ebook.pdf>
- ♦ Quiet Place to Work

We recommend:

- ♦ “Until Today: Daily Meditations for Spiritual Growth and Peace of Mind” Available at Amazon.com or InnerVisionsWorldwide.com
- ♦ Stage 1: MasterPeace Body Wash Clearing and Releasing Blend*
- ♦ Stage 2: MasterPeace Body Wash Energize Blend*
- ♦ Stage 3: MasterPeace Body Wash Sweet Attraction Blend*
 - * These natural body wash blends are made to support you in keeping your physical and mental energy clear as you do this work. They are available at MasterPeaceBodyWash.com or InnerVisionsWorldwide.com
- ♦ A weekly massage or some other form of body treatment (i.e. Reflexology, Acupuncture, Reiki, etc.)

STRENGTH IN NUMBERS

It's always fun to do good things with a loved one or friend. For this reason, we encourage you to bring a loved one, partner or friend along on this journey. Not only will this give you a process of accountability, you will be aligned with a like-minded person or people to support you in celebrating your success or moving through the difficult places — **Okay! Now let's get started.**

TOOLS FOR THE JOURNEY

As you begin this incredible journey back to and into the awareness of your personal power, we want to make sure you have the tools you will need to make this a loving and self-supportive process.

1. We encourage you to drink plenty of water when you are doing this work. Each time you sit to do an exercise, have a glass of water with you.
2. Do not forget to **BREATHE!** Rest assured that as you move through the plan, you will come face to face with unresolved emotions that can threaten your progress. Should this happen, STOP! BREATHE! Give yourself permission to feel, knowing there is nothing else you need to do in the moment. We have included a Counting Meditation on the next page that will support you in moving through any discomfort that may arise.
 - ♦ **You may also want to consider one of the MasterPeace Meditations For The Soul.**
 - ♦ These short but effective meditations can be added to the audio library on your telephone or computer in order to be available when you need them. We recommend *Meditation for Empowerment* and *Meditation For Oneness*.

PUMP UP THE POWER

- 3. Choose an Accountability/Support Partner** to work with you as you move through this process. This is a person or other people who will be doing the work with you that you can share and download within those moments when support is needed.
- 4.** If question come up for you that you or your partner cannot resolve, we encourage you to post them on the **Facebook** page @Inner Visions Spiritual Life Maintenance.

PERSONAL POWER!

Everyone has it, few of us know exactly what it is, even fewer of us know how to use it and, there is a small minority of us that trust it, rely on it or use it consistently.

PERSONAL POWER!

It is an experience of mental and emotional dominion that reflects your awareness and conscious connection to the creative, life-giving Source of the universe.

PERSONAL POWER!

How you are willing to be and what you are willing to do to enhance and preserve your dignity, integrity, self-esteem, personal welfare and well-being.

PERSONAL POWER!

Clarifying and declaring the “bottom line” that grows from your focus on what you need, what you desire and what you will or will not tolerate.

PERSONAL POWER!

It determines the degree of mental and emotional dominion that allows you to direct your thoughts and feelings in a productive manner.

PERSONAL POWER!

It is your ability and capacity to direct the energy of your life in a positive way in order to create and experience all that you desire.

PERSONAL POWER!

It is your awareness, willingness, ability and capacity to influence or change an outcome.

PERSONAL POWER!

It is a source of influence and authority in every aspect of your life and your ability to exercise that influence consistently and constructively.

PERSONAL POWER!

Focused use of thoughts, knowledge, experience and feelings that get your needs met in a positive way.

As you review the above statements, how would you rate your current connection to your personal power? Using a scale of 0-10, where 0 equals not in touch at all; 5 equals sketchy and inconsistent; and 10 equals, *I am at full throttle*, rate your overall awareness of and connection to your Personal Power?

My CURRENT ASSESSMENT is _____

PUMP UP THE POWER

COUNTING MEDITATION

1. Begin by finding a comfortable position whether you are sitting or lying down.
2. Sitting on the floor with your legs crossed is a good position to try.
3. Set the intention that you will not fall asleep; that you will stay awake, aware and alert.
4. Begin to become aware of your breathing.
Notice each breath as it goes in . . . and out . . .
5. Begin to slow the rhythm of your breathing by counting.
Inhale to the count 1, 2, 3, 4 . . .
6. Hold the breath as you count 1, 2, 3 . . .
7. Now exhale to the count of 1, 2, 3, 4 . . .
8. If your attention wanders, as it will, just focus back again on your breathing.
Breathe in. . . 2 . . 3 . . 4 . . . Hold . . . 2 . . . 3 Exhale . . . 2 . . . 3 . . . 4
9. Notice any stray thoughts, but don't dwell on them.
Breathe in. . . 2 . . 3 . . 4 . . . Hold . . . 2 . . . 3 Exhale . . . 2 . . . 3 . . . 4
10. Simply let the thoughts pass.
Breathe in. . . 2 . . 3 . . 4 . . . Hold . . . 2 . . . 3 Exhale . . . 2 . . . 3 . . . 4
Breathe in. . . 2 . . 3 . . 4 . . . Hold . . . 2 . . . 3 Exhale . . . 2 . . . 3 . . . 4
Again, breathe in. . . 2 . . 3 . . 4 . . . Hold . . . 2 . . . 3 Exhale . . . 2 . . . 3 . . . 4
Breathe in. . . 2 . . 3 . . 4 . . . Hold . . . 2 . . . 3 Exhale . . . 2 . . . 3 . . . 4
Breathe in. . . 2 . . 3 . . 4 . . . Pause . . . 2 . . . 3 Exhale . . . 2 . . . 3 . . . 4
11. Continue to breathe slowly, smoothly . . . relaxing more and more with each breath.
12. Feel yourself becoming more and more relaxed.
As you breathe in. . . 2 . . 3 . . 4 . . . Hold . . . 2 . . . 3 Exhale . . . 2 . . . 3 . . . 4
13. And relax, totally aware and totally connected to your breath
Breathe in. . . 2 . . 3 . . 4 . . . Hold . . . 2 . . . 3 Exhale . . . 2 . . . 3 . . . 4
14. Continue breathing.
In and out . . . Breathing in and out . . . In and Out . . .
15. Now it is time to gently reawaken your body and mind. With your eyelids closed, notice the sounds around you. Feel the floor beneath you. Feel your clothes against your body. Gently wiggle your fingers and toes. Shrug your shoulders up and let them fall gently. Now give your body a big stretch.
16. When you are ready, open your eyelids. You can now resume your normal activity.

DAY 1: WHAT DO YOU WANT?

In order to gain the most from the 90 days of work involved in the Personal Power Plan, it is important for you to be clear about *what you want* and why you believe *you don't have it*. For the purpose of this exercise we will do a "brain dump."

This is a fairly easy exercise that requires you to do one thing — Fill in each of the inquiries with your first thought. Here are a few guidelines for you to follow:

1. Take a deep inhale and exhale before you respond.
2. Respond to each inquiry with a new thought, your first new thought.
3. Tell the truth! In other words, don't edit yourself.
4. Do not take a break between responses other than to breathe.
5. Do not change any response. Instead, write a new response for each new idea.
6. Include only one desire for each inquiry.

When you are ready, respond to the following inquiries (*as many as you choose*) within the space allotted, using 20 words or less for each response. Complete each inquiry with one desire. If you need more space, use your journal.

1. What I want is: _____

2. What I want is: _____

3. What I want is: _____

4. What I want is: _____

PUMP UP THE POWER

5. What I want is: _____

6. What I **want to feel about myself** every day is: _____

7. What I **want to feel about myself** every day is: _____

8. What I **want to feel about myself** every day is: _____

9. What I **want to feel about myself** every day is: _____

10. What I **want to feel about myself** every day is: _____

11. What I **really** want is: _____

12. What I **really** want is: _____

DAY 1: WHAT DO YOU WANT?

13. What I *really* want is: _____

14. What I *really* want is: _____

15. What I *really* want is: _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 2: WHAT DO YOU WANT?

Your work for today is to continue getting clear about exactly what you want. While it may seem repetitive, **repetition is the mother of skill!** The more you do a thing, the better you become at doing it. You want to get clear and comfortable about knowing and asking for exactly what you desire because powerful people know and ask without hesitation.

Here are a few guidelines for you to follow:

1. Take a deep inhale and exhale before you respond.
2. Respond to each inquiry with a new thought, your first new thought.
3. Tell the truth! In other words, don't edit yourself.
4. Do not take a break between responses other than to breathe.
5. Do not change any response. Instead, write a new response for each new idea.
6. Include only one desire for each inquiry.

When you are ready, respond to the following inquiries (*as many as you choose*) within the space allotted, using 20 words or less for each response. Complete each inquiry with one desire. If you need more space, use your journal.

1. What I want is: _____

2. What I want is: _____

3. What I want is: _____

4. What I want is: _____

5. What I want is: _____

DAY 2: WHAT DO YOU WANT?

6. When I have. _____ I believe I will feel _____

7. When I have. _____ I believe I will feel _____

8. When I have. _____ I believe I will feel _____

9. When I have. _____ I believe I will feel _____

10. When I have. _____ I believe I will feel _____

11. What I **really** want is: _____

12. What I **really** want is: _____

13. What I **really** want is: _____

PUMP UP THE POWER

14. What I *really* want is: _____

15. What I *really* want is: _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 3: WHAT DO YOU WANT?

Your work for today is to deepen your degree of clarity about exactly what you want. Remember, **repetition is the mother of skill!** The more you do a thing, the better you become at doing it. You want to get clear and comfortable about knowing and asking for exactly what you desire because powerful people know and ask without hesitation.

Here are a few guidelines for you to follow:

1. Take a deep inhale and exhale before you respond.
2. Respond to each inquiry with a new thought, your first new thought.
3. Tell the truth! In other words, don't edit yourself.
4. Do not take a break between responses other than to breathe.
5. Do not change any response. Instead, write a new response for each new idea.
6. Include only one desire for each inquiry.

When you are ready, respond to the following inquiries (*as many as you choose*) within the space allotted, using 20 words or less for each response. Complete each inquiry with one desire. If you need more space, use your journal.

1. What I want is: _____

2. What I want is: _____

3. What I want is: _____

4. What I want is: _____

5. What I want is: _____

PUMP UP THE POWER

6. When I have _____, I believe I my life will be _____

7. When I have _____, I believe I my life will be _____

8. When I have _____, I believe I my life will be _____

9. When I have _____, I believe I my life will be _____

10. When I have _____, I believe I my life will be _____

11. What I **really** want is: _____

12. What I **really** want is: _____

13. What I **really** want is: _____

DAY 3: WHAT DO YOU WANT?

14. What I *really* want is: _____

15. What I *really* want is: _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 4: WHAT YOU WANT IS YOURS TO HAVE!

You have not because . . .

Now that you know what it is that you want, let's consider why it has not shown up in your life. Your instructions are the same:

1. Take a deep inhale and exhale before you respond.
2. Respond to each inquiry with a new thought, your first new thought.
3. Tell the truth! In other words, don't edit yourself.
4. Do not take a break between responses other than to breathe.
5. Do not change any response. Instead, write a new response for each new idea.

Using your previous responses, complete each of the following inquiries. You are encouraged to present your response in 25 words or less. "I *don't know*" is not an acceptable response for the purpose of this brain dump. Dig deep! Think well!

1. What I **really** want is: _____

2. The reason I believe I do not have _____ is because _____

3. What I **really** want is: _____

4. The reason I believe I do not have _____ is because _____

5. What I **really** want is: _____

6. The reason I believe I do not have _____ is because _____

DAY 4: WHAT YOU WANT IS YOURS TO HAVE!

7. What I *really* want is: _____

8. The reason I believe I do not have _____ is because _____

9. What I *really* want is: _____

10. The reason I believe I do not have _____ is because _____

SELF REFLECTION

Powerful people pay close attention and learn from what they do. Review your work of the past three days and respond to the following inquiry with any new awareness and insight that you may have gained.

What I am aware of now that I did not know before beginning this process is: _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 5: WHAT YOU WANT IS YOURS TO HAVE!

You have not because . . .

Fear often stands between your personal power and the energy you need to create and attract what you desire. Until and unless you are willing to acknowledge and face fear, you will be spinning your wheels in the mud. That means you will be stuck! Powerful people are willing to acknowledge that fear is present. Then, they are empowered to do something about it.

Using your previous responses, complete each of the following inquiries. You are encouraged to present your response in 25 words or less. "I *don't know*" is not an acceptable response for the purpose of this brain dump. Dig deep! Think well!

1. What I **really** want is: _____

2. The truth is, what I have not been willing to do to have what I really want is: _____

3. What I **really** want is: _____

4. The truth is, what I have been **afraid** to do, to have what I really want is: _____

5. What I **really** want is: _____

6. The truth is, what I have been **afraid** to do, to have what I really want is: _____

DAY 5: WHAT YOU WANT IS YOURS TO HAVE!

7. What I **really** want is: _____

8. The truth is, what I have been **afraid** to do, to have what I really want is: _____

9. What I **really** want is: _____

10. The truth is, what I have been **afraid** to do, to have what I really want is: _____

SELF REFLECTION

Powerful people pay close attention and learn from what they do. Review your work of the past three days and respond to the following inquiry with any new awareness and insight that you may have gained. Just for the record, **FEAR** diminishes your Personal Power and gives you an excuse for not having what you really want.

What I am aware of now that I did not know before beginning this process is: _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 6: WHAT YOU WANT IS YOURS TO HAVE!

You have not because . . .

Sometimes we want something really, really bad, however, we are not willing to do what is necessary to have it. Having what you want requires a willingness to be responsible for it — and that can be pretty scary. Willingness and power go hand in hand. In order to stand fully and authentically in your personal power, you must be willing to do whatever it takes — even when you are confronted by fear.

1. Take a deep inhale and exhale before you respond.
2. Respond to each inquiry with a new thought, your first new thought.
3. Tell the truth! In other words, don't edit yourself.
4. Do not take a break between responses other than to breathe.
5. Do not change any response. Instead, write a new response for each new idea.

Using your previous responses, complete each of the following inquiries. You are encouraged to present your response in 25 words or less. "I *don't know*" is not an acceptable response for the purpose of this brain dump. Dig deep! Think well!

1. What I **really** want is: _____

2. The truth is, what I have not been willing to do to have what I really want is: _____

3. What I **really** want is: _____

4. The truth is, what I have not been willing to do to have what I really want is: _____

5. What I **really** want is: _____

6. The truth is, what I have not been willing to do to have what I really want is: _____

DAY 6: WHAT YOU WANT IS YOURS TO HAVE!

7. What I **really** want is: _____

8. The truth is, what I have not been willing to do to have what I really want is: _____

9. What I **really** want is: _____

10. The truth is, what I have not been willing to do to have what I really want is: _____

SELF REFLECTION

Powerful people pay close attention and learn from what they do. Review your work of the past three days and respond to the following inquiry with any new awareness and insight that you may have gained.

What I am aware of now that I did not know before beginning this process is: _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 7: PERSONAL ASSESSMENT

Gather and assess information in order to identify and change unproductive habits

In order to realize and utilize your personal power, you must be willing to eliminate all habits that do not move you closer to your desires and to consistently engage in behaviors that move you forward. This includes everything from how you think, to what you harbor in your heart to what you do from the moment you wake-up until you go to sleep. The first step is . . . Pay Attention to What You Do and Recognize Why You Do It! The first phase of the plan is the Information gathering phase. For this phase of the plan, we will do an in-depth **Personal Assessment** designed to support you in developing three primary skills:

clar·i·ty

noun

- Easy to see or hear; sharpness of image or sound (Webster)

fo·cus

noun

- To pay particular attention; clear and sharply defined condition of an image (Webster)

con·sis·tent ac·tion

noun

- Adhering to the same principles, course or form; actions of activities that are compatible; not self-contradictory (Webster)

The first step toward developing your Personal Power Plan is to determine and assess where you are on four levels of your life experience and then, determine what needs to be changed. This is the information Gathering Phase.

In this phase you will:

- ♦ Assess where you are Spiritually, Physically, Mentally and Emotionally;
- ♦ Determine where you desire to be in each of these areas of your life;
- ♦ Determine your thoughts and feelings connected to your current experience;
- ♦ Determine your current behavior/activities in each of the four levels of your experience;
- ♦ Identify the changes you are willing to make;
- ♦ Identify the obstacles to making the desired changes

Before you begin any exercise in the plan you are encouraged to:

1. Breathe deeply to get centered.
2. Ask your Higher Self to support and guide you.

DAY 7: PERSONAL ASSESSMENT

3. Commit a minimum of 20 minutes to do your work.
4. Create a sacred and serene environment for your work. (Light candle, burn incense, play gentle soothing music).
5. Work in a place where you will not be disturbed.
6. Complete each activity in one sitting and follow all directions as they are given.
7. Only share your work with people you know support you and your desires.

It is important to get clear about where you are and what is required to access and productively utilize your Personal Power at all levels. For the purpose of the work we will do, please consider the 4 levels of being. Using a Rating Scale of 0-10, where **0 equals not in touch at all; 5 equals sketchy and inconsistent; and 10 equals, I am in my full power.** How would you rate your overall awareness of and connection to your Personal Power in each of the following areas:

Personal SPIRITUAL Power requires an intimate connection with a Higher Power that gives rise to sense of personal divinity, internal guidance and overall connection and respect for the divinity of others.

PERSONAL SPIRITUAL ASSESSMENT: _____

Personal PHYSICAL Power requires a strong, flexible, well-rested body that supports daily activities and greater possibilities.

PERSONAL PHYSICAL ASSESSMENT: _____

Personal MENTAL Power requires a disciplined, peaceful mind that is focused, flexible and open to greater possibilities.

PERSONAL MENTAL ASSESSMENT: _____

Personal EMOTIONAL Power requires a judgment-free, open heart, grounded in the principles, of love, compassion, kindness and forgiveness.

PERSONAL EMOTIONAL ASSESSMENT: _____

Tomorrow we will dig a little deeper. In this phase of the plan, we will assess your current experience in each of the above areas. We will then use your assessment as the foundation for building your Personal Power Plan.

You are encouraged to give yourself permission to respond to all inquiries with total and radical honesty. This is your assessment and will reflect the truth of your being. Take your time. Read each inquiry completely and respond with your first response. Resist the temptation to go back and change your response and do not judge your responses. And, if you feel that something does not apply to you, move on but consider this . . . all information is good information.

HAVE A GREAT DAY!



Congratulations Beloved!



***You have completed
Phase 1 of Level One***

Be sure to do something to celebrate yourself and the work you have done.

Before moving on to the next phase, we encourage you to review your responses and take notes about anything that catches your attention.

SPIRITUAL POWER

Spiritual Power is not a personal possession. It is an experience that grows from understanding yourself and your life within a large spiritual context. It is also a function of knowledge, information and experience perceived beyond the intellect. Spiritual information should support you to understand your life and life's tasks better. Understanding is a function of spiritual power. This power grows and can be utilized in direct proportion to your relationships with all that you know to be divine.

DAY 8: PERSONAL SPIRITUAL POWER ASSESSMENT

Spirit is the core and essence of your being. Your Spirit or your conscious connection to the Source of life the primary Source of Power in your life. When it comes to Personal Power, your spiritual identity, spiritual maturity, spiritual stamina and connection to a Higher Source/Power is essential. Today we will assess the current state of and connection to your Spiritual Power.

Using a Using a Rating Scale of 0-10, where **0 equals not in touch at all; 5 equals sketchy and inconsistent;** and **10 equals, I am in my full power.** Respond to each of the following inquiries to assess your Personal Spiritual Power.

CURRENT ASSESSMENT

1. I have a clear idea about, name for and identification of a Higher Power in my life. _____

2. I believe in a Higher Power that loves me and cares about me. _____

3. I have a consistent, daily spiritual practice that strengthens and guides me daily. _____

4. I experience great satisfaction as a result of my prayer practices and prayer life. _____

5. My relationship with God contributes to my sense of well-being. _____

6. I believe there is some real purpose for my life. _____

7. I know how to and I do trust in and depend on God for guidance and support in my daily life. _____

8. I feel that life is a positive and meaningful experience. _____

DAY 8: PERSONAL SPIRITUAL POWER ASSESSMENT

9. I have a positive understanding of most of my life experiences. _____

10. I have a consistent sense of well-being about the direction of my life. _____

11. I believe that God is impersonal and not interested in my daily life experience. _____

12. I feel unsure and fearful about my future. _____

13. I don't get much personal strength or support from my understanding of God. _____

14. I do not believe God is concerned about my daily concerns and problems. _____

15. I do not enjoy much in my current life. _____

16. I feel that life is full of unnecessary or meaningless conflict and unhappiness. _____

What I am now aware of as it relates to my current spiritual experience is _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

PUMP UP THE POWER

DAY 9: PERSONAL SPIRITUAL POWER ASSESSMENT

Spirit is the core and essence of your being. Your Spirit or your conscious connection to the Source of life the primary Source of Power in your life. When it comes to Personal Power, your spiritual identity, spiritual maturity, spiritual stamina and connection to a Higher Source/Power is essential.

On **Day 7** you gave yourself a Personal Spiritual Assessment rating. Now that you have completed a more detailed assessment, you can determine if your original rating is still valid. If it is, indicate it in the space provided below. If it is not, assign a new number and indicate it in the space below.

My Personal Spiritual Assessment Rating is: _____

Complete the following inquiries with any new awareness and insight you may have gained. Be mindful to present your first and most honest thought.

1. I am now aware that my current spiritual experience is: _____

2. What I desire for my spiritual experience is: _____

3. What stands between me and a deeper spiritual experience is: _____

4. What I now realize I have been afraid of as it relates to my spiritual experience is _____

5. What I am aware that I have not been willing to do to enhance my spiritual experience is: _____

DAY 9: PERSONAL SPIRITUAL POWER ASSESSMENT

6. What I am now willing to do to enhance my spiritual experience is: _____

7. As I review my responses, what I believe/feel about spiritual power is: _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

PHYSICAL POWER

Your physical body and the state of your physical environment are the tools used by life and your spirit to support and direct your experiences. A strong, flexible body and, a clean, orderly environment can enhance your personal power and support the creation of your desired reality. A strong, flexible physical body will support you in relieving tension, eliminating anxiety, overcoming or avoiding depression and supports the proper expression of anger. Your Personal Physical Power is more than just a "feel good sensation." It is the determinant of your ability to endure and navigate difficult experiences and sustain powerful and productive activities.

DAY 10: PERSONAL PHYSICAL POWER ASSESSMENT

Personal Physical Power grows from a well-ordered and manageable mind and physical environment. Where you live and work, your car, even your closets and wallet are all aspects of your physical environment that support or deter from your capacity to create your desired experiences. Disorder in all of its forms is a drain on Personal Power. *Order is the first law of heaven.* When your body is out of shape and your environment is disorderly, your Personal Physical Power is diminished.

For this phase of the plan you will do a Personal Assessment of your Physical Body and Environment. Using a Rating Scale of 0-10, where **0 equals not in touch at all; 5 equals sketchy and inconsistent;** and **10 equals, I am in my full power** respond to each of the following inquiries to assess your Personal Spiritual Power.

CURRENT ASSESSMENT

1. My body is strong and flexible. _____

2. I have a good, loving, relationship with my body. _____

3. I have had a complete physical within the past 12 months. _____

4. I know about and receive treat for all physical conditions about which I am aware. _____

5. I have had a dental exam within the past 12 months. _____

6. I drink a minimum of 64 oz. of water daily. _____

PUMP UP THE POWER

7. I exercise a minimum of 3 days per week for a minimum of 30 minutes. _____

8. I get a minimum of 7 hours of sleep each night. _____

9. I eat leafy green vegetables daily. _____

10. I eat some kind of fruit daily. _____

11. I have regular bowel movements 20-30 minutes after eating. _____

12. I am at my ideal weight for my age and height. _____

13. I am aware that my sugar intake needs to be reduced. _____

14. I pay attention to the slight aches and pains in my body. _____

DAY 10: PERSONAL PHYSICAL POWER ASSESSMENT

15. My home is neat and orderly. _____

16. My office/work space is neat and orderly. _____

17. My car is neat and orderly. _____

18. It is easy for me to find what I am looking for at home. _____

19. It is easy for me to find what I am looking for at work. _____

20. I have property and papers I need to release. _____

21. I am completely happy in my current home environment. _____

22. I am completely happy in my current work environment. _____

PUMP UP THE POWER

23. I know what I need to do to get in better physical shape. _____

24. I know what I need to do to bring more order to my home. _____

25. I am ready and willing to do what is required enhance and increase my Personal Physical Power. _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 11: PERSONAL PHYSICAL POWER ASSESSMENT

Your physical body is the house for your spirit and the vehicle that moves you through life. Can you imagine running your car with now oil and the cheapest gas you can find? Where would you sit in your car if every part of the seats were filled with trash and useless items? It is sad but true that many of us treat our vehicles better than we treat our body . . . Until Today!

On **Day 7** you gave yourself a Personal Physical Assessment rating. Now that you have completed a more detailed assessment, you can determine if your original rating is still valid. If it is, indicate it in the space provided below. If it is not, assign a new number and indicate it in the space below.

My Personal Physical Assessment Rating is: _____

Complete the following inquiries with any new awareness and insight you may have gained. Be mindful to present your first and most honest thought.

1. I am now aware that my current physical experience is: _____

2. What I desire for my physical experience is: _____

3. What stands between me and a healthy physical experience is: _____

4. What I now realize I have been afraid of as it relates to my physical experience is _____

5. What I am aware that I have not been willing to do to enhance my physical experience is: _____

PUMP UP THE POWER

6. What I am now willing to do to enhance my physical experience is: _____

7. As I review my responses, what I believe/feel about physical power is: _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

MENTAL POWER

Your mind and mental state of being have a profound impact on your physical body, your spiritual experience, and the over-all quality of life. These 3 aspects of your being are all interconnected. When one is affected, the other two suffer. When the body is not healthy, the mind and the spirit cannot make up for the lack making it difficult to live up to our full capacity. When the mind is not healthy, focused and well disciplined, the impact is experienced in every other aspect of your life.

DAY 12: PERSONAL MENTAL POWER ASSESSMENT

Mental Power is the ability to learn and grow intellectually and to use the knowledge you acquire in such a way that it has a powerful impact on every area of your life. There is a distinction that must be made between the power of the brain and the power of the mind. Brain power refers to what we use in our daily lives to complete tasks such as breathing, eating, sleeping and working, and so on. The brain is a real and tangible object. On the other hand, the mind, although real, is intangible.

For the purposes of the work you will do in the Personal Power plan, think of the mind in two parts. First, there is the conscious mind. This is everything that is inside of your awareness including feelings, emotions, sensations, memories, perceptions or anything that you can think and speak. The unconscious/subconscious mind is everything that is outside of your awareness. This means any feelings, emotions, memories, thoughts, fantasies, that you are unaware of moment by moment.

For this phase of the plan you will do a Personal Assessment of your mind. Using a Rating Scale of 0-10, where **0 equals *not in touch at all*; 5 equals *sketchy and inconsistent*; and 10 equals, *I am in my full power***. Respond to each of the following inquiries to assess your Personal Mental Power.

CURRENT ASSESSMENT

1. I am satisfied with my academic achievements. _____

2. I have a desire to increase my academic achievements. _____

3. I have a clear vision for my life and I know how to achieve it. _____

4. My first thought about my past is positive. _____

5. I have unresolved hurts related to my past. _____

DAY 12: PERSONAL MENTAL POWER ASSESSMENT

6. My first thought about my future is positive. _____

7. I have unresolved fears related to my future. _____

8. I am aware and have a good idea about what makes me angry. _____

9. I am aware of how I behave when I am angry. _____

10. I am aware and have a good idea about what makes me happy. _____

11. I am aware and have a good idea about what makes me sad. _____

12. I think more about my past than the present moment of my life. _____

13. I think more about the future than the present moment of my life. _____

14. On a daily basis, I have more negative thoughts than positive ones. _____

PUMP UP THE POWER

15. It is easy for me to begin a task and remain focused until it is completed. _____

16. I am aware of a tendency for me to get bored easily. _____

17. I am aware of the many, recurring stressful thoughts I have on a daily basis. _____

18. I am aware of the many, recurring fear-based thoughts I have on a daily basis. _____

19. I am aware that when I see or hear certain things, my first response is anger. _____

20. I would consider myself to have a well-disciplined mind. _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 13: PERSONAL MENTAL POWER ASSESSMENT

Your physical body is the house for your spirit and the vehicle that moves you through life. Can you imagine running your car with now oil and the cheapest gas you can find? Where would you sit in your car if every part of the seats were filled with trash and useless items? It is sad but true that many of us treat our vehicles better than we treat our body — Until Today!

On **Day 7** you gave yourself a Personal Physical Assessment rating. Now that you have completed a more detailed assessment, you can determine if your original rating is still valid. If it is, indicate it in the space provided below. If it is not, assign a new number and indicate it in the space below.

My Personal Mental Assessment Rating is: _____

Complete the following inquiries with any new awareness and insight you may have gained. Be mindful to present your first and most honest thought.

1. I am now aware that my current mental experience is: _____

2. What I desire for my mental experience is: _____

3. What stands between me and greater mental clarity is: _____

4. What I now realize I have been afraid of as it relates to the power of my mind is _____

5. What I am aware that I have not been willing to do to enrich my mind is: _____

PUMP UP THE POWER

6. What I am now willing to do to enrich my mind and mental power is: _____

7. As I review my responses, what I believe/feel about the power of my mind is: _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

EMOTIONAL POWER

Emotional Power is triggered and sustained by how and what we feel. Our feelings give rise to an enriched or diminished sense of Personal Power. Individuals who are emotionally powerful live with a consciousness of “what can happen through me” rather than the feelings of “look what is happening to me.” Our foundation of thoughts and perceptions fuels our Personal Emotional Power and radiates as a positive sense of self-esteem, self-value and self-worth.

DAY 14: PERSONAL EMOTIONAL POWER ASSESSMENT

Emotional Power is demonstrated by the ability to be in touch with and control your emotions so that you feel comfortable expressing them and express them appropriately. Negative experiences give rise to negative emotions, that when left unresolved lead to greater mental or emotional challenges. More often than not, the negative emotions we harbor today grow from past experiences that have not been addressed or resolved. Every part of our being, including our cells, muscles and organs sympathize or respond to the positive and negative emotions we hold in the mind. The longer we harbor them, the more challenging it can be to stand fully and powerfully in every area of our lives.

For this phase of the plan you will do a Personal Assessment of your Emotional Power. Using a Rating Scale of 0-10, where **0 equals not in touch at all; 5 equals sketchy and inconsistent;** and **10 equals, I am in my full power.** Respond to each of the following inquiries to assess your Personal Emotional Power.

CURRENT ASSESSMENT

1. I experience most days in peace and joy. _____

2. I have a generally positive outlook about life. _____

3. I am generally at peace with who I am in my life. _____

4. I am generally at peace with where I am in life. _____

5. I am generally frustrated or upset about who I am and how I am living at this time. _____

DAY 14: PERSONAL EMOTIONAL POWER ASSESSMENT

6. Most of my relationships are loving, supportive and fulfilling. _____

7. I am open and available to create and enjoy new relationships. _____

8. I get along with most people in my life. _____

9. I experience most days with a high level of fear. _____

10. I am aware that I have some unresolved anger that influences my daily choices and decisions. _____

11. I am aware that I still harbor un-forgiveness about my past. _____

12. There are some things and people I choose not to forgive. _____

13. I know what brings me joy and I make sure to do or have those things on a regular basis.

PUMP UP THE POWER

14. I have no idea what would make me truly happy. _____

15. I work hard and get exactly what I need and desire. _____

16. I often feel alone and unfulfilled. _____

17. I live my life in a defensive mode most of the time. _____

18. I have the support and encouragement I need and desire from the people in my life. _____

19. I am in good relationship with my mother. (whether Living or Deceased) _____

20. I am in good relationship with my father. (whether Living or Deceased) _____

21. I know what it is to truly be loved by another person. _____

DAY 14: PERSONAL EMOTIONAL POWER ASSESSMENT

22. I have experienced a heartbreak that still has a lingering effect on my life. _____

23. I have experienced a traumatic event that still has an effect on my life. _____

24. I am aware that on most days I feel emotionally numb. _____

25. I am aware that I have some fear around being in touch with my authentic emotions. _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 15: PERSONAL EMOTIONAL POWER ASSESSMENT

What you feel and your ability to manage what you feel not only determines what you do, it influences how well you do it. Your feelings or emotions are the energy that fuels your every action.

On **Day 7** you gave yourself a Personal Emotional Assessment rating. Now that you have completed a more detailed assessment, you can determine if your original rating is still valid. If it is, indicate it in the space provided below. If it is not, assign a new number and indicate it in the space below.

My Personal Emotional Assessment Rating is: _____

Complete the following inquiries with any new awareness and insight you may have gained. Be mindful to present your first and most honest thought.

1. I am now aware that my current emotional experience is:

2. What I desire for my emotional well-being is:

3. What stands between me a greater sense of emotional power is:

4. What I now realize I have been afraid of as it relates to experiencing and expressing my feelings is:

5. What I am aware that I have not been willing to do to improve my emotional well-being is:

6. What I am now willing to do to improve my emotional well-being is:

DAY 15: PERSONAL EMOTIONAL POWER ASSESSMENT

7. As I review my responses, what I believe/feel about my emotional well-being is:

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!



***Well . . .
Look at You!***



***You have now completed the Phase 2 of
Level One of your Personal Power Plan!***

You have gathered a great deal of information and now . . . We can move to the next phase.

GREAT WORK BELOVED!

DAY 16: PERSONAL POWER ASSESSMENT

INTENTION

To Gather and Assess Information in order to Identify and Change Unproductive Habits.

Today we will continue the information-gathering phase of Level 1 by doing a general assessment of your beliefs and ideas about your Personal Power. Now that we have done an assessment of the 4 levels of being that influence the experience of Personal Power, let us review.

SPIRITUAL POWER

When an individual is spirituality powerful, they are grounded in a clear sense of connection with a Higher Source/Power. This serves as their foundation for being and living. When a person is not spiritually powerful, they may experience bouts of discouragement, despondency, hopelessness, doubt, inconsistency, and laziness. They may also be plagued with fear, guilt, anger, resentment, regret and un-forgiveness.

PHYSICAL POWER

When an individual is physically powerful, they have a strong heart, lungs and circulatory system. Endurance, flexibility and strength are sustained by regular physical activity. They are well rested and follow a healthy, well-balanced eating plan. They are in touch with and listen to the cues given by their body. When a person is not physically powerful, they are not in touch with their body cues, endurance, flexibility and muscle strength is minimal and, they do not feel in control of what is happening within or with their physical being. (NOTE: Long-term illness and medication regime does not necessarily limit the capacity to build physical power. Thoughts are often as important as the physical condition of the body.)

MENTAL POWER

When an individual is mentally powerful they have a well-disciplined mind that is peace-filled and focused. They are open to new ideas, make choices easily and are not easily swayed by unresolved emotions and fears. When a person is not mentally powerful, they lose focus easily, find it hard to concentrate on one thing at a time, are easily swayed by the reactions and demands of others and experience recurring bouts of self-doubt.

EMOTIONAL POWER

When an individual is emotionally powerful, they are in touch with and in control of their emotions. They can speak/express what they feel appropriately. They are sensitive to or concerned about the feelings of others but are not ungrounded by emotional disagreement. Forgiveness is a cornerstone of emotional power. When a person is not emotionally powerful, they withhold or swallow their feelings. They are prone to inappropriate emotional outbursts or expressions and, they seem insensitive to the feelings and needs of others.

Your work today is to make an assessment about your overall sense of personal power and how well you manage and utilize it in your life. For the purpose of this assessment, we will use a different Rating Scale. You are asked to respond to each of the following inquiries using the following rating assessments:

Very True (VT)

True (T)

Somewhat True (ST)

Not True At All (NTAA)

Remember, **DO NOT SECOND GUESS YOUR FIRST THOUGHT**. Be radically honest with yourself, using the first response that comes to mind.

PUMP UP THE POWER

CURRENT ASSESSMENT	VT	T	ST	NTAA
1. On a daily basis, I consider myself to be a powerful person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. On a daily basis, it is easy for me to make a choice or decision about what I need or want.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I am in touch with the source of my personal power and I understand how to maintain my power.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am rarely plagued by thoughts of self-doubt.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have a healthy sense of self-value and worth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. From where I sit right now, my future looks bright and completely achievable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. When I disagree with someone, I am able to share my thoughts and feelings fearlessly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. When someone I love or respects wants something from me, I put their preferences ahead of my own.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. When I have a disagreement with someone, I first believe that I am wrong.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I experience most disagreements as energizing rather than uncomfortable and difficult.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. When my ideas are different that the majority, I generally keep them to myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I remain silent in order to avoid confrontation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. It is easy for me to tell others when they have violated my personal boundaries.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I am more comfortable taking direction than giving others directions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. It is easy for me to see the good in others, regardless of how they behave.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I am aware that I can and do hold grudges.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I am aware that I do want to see others pay for what I believe they have done to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAY 16: PERSONAL POWER ASSESSMENT

CURRENT ASSESSMENT	VT	T	ST	NTAA
18. I am fully aware of my personal strengths and I utilize them productively to get what I need/want.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I am fully aware of my personal weaknesses and I consistently work to strengthen them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. When I don't know something, I am comfortable letting others know and getting the support I need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I am often on the lookout for what people want so that I don't get hurt or taken advantage of.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I have a spiritual gift and I am comfortable using it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I believe my life has a purpose and I am fulfilling it to the best of my ability now.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. My life has gone off track and I have no clue how to get it moving in the direction I desire.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Taking this assessment has made me feel in touch and hopeful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 17: PERSONAL POWER ASSESSMENT

INTENTION: To Gather and Assess Information in order to Identify and Change Unproductive Habits.

Today we will continue the information-gathering phase of Level 1 by doing a general assessment of your beliefs and ideas about your Personal Power. Today's work will take a little more effort and time. Be sure to begin when you have the time to complete the entire assignment. There will be no ratings today. You will complete each inquiry with your first thought. You are encouraged not to edit yourself and to be radically honest. It is more powerful and productive to present your responses with 25 words or less.

1. My greatest individual strength is: _____

2. This strength helps me to: _____

3. Knowing I have this strength makes me feel: _____

4. My next greatest strength is: _____

5. This strength helps me to: _____

6. Knowing I have this strength makes me feel: _____

DAY 17: PERSONAL POWER ASSESSMENT

7. My greatest weakness is: _____

8. This weakness prevents me from: _____

9. Knowing I have this weakness makes me feel: _____

10. My next greatest weakness is: _____

11. This weakness prevents me from: _____

12. Knowing I have this weakness makes me feel: _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 18: PERSONAL POWER ASSESSMENT

INTENTION: To Gather and Assess Information in order to Identify and Change Unproductive Habits.

Your work today is a continuation of your work from yesterday. The more you are aware of, acknowledge and accept about yourself, the more powerful you become. Complete the inquiries below with your first and most truthful response. It is more powerful and productive to present your responses with a few words as possible as you order and discipline your mind. When “a word” is requested, give “a word” rather than a sentence. You can do this Beloved.

1. The three words I would use to describe myself today are:

I AM _____

I AM _____

I AM _____

2. The three words I would use to describe **how I feel** about myself today are:

I feel I am _____

I feel I am _____

I feel I am _____

3. The three words I would use to describe what I believe is true about me today are:

I honestly believe I am _____

I honestly believe I am _____

I honestly believe I am _____

4. The three words I would use to describe my current life experiences are:

My life is _____

My life is _____

My life is _____

5. The three words I would use to describe **how I feel** about my current life experience are:

I feel my life is _____

I feel my life is _____

I feel my life is _____

DAY 18: PERSONAL POWER ASSESSMENT

6. The positive habits I have are:

I have a positive habit of _____

I have a positive habit of _____

I have a positive habit of _____

7. The unproductive habits I have are:

I have the unproductive habit of _____

I have the unproductive habit of _____

I have the unproductive habit of _____

8. The first thing I am ready to change about myself is:

I am ready to change _____

9. The first thing I am ready to change about my life is:

I am ready to change _____

10. When I make these changes I will feel _____

11. When I make these changes my life will _____

12. The greatest fear about making these changes is _____

13. I am willing to make these changes because _____

14. What I know now that I did not know before beginning this process is: _____

15. My first response to what I know now is: _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

PERSONAL POWER

Being comfortable with who I am, as I am right now, knowing I can feel and express my feelings and choose my thoughts so that the results I desire happen for me — first within me, then in my life.

DAY 19: SPIRITUAL CLARITY

clar·i·ty

noun

- Quality of being clear
- Being easy to see or hear;
- Sharpness of image or sound;
- Being certain or definite;
- Quality of transparency or purity.

PRELUDE

EXCERPT FROM *UNTIL TODAY*

—*Iyanla Vanzant*

Be a witness to God growing in you. Be a witness to the love, the grace, the kindness of God growing in you and blooming in every aspect of your life. Be a witness to the breath and the beauty of God moving in your being.

Be a witness to God moving in your life, shaping, shifting and molding every moment of this day. In order to be a witness, you must trust God enough to stop moving, stop doing and just sit a spell, in order to call forth the presence of God in you. Then watch God do a divine work as you.

Be a witness to God growing as you. Be a witness to how you have changed, how you have grown, how you have blossomed into your goodness and greatness. Be a witness to how you touch others. Just be a witness. Stand back, take a look around and remember the truth of who you are.

Be a witness to the multidimensional abilities of God moving through you that allow you to be in the past, the future and the present to make choices about which way you intend to go. In order to be a witness to the power of God, as you stop judging, start forgiving.

PUMP UP THE POWER

SPIRITUAL CLARITY

For this phase of your work, you are asked to take a long, hard look at every aspect of your life — your spiritual life, mental life, emotional life, physical life, financial life, and all of your relationships in order to discover any and all **power leaks**. This is an invitation for you to review every detail and, to be ruthlessly honest about what you think and feel about your every experience. This step requires that you not only look; you must **write about it!** When you write, you release and transform the energy of your thoughts from weight to power. Writing also supports you in becoming clear about and focused on the things you desire.

For today’s work, you are asked to complete each of the following inquiries by indicating your first thought. There is no right or wrong response. The purpose is to bring to the surface of your awareness what is being held in the subconscious mind that could be draining or diminishing your power. Give yourself permission to know the truth. Once you complete a response, you are encouraged **not** to go back and re-write that response. Everything and anything that comes to the surface is appropriate. If the same responses surfaces that is fine. As different responses surface know that it is fine. Keep your responses brief, 5-10 words are sufficient. No explanation is required. Do not be surprised or judgmental about what comes forward. If you feel that a particular inquiry does not apply to you, move on to the next one. And remember to . . . be *gentle with yourself*.

SPIRITUAL LIFE

1. The three words I would use to describe my current spiritual life are:

2. When I think about my spiritual life, what I desire is:

3. When I think about my spiritual life, what I believe is missing or lacking is:

4. When I think about my current spiritual life, what I fear is:

DAY 19: SPIRITUAL CLARITY

5. When I think about my current spiritual life, I believe my greatest challenge is:

6. What I am willing to do to enhance my spiritual life is:

7. What I am ready to change in my spiritual life is:

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 20: MENTAL CLARITY

ac·cept·ance

noun

- Consenting to receive or undertake something offered;
- Process of being received as adequate or suitable;
- Indication of agreement either expressly or by conduct.

PRELUDE

IN TUNE WITH THE INFINITE

— *Ralph Waldo Emerson*

The optimist is right. The pessimist is right. The one differs from the other as the light from the dark. Yet both are right. Each is right from their particular point of view, and this point of view is the determining factor in the life of each. It determines as to whether it is a life of power or of impotence, of peace or of pain, of success or of failure.

The optimist has the power of seeing things in their entirety and in their right relations. The pessimist looks from a limited and a one-sided point of view. The one has their understanding illuminated by wisdom; the understanding of the other is darkened by ignorance. Each is building their world from within, and the result of their building is determined by the point of view of each. The optimist, by their superior wisdom and insight, is making his/her own heaven. In the degree that they make their own heaven they are helping to make one for the entire world at the same time. The pessimists, by virtue of their limitations, are making their own hell, and in the degree that they make their own hell are they helping to make one for all mankind.

You and I have the predominating characteristics of an optimist or the predominating characteristics of a pessimist. We then are making, hour by hour, our own heaven or our own hell; and in the degree that we are making the one or the other for ourselves are we also helping make it for the entire world.

MENTAL CLARITY

For today's work, you are asked to complete each of the following inquiries by indicating your first thought. There is no right or wrong response. The purpose is to bring to the surface of your awareness what is being held in the subconscious mind that could be draining or diminishing your power. Give yourself permission to know the truth. Once you complete a response, you are encouraged **not** to go back and re-write that response. Everything and anything that comes to the surface is appropriate. If the same responses surfaces that is fine. As different responses surface know that it is fine. Keep your responses brief, 5-10 words is sufficient. No explanation is required. Do not be surprised or judgmental about what comes forward. And remember to . . . be *gentle with yourself*.

Give yourself a minimum of 30 minutes to complete the assignment and remember to breathe deeply. Much Love!

1. If I had _____ I would be able to _____

2. If I had _____ I would be able to _____

3. If I had _____ I would be able to _____

4. If I had **not** _____ I would be able to _____

5. If I had **not** _____ I would be able to _____

6. If I had **not** _____ I would be able to _____

PUMP UP THE POWER

7. If only **they** had _____ I would be able to _____

8. If only **they** had _____ I would be able to _____

9. If only **they** had _____ I would be able to _____

10. If only **they** had not _____ I would be able to _____

11. If only **they** had not _____ I would be able to _____

12. If only **they** had not _____ I would be able to _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 21: MENTAL CLARITY

MENTAL CLARITY

For today's work, you will continue the process that began yesterday working toward mental clarity, strength and power. Respond to each of the inquiries present with radical honesty by sharing your most authentic and truthful thoughts and feelings. Do not judge yourself. Simply write down what think and what you feel, as these are the foundations of your power. In order to stand fully in your Personal Power your will need to acknowledge the good stuff and the not so good stuff. To complete this step, you should plan to work a minimum of thirty (30) minutes. If you need more time, keep working until you feel complete before moving on to the next step. And remember to . . . be *gentle with yourself*.

MENTAL CLARITY

1. The three words I would use to describe my current state of mind are:

2. When I think about my current state of mind, I believe my greatest challenge is:

3. The greatest mental weight I carry right now is:

4. When I think about my current state of mind, what I fear is:

PUMP UP THE POWER

5. When my mind feels overwhelmed, what I do is:

6. What I believe will give me a greater sense of mental peace and clarity is:

7. What I am ready to change about the way I think is:

8. What I am willing to do to enhance my state of mind is:

9. What I know and understand about the power of my mind is:

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 22: EMOTIONAL CLARITY

ac·knowl·edg·ment

noun

- Recognition of the truth or existence of a thing or person;
- Action of expressing or displaying appreciation for a thing or person;
- Act of noticing a thing or person.

PRELUDE

THE GOD MEMORANDUM

— *Og Mandino*

“You arrived, bringing with you, as does every child, the message that I was not yet discouraged of man. Two cells now united in a miracle. Two cells, each containing twenty-three chromosomes and within each chromosome hundreds of genes, which would govern every characteristic about you, from the color of your eyes to the charm of your manner, to the size of your brain.

With all the combinations at my command, beginning with that single sperm from your father’s four hundred million, through the hundreds of genes in each of the chromosomes from your mother and father, I could have created three hundred thousand billion humans, each different from the other.

But who did I bring forth?

You! One of a kind. Rarest of the rare. A priceless treasure, possessed of qualities in mind and speech and movement and appearance and actions as no other who has ever lived, lives, or shall live.

Why have you valued yourself in pennies when you are worth a king’s ransom?

Why did you listen to those who demeaned you . . . and far worse, why did you believe them? You are more than a human being; you are a human becoming.

You are capable of great wonders. Your potential is unlimited. Who else, among my creatures, has mastered fire? Who else, among my creatures has conquered gravity; has pierced the heavens; has conquered disease and pestilence and drought?

Never demean yourself again!

Never settle for the crumbs of life!”

Never hide your talents, from this day hence!

PUMP UP THE POWER

EMOTIONAL CLARITY

For today's work, you are asked to complete each of the following inquiries by indicating your first thought. There is no right or wrong response. The purpose is to bring to the surface of your awareness what is being held in the subconscious mind that could be draining or diminishing your power. Give yourself permission to know the truth. Once you complete a response, you are encouraged **not** to go back and re-write that response. Everything and anything that comes to the surface is appropriate. If the same responses surfaces that is fine. As different responses surface know that it is fine. Keep your responses brief, 5-10 words is sufficient. No explanation is required. Do not be surprised or judgmental about what comes forward. And remember to . . . e *gentle with yourself.*

Give yourself a minimum of 30 minutes to complete the assignment and remember to breathe deeply. Much Love!

1. I feel **angry** with _____ for _____

2. I feel **angry** with _____ for _____

3. I feel **angry** with _____ for _____

4. I feel **sad** about _____ because _____

5. I feel **sad** about _____ because _____

6. I feel **sad** about _____ because _____

DAY 22: EMOTIONAL CLARITY

7. I feel **guilty** because _____

8. I feel **guilty** because _____

9. I feel **guilty** because _____

10. I feel **ashamed** of _____

11. I feel **ashamed** of _____

12. I feel **ashamed** of _____

13. I feel **disappointed** about _____ because _____

14. I feel **disappointed** about _____ because _____

PUMP UP THE POWER

15. I feel **hopeful** because _____

16. I feel **hopeful** because _____

17. I feel **hopeful** because _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 23: EMOTIONAL CLARITY

EMOTIONAL CLARITY

For today's work, you will continue the process that began yesterday working toward emotional clarity, strength and power. Respond to each of the inquiries present with radical honesty by sharing your most authentic and truthful thoughts and feelings. Do not judge yourself. Simply write down what think and what you feel, as these are the foundations of your power. In order to stand fully in your Personal Power your will need to acknowledge the good stuff and the not so good stuff. To complete this step, you should plan to work a minimum of thirty (30) minutes. If you need more time, keep working until you feel complete before moving on to the next step. And remember to . . . be *gentle with yourself*.

1. The three words I would use to describe my current emotional state are:

2. I believe that my greatest emotional challenge/difficulty right now is:

3. When I think about my current emotional state, what I fear is:

4. When I feel emotionally overwhelmed, what I do is:

5. When I believe will give me a greater sense of emotional peace is:

PUMP UP THE POWER

6. What I believe needs to happen in order for me to have emotional peace and balance is:

7. What I am willing to do to improve my emotional state and well-being is:

8. What I am now aware I have been unwilling to do to improve my emotional state and well-being is:

9. What I know and understand about the power of my emotions is:

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 24: PHYSICAL HEALTH AND WELL-BEING

For today's work, you are asked to complete each of the following inquiries by indicating your first thought. There is no right or wrong response. The purpose is to bring to the surface of your awareness what is being held in the subconscious mind that could be draining or diminishing your power. Give yourself permission to know the truth. Once you complete a response, you are encouraged **not** to go back and re-write that response. Everything and anything that comes to the surface is appropriate. If the same responses surfaces that is fine. As different responses surface know that it is fine. Keep your responses brief, 5-10 words is sufficient. No explanation is required. Do not be surprised or judgmental about what comes forward.

Give yourself a minimum of 30 minutes to complete the assignment and remember to breathe deeply. *Much Love!*

1. The three words I would use to describe the current state of my physical health and well-being are:

2. When I think about my physical health and well-being, what I desire is:

3. When I think about my physical health, what I believe is missing or lacking is:

4. When I think about my current physical health, what I fear is:

PUMP UP THE POWER

5. When I think about my current physical health, I believe my greatest challenge is:

6. What I am willing to do to enhance my physical health and well-being is:

7. What I am ready to change related to my physical health and well-being is:

8. What I am willing to do to improve my physical health is:

PHYSICAL ENVIRONMENT (Home, Car, Work Space)

1. The three words I would use to describe the current state of my **(Home, Car, Work Space)** are: *(You may need to do a separate assessment for each area)*

2. When I think about my _____ *(the area you are working with)*, what I desire is:

DAY 24: PHYSICAL HEALTH AND WELL-BEING

3. What I am ready to change as it relates to me is: _____

4. When I think about my _____, I believe my greatest challenge is:

5. What I am willing to do to improve my _____ is:

6. As it relates to this area of my life, what I know now that I did not know before beginning this process is:

If you are working with more than one area in your physical environment, you are encouraged to repeat the above process for the additional areas in your journal.

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!



The Best Is Yet To Come!



You have now completed Phase 3 of your Personal Power Plan!

You have dug deep and hopefully . . .
You are becoming acquainted with some
of the things that zap your personal power.

Worry not! It will all come together!
You are about to get everything you need
To step fully into your power.

GREAT WORK BELOVED!

DAY 25: FINANCIAL HEALTH

a·ware·ness

noun

- Recognition of the truth or existence of a thing or person;
- Action of expressing or displaying appreciation for a thing or person;
- Act of noticing a thing or person.

PRELUDE

Financial health is having a conscious and purposeful relationship with money that is satisfying, not overly stressful and gives you a feeling of freedom and stability. The greatest cause of financial stress and lack are our money scripts, shaped by parental attitudes, family stories, social programming and direct experience. Money is free and available to everyone in abundance. The challenge most of us face is not a lack of available finances; it is our beliefs about money and its availability.

It is impossible to find wealth or peace with your financial experience in life until you make you unconscious money scripts — conscious. Without a conscious awareness of what you know, believe and have been taught about money, you cannot begin to challenge your money scripts or change them. Unexplored money scripts will, more often than not, influence your behavior and relationship with money in negative and disempowering ways.

PUMP UP THE POWER

FINANCIAL HEALTH

For today's work, you are asked to complete each of the following inquiries by indicating your first thought as it relates to your current financial experience and your long-term relationship with money. There is no right or wrong response. The purpose is to bring to the surface of your awareness what is being held in the subconscious mind that could be draining or diminishing your power. Give yourself permission to know the truth. Once you complete a response, you are encouraged **not** to go back and re-write that response. Everything and anything that comes to the surface is appropriate. If the same responses surfaces that is fine. As different responses surface know that it is fine. Keep your responses brief, 5-10 words is sufficient. No explanation is required. Do not be surprised or judgmental about what comes forward. And remember to . . . be *gentle with yourself*.

Give yourself a minimum of 30 minutes to complete the assignment and remember to breathe deeply. Much Love!

1. I believe money is _____

2. I believe money is _____

3. I believe money is _____

4. What I learned about money from my mother is _____

5. What I learned about money from my father is _____

6. Growing up, what I came to believe about money is _____

DAY 25: FINANCIAL HEALTH

7. What I learned about money from the world around me is _____

8. What I have "made up" about money is _____

9. If I had all the money I **wanted** it would be \$ _____

10. If I had all the money I **needed** it would be \$ _____

11. When I think about having all the money I **want** I feel _____

12. When I think about having all the money I **need** I feel _____

13. I am now aware that my greatest fear related to money is _____

14. What I am now aware that I have been **unwilling** to do to improve my financial health is _____

PUMP UP THE POWER

15. What I am now willing to do to improve my financial health is _____

16. I believe this will be easy/difficult because _____

17. When my financial health improves I believe my life will be _____

18. As it relates to my financial life, what I **really** want is _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 26: FINANCIAL HEALTH

FINANCIAL HEALTH

Your work today is a continuation of the work you began yesterday related to your current financial experience and your long-term relationship with money. There is no right or wrong response. The purpose is to bring to the surface of your awareness what is being held in the subconscious mind that could be draining or diminishing your power. Give yourself permission to know the truth. Once you complete a response, you are encouraged **not** to go back and re-write that response. Everything and anything that comes to the surface is appropriate. If the same responses surfaces that is fine. As different responses surface know that it is fine. Keep your responses brief, 5-10 words is sufficient. No explanation is required. Do not be surprised or judgmental about what comes forward. And remember to . . . be *gentle with yourself*.

Give yourself a minimum of 30 minutes to complete the assignment and remember to breathe deeply. Much Love!

1. The three words I would use to describe my current financial health are:

2. The three predominant thoughts I have about money are:

3. The best lesson I ever learned about money is:

4. The hardest lesson I ever learned about money is:

PUMP UP THE POWER

5. I know my current credit score. Yes No

6. I am willing to know my current credit score Yes No

7. I have been afraid/ashamed/unwilling to research and know my current credit score. Yes No

8. There are things I can do to improve my current credit score. Yes No

9. I believe that my greatest financial challenge/difficulty right now is:

10. What I am ready to change in order to improve my current financial state is:

11. What I am now aware that I have been unwilling to do to enhance my financial health and well-being is:

12. As it relates to my current financial health, what I know now that I did not know before beginning this process is:

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 27: RELATIONSHIP HEALTH

con·nec·tion

noun

- a relationship in which a person, thing, or idea is linked or associated with something else.
- people with whom one has social or professional contact or to whom one is related, especially those with influence and able to offer one help

PRELUDE

The primary cause of breakdowns in relationships is emotional self-abandonment. This can occur in one of four ways: 1) Denying your feelings by staying in your head rather than being present with your feelings; 2) Judging yourself and others without mercy or forgiveness; 3) Using addictions (to substances and behaviors) to avoid feelings; and 4) Making someone else responsible for your feelings. When people do not take responsibility for their own feelings, they tend to make others responsible for their happiness, emotional safety and self-worth.

Relationships thrive when those involved are kind, accepting, compassionate and empathetic. This can only occur once you have learned to be kind, accepting and compassionate toward yourself. When you take loving care of yourself and take responsibility for making yourself happy, you are empowered to offer the same to others. Without this, there is more often than not the occurrence of self-abandonment that will rob you of power and joy when you attempt to connect with others. Learning emotional self-responsibility is a vital step toward creating powerful, fulfilling and lasting relationships.

PUMP UP THE POWER

RELATIONSHIP HEALTH

For today's work, you are asked to complete each of the following inquiries by indicating your first thought as it relates to your current relationships, the powerful ones and the not so powerful ones. There is no right or wrong response. The purpose is to bring to the surface of your awareness what is being held in the subconscious mind that could be draining or diminishing your power. Give yourself permission to know the truth. Once you complete a response, you are encouraged **not** to go back and re-write that response. Everything and anything that comes to the surface is appropriate. If the same responses surfaces that is fine. As different responses surface know that it is fine. Keep your responses brief, 5-10 words is sufficient. No explanation is required. Do not be surprised or judgmental about what comes forward. And remember to . . . be *gentle with yourself*.

Give yourself a minimum of 30 minutes to complete the assignment and remember to breathe deeply. Much Love!

1. The most powerful, productive and fulfilling relationship in my life is with:

2. On a scale of 0 — 10, where zero is the lowest possible rating and 10 is the highest; I would give this relationship a rating of: _____

3. I believe this is a productive relationship because _____

4. In this relationship, the three things I value most are:

a. _____

b. _____

c. _____

5. In this relationship, the three things I find challenging are:

a. _____

b. _____

c. _____

6. In this relationship I generally feel _____ about myself.

DAY 27: RELATIONSHIP HEALTH

7. In this relationship I feel emotionally safe because _____

8. In this relationship I generally feel _____ about the other person.

9. What I believe I receive from this relationship is _____

10. What I believe I give to/bring to this relationship is _____

11. The thing I would ask for that I do not believe I get in this relationship is _____

12. As it relates to all of my relationships, what I *really* want is _____

If there are other productive/fulfilling relationships that you choose to assess, you are encouraged to repeat this process in your personal journal.

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 28: RELATIONSHIP HEALTH

Your work today is a continuation of the work you began yesterday, doing an honest assessment of your relationships. Relationships are the place in our lives where we can find the greatest power leaks. As always, the intention of this work is to bring to the surface of your awareness what is being held in the subconscious mind that could be draining or diminishing your power. Give yourself permission to know the truth. Once you complete a response, you are encouraged **not** to go back and re-write that response. Everything and anything that comes to the surface is appropriate. If the same responses surfaces that is fine. As different responses surface know that it is fine. Keep your responses brief, 5-10 words is sufficient. No explanation is required. Do not be surprised or judgmental about what comes forward. And remember to . . . be *gentle with yourself*.

Give yourself a minimum of 30 minutes to complete the assignment and remember to breathe deeply. Much Love!

1. The most disempowering and productive relationship in my life is with:

2. On a scale of 0 — 10, where zero is the lowest possible rating and 10 is the highest; I would give this relationship a rating of _____

3. I believe this is an unproductive relationship because _____

4. In this relationship, the three things I find most challenging are:

5. In this relationship I generally feel _____ about myself.

6. In this relationship, I generally feel _____

7. In this relationship I do not feel emotionally safe because _____

DAY 28: RELATIONSHIP HEALTH

8. What I believe I receive from this relationship is _____

9. What I believe I give to/bring to this relationship is: _____

10. The thing I would ask for that I do not believe I get in this relationship is _____

11. Even as it is now, the three things I appreciate about this relationship are:

12. I believe this relationship would be better if _____

13. I believe this will/will not happen because _____

14. As it relates to all of my relationships, what I **really** want is _____

If there are other disempowering or unproductive relationships that you choose to assess, you are encouraged to repeat this process in your personal journal.

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 29: CAREER/WORK LIFE HEALTH

mis·sion

noun

• a strongly felt aim, ambition, or calling.

PRELUDE

THE CURIOUS CASE OF BENJAMIN BUTTON

—*F. Scott Fitzgerald*

For what it's worth . . . it's never too late, or in my case too early. To be whoever you want to be. There's no time limit. Start whenever you want. You can change or stay the same. There are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. I hope you see things that startle you. I hope you feel things that you never felt before. I hope you meet people that have a different point of view. I hope you live a life you are proud of, and if you're not, I hope you have the courage to start all over again.

CAREER/WORK LIFE HEALTH

For today's work, you are asked to take an in-depth look at and assessment of your career and work life. Since most of us spend more of our lives working than anything else, our career and work experiences have the potential to be huge power leaks. If you are not doing what you love, if you are working just for the money, if you hate what you do at work, for the money, you are probably losing more personal power than you can even imagine. Since your work is your service to life, it is absolutely critical that you get clear about why you do what you do and learn how to make it work for you rather than against you.

There is no right or wrong response. The purpose is to bring to the surface of your awareness what is being held in the subconscious mind that could be draining or diminishing your power. Give yourself permission to know the truth. Once you complete a response, you are encouraged **not** to go back and re-write that response. Everything and anything that comes to the surface is appropriate. If the same responses surfaces that is fine. As different responses surface know that it is fine. Keep your responses brief, 5-10 words is sufficient. No explanation is required. Do not be surprised or judgmental about what comes forward. And remember to . . . be *gentle with yourself*.

Give yourself a minimum of 30 minutes to complete the assignment and remember to breathe deeply. Much Love!

1. My current occupation is _____
2. I believe my purpose in life is to _____
3. I am currently living my life and working in a career that is on my purpose.
I am _____
I am not _____
The way I know I am living my life on purpose is _____
4. The way I know I am **not** living my life on purpose is _____
5. In my heart and mind, I believe living on purpose means _____
6. In my heart and mind, I believe I should be paid for working on purpose. Yes, I do. No, I do not
7. In my current work experience, I believe I am using my strengths well. Yes, I do. No, I do not
8. In my current work experience, I am doing all I can to heal and/or strengthen my weaknesses.
 Yes, I am. No, I am not
9. On a scale of 0 — 10, where zero is the lowest possible rating and 10 is the highest; I would give my commitment to my current work experience a rating of _____

PUMP UP THE POWER

10. On a scale of 0 — 10, where zero is the lowest possible rating and 10 is the highest; I would give my performance in my current work experience a rating of _____

11. The three words I would use to describe my overall experience in my current work experience are:

a. _____

b. _____

c. _____

12. The reason I choose to remain in my current work experience is _____

13. As it relates to my career and work life experience, what I **really** want is _____

14. The reason/excuse I give myself for **not doing** the work I desire to do is _____

15. If I had all the money I needed to live and do the things I want to do, the work I would do is _____

There is nothing you need to do with or about this information now. Remember, this is the information-gathering phase. Just to be aware is a powerful and positive step. We will come back to this information later. For now, be grateful that you know and prepare yourself for change!

ENJOY THE REST OF YOUR DAY!

DAY 30: REST AND RELAXATION

rec·re·a·tion

noun

- stillness,
- time out, break
- the action or process of creating something again.

PRELUDE

Oriah Mountain Dreamer

It doesn't interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the center of your own sorrow, if you have been opened by life's betrayals or have become shriveled and closed from fear of further pain! I want to know if you can sit with pain, mine or your own, without moving to hide it or fade it, or fix it.

I want to know if you can be with joy, mine or your own, if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, to be realistic, to remember the limitations of being human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself; if you can bear the accusation of betrayal and not betray your own soul; if you can be faithless and therefore trustworthy.

I want to know if you can see beauty even when it's not pretty, every day, and if you can source your own life from its presence.

I want to know if you can live with failure, yours and mine, and still stand on the edge of the lake and shout to the silver of the full moon, "Yes!"

It doesn't interest me to know where you live or how much money you have. I want to know if you can get up, after the night of grief and despair, weary and bruised to the bone, and do what needs to be done to feed the children.

It doesn't interest me who you know, or how you came to be here. I want to know if you will stand in the center of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you, from the inside, when all else falls away.

I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.

PUMP UP THE POWER

REST AND RELAXATION

Your work today is to simply rest. For many, this will be a new concept.

So often we are so busy doing what needs to be done, we fail to recognize and honor how empowering it can be to just rest. Rest your mind today. Rest your heart today. Rest your soul today.

For the purpose of today's work, rest does not mean that you stay in the bed all day or sit around with your feet up, rest means that you put down all responsibilities, obligations; the drive to do and get it all done. You can go to work today and cook for the children and do the laundry but, while you are doing these things or any other things, stay mindful of yourself and what you really want. There is nothing you need to do about it other than to be present with it in your mind and heart.

Move slowly today. You have been digging up the foundation of your life for the past 29 days. You deserve to rest. In resting, your work today means you must be willing to give up the need to know what is next. Give up the push to get to the end of it, whatever it is by simply staying present for yourself, within yourself, moment-by-moment.

Take it easy today. Be gentle with yourself today. Do not judge, criticize or beat yourself up today about anything. Just rest beloved. The world will still be here tomorrow and, your world is about to get better because you are about to step head on into your power.

BE BLESSED!



Congratulations Beloved!



You have just completed Level One, of the first 30 days of the 90-day Personal Power Plan

The information you have gathered and documented here will serve you well in the coming days. While it may not be apparent to you at this point, this information is your power source. As you will see as we move through the next 5 levels, everything you have discovered, acknowledged, accepted and gained clarity about in Level 1, will give you the power you need to change and grow and heal and create exactly what it is that you desire.

In the days to come, we will review, revise and in some cases re-create the thoughts and beliefs you have documented in order to bring you into alignment with the flow of power in your life. For right now, you are encourage to think about the areas of your life that require the most loving care and attention. In that area or in each of the areas you choose, be clear about what you really want so that you can develop a plan to have your desires realized. For now, just know . . .



***YOU HAVE DONE GOOD WORK
because ...***

YOU ARE JUST THAT POWERFUL!

Be Blessed!

