

Reclaim Your Personal Power ...for starters ...



Reclaim Your Story

The story you tell yourself & others is the story you will continue to recreate in your life.

Own your story, for there is no greater agony than bearing an untold story.

Value your life experiences

Embrace & accept who you truly are- dare to be yourself, not what you think others want you to be.

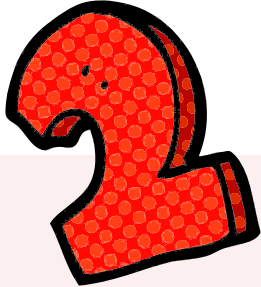
Remember, everyone has a story to tell, unique & distinct tale to share.

Telling our story offers hope and faith to ourselves & to others

Watch your language- avoid language that implies you are a victim.

You are a survivor & you deserve to thrive.

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Mobilise Your Self-Awareness



Be the change you wish to see in others.

Examine & know your values- what do you stand for?

What codes do you live by?

How can you use your voice positively?

What conscious & unconscious understanding do you have about your use or misuse of power?

What do you know about your own privilege?

How can you raise your consciousness higher?

How can you value and love yourself so as you don't settle for less than you deserve?

Choose to make your self-worth independent of other peoples' opinions.

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Create Healthy Boundaries

If you catch yourself giving your power away, take it back because it belongs to you.

Reassess your boundaries

What are your boundaries?

Which ones are you allowing to bend in your life?

Another way to take back your power is by recognising the role you play in a situation.

Notice how you're acting or reacting.

Take ownership for what you allow into your life, take ownership for how you treat yourself, how you see yourself, view yourself.

Know that you always have the power within you to create a healthier situation.