



Take your power back

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Most of us are operating on low power levels. Why? Because we give our power away. How? By allowing other people's actions and beliefs to affect us, and by directing our energy and attention toward negative things or toward other people. Your ability to live in alignment with your purpose will be amplified by taking your power back! Answer the questions below and evaluate how much power you give away—and then take it back!

1. Who or what do I blame for any negative situation?

2. In what way do I feel pressure to achieve? To please?

What % of my energy goes to:

Pleasing my family?	_____ %
Pleasing others?	_____ %
Being pessimistic?	_____ %
Thinking about resentment?	_____ %
Negative self-judgment?	_____ %
Regrets over failures?	_____ %
Controlling others/experiences?	_____ %
Worrying?	_____ %
My AUTHENTIC self?	_____ %

Make sure it adds up to 100%.

Now, take back your power! You cannot change the past or live for others. Free yourself and you'll be amazed how much you can create in your life!