

Hey, Have You Seen my Personal Power Anywhere?



The other day, I was looking all over the house for my brand new pair of shoes. I checked the usual places, searched the **unusual** places, and even rummaged through unexpected places. Eventually, I found them underneath a chair where they lay waiting for me to find them again. Of course, if I would have put them where they belonged...well, you know the rest.

Like a brand new pair of shoes left underneath a piece of furniture, we can inadvertently shove aside our personal power and forget it was there the entire time. We get off track and buy in to mindsets such as, “You know, the economy is really bad!” “Things never work out for me!” “I don’t have enough (money, time, resources)!” This is the self-talk for way too many people and this internal conversation is robbing them of their personal power.

Worse yet, when you start to move ahead and try to change your situation, the negative self talk becomes even stronger. The ego rears up wanting to keep you in the status quo and just as you make strides to step forward, you step back because you figure the known is better than the unknown. This leaves you with anxiety, regret and often desperation.

Do you remember the first time you rode your bike without training wheels? I do. It was scary! I could just hear my heart thumping. It felt like my heart was in my head. I started to pedal slowly, at first, then faster and faster and faster. I would pull the handlebars from side to side struggling to get control. “Pedal, handlebars, no pedal, handlebars.” Then, it happened. It was almost like magic when everything came together. That moment where nobody was holding on and I went from scared to nervously laughing to a big smile. Ah, yes, triumph! I did it! I started riding my bike and got better and better at it over time.

Without realizing it, I exercised my personal power. What if I stopped myself from pedaling? What if I went only so far and then gave up? What if I stopped just before the big breakthrough? I can only think of how much more difficult every other challenge in my life would have been had I given up my personal power. Yet, I see that happen so many times with entrepreneurs. If they just moved forward in spite of their fear, just one more step, they would have broken through because the toughest moment is just before the breakthrough.

Most people don’t realize just how much personal power they have in their life. They lose faith in their ability. The next time you want to move ahead but are feeling that angst and want to step back into your comfort zone, remember these tips to reclaiming your personal power:



Breathe. When we start getting nervous, we can tend to take shallow breaths. This puts undue stress on our bodies. Remember to take a deep breath, focusing on how great you will feel when you meet your desired goal.

Be on the lookout for negative habits that you have used as a crutch for not moving ahead. You might procrastinate and get into the habit of putting off something until tomorrow, when you can accomplish it today. You start to develop a habit of delaying decisions and actions. It creates stress, results in missed opportunities, and often chips away at your personal power. Instead, make a list and ground each action item in a timeframe. Schedule it on your calendar and keep that appointment. You would be surprised how much you can accomplish when your calendar pops up with a reminder.

Embrace the notion that everything you need is in your life right now. We often think that we need to re-create the wheel. Instead, look around with a brand new set of eyes. You may be missing an opportunity, a resource, or an income stream that's right in front of you. One entrepreneur took a moment to think about how she wanted to create passive income and approached it with the notion of what she had in her life right now. She realized that she never released a training program she had in her library. In just thinking of what she had, rather than focusing on what she didn't have, she instantly identified a brand new income stream.

Invest in yourself. With income tax season upon us, you might be getting some money back. Take a portion of it and invest in yourself. Remember, there is always a cost to invest and a cost not to invest. If you choose not to invest in yourself, consider those things you will lose out on. Often times you lose out on a new opportunity, saving time, growing yourself personally, getting to results quicker, or making your life easier. The next time you want to give up your personal power because of what you think it will cost, consider the costs if you don't invest in yourself. The only person you are saying no to is yourself. When you don't invest in yourself, what you're often doing is minimizing the contribution you can make in the world.

Start expecting success every day. Recognize that you are responsible for the situation you're in today. If you don't like where you are today, you have the power to change it! Celebrate the small things that happen in your life. See yourself in your mind succeeding right now and start using your imagination to break through negative programming.

The next time you lose or give away your personal power, stop yourself. Rephrase what you're saying and lead from a position of personal power.