



[www.whatswithinu.com](http://www.whatswithinu.com)

YOU were meant to live your dreams and it all begins with your WHY!

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“Personal power is the ability to stand on your own two feet with a smile on your face in the middle of a universe that contains a million ways to crush you.”

J.Z. COLBY



Welcome!

This mini e-course is for you, the amazing person who deserves to know and stand firmly in your own power. It's comprised of some simple, yet powerful exercises to help you identify, own and use your personal power to create positive results in your personal & professional life.

## My Story

**My Before:** In short, I was the good girl who always played by other's rules. Afraid that if I didn't I wouldn't fit in. What that lead to was co-dependent relationships, a lot of people pleasing, a failed marriage, relationships I settled in, a lack of direction and worse no identity.

**My Now:** I'm a recovering co-dependent, strong, independent woman who has a successful practice, a healthy relationship, a passion that runs deep. No more settling. And what's even better, I know who I am... what makes me tick so that what I do always has meaning to me.



## So Why This Report?

**The Why:** When we feel powerless we show up powerless. We feel less than. We make decisions to please others and not ourselves. So the objective of this e-course is to support you to better identify your own personal power so that you can leverage it, To offer you tools to strengthen your personal power for meaningful, lasting results that help you to be your own person... a person who loves their life and all you do in it.



Where are  
you stepping?

In this section:

1. Defining Personal Power
2. How to identify it
3. When it's shown up
4. What makes it important

Answer this question; How do define  
personal power?

For example... Personal Power = my sense of  
self. How I feel about me. Being authentic



Four horizontal lines, each with a circle at both ends, providing a space for writing answers.

Answer this question; How do/will you know  
you have it?

For example... I will feel in the flow and  
empowered! I will no longer be a people  
pleaser saying, "yes" when I really need and  
want to say "no".



Four horizontal lines, each starting and ending with a circle, providing a space for writing an answer to the question above.



Answer this question; When was the last time  
you experienced it?

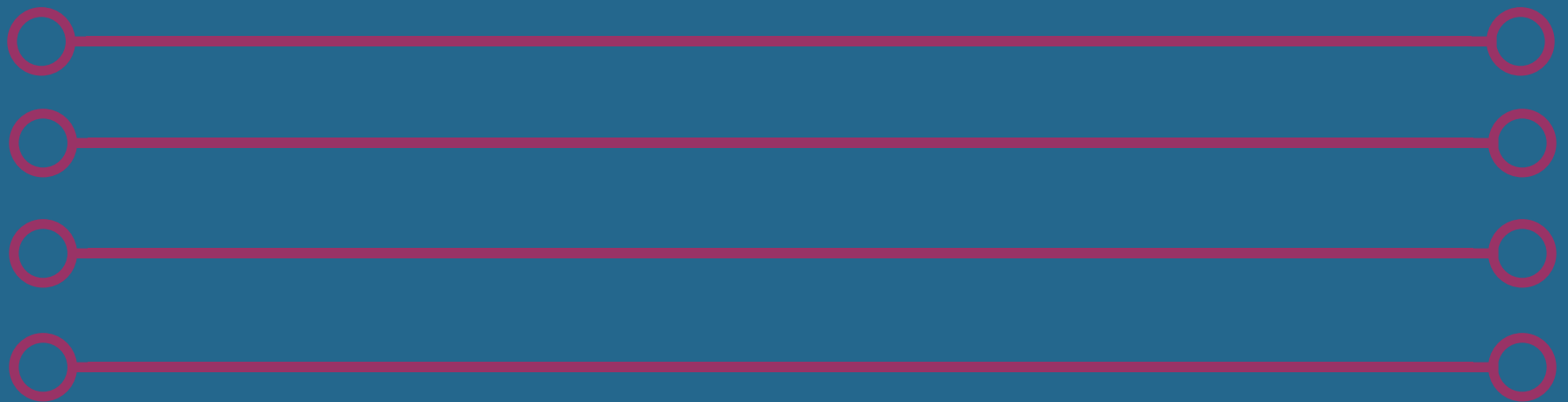
For example...I experienced my personal power  
when I was spending time doing what I love  
most, which is cooking.



Four horizontal lines, each with a circle at both ends, arranged vertically. These lines are intended for the user to write their answers to the question above.

Why this is important to know: When we can define and then identify when we feel our most powerful we can then leverage that information and put it to good use. Plus, it helps us to make the distinction between when we're feeling powerful vs. powerless.

## NOTES:



Four horizontal lines, each with a circle at both ends, arranged vertically. These lines are intended for taking notes.



Standing Firmly vs.  
On Shaky Ground

1

What happens  
when aren't using  
our personal  
power?

- We settle in relationships
- We don't speak up
- We conform and meld

2

What happens  
when we do stand  
in our personal  
power?

- We trust
- We take actions
- We see the possibilities

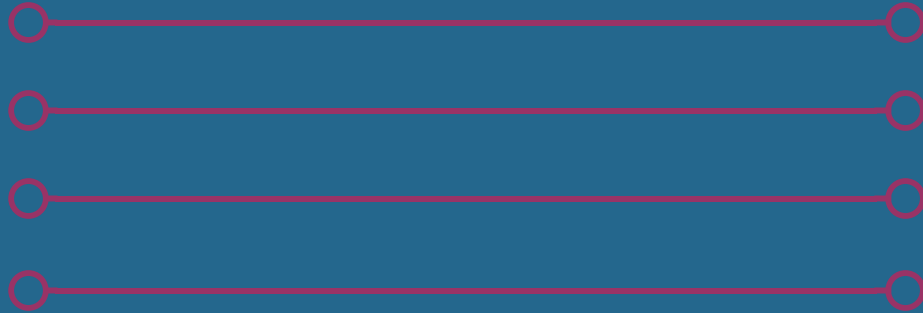
3

Inventory

1. Where are  
you using your  
personal  
power?

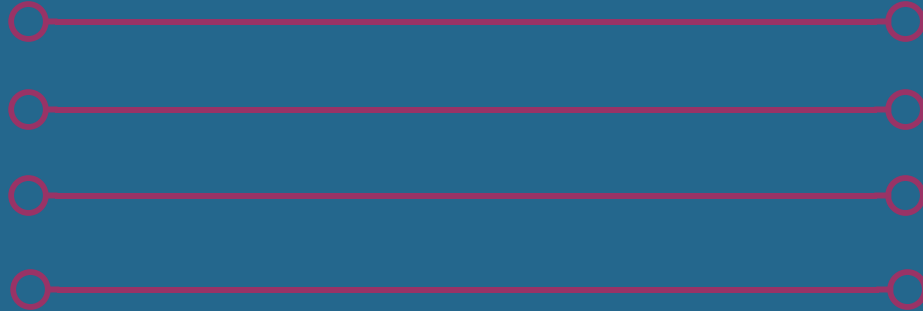
2. Where  
would you like  
to use it and  
you're not?

Where are you  
using it?



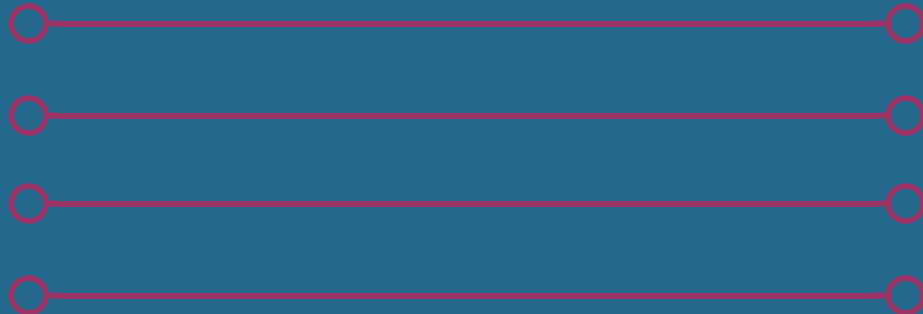
Four horizontal lines, each starting and ending with a small circle, providing space for handwritten answers.

What supports  
you in using it?



Four horizontal lines, each starting and ending with a small circle, providing space for handwritten answers.

How do you  
show up?



Four horizontal lines, each starting and ending with a small circle, providing space for handwritten answers.

Where aren't you  
using it?

Four horizontal lines for writing answers, each starting and ending with a small white circle.

What's blocking  
your personal  
power?

Four horizontal lines for writing answers, each starting and ending with a small white circle.

What are your  
triggers?

Four horizontal lines for writing answers, each starting and ending with a small white circle.



## Ways to Step Powerfully

- **Radical Acceptance:** Click here to read about it; <https://www.whatswithinu.com/blog/lifes-latest-lesson-radical-acceptance>
- **Choice:** "What do I choose right now? Choice is a great way to regain personal power.
- **Values:** When we use our values as guidance we ensure that we're in integrity in all that we do. Integrity = Personal Power
- **Owning Our Shit:** Which means learning and growing from it and not using it as a way to beat ourselves up.

What else can you do to step powerfully?

## Let's Get To Stepping

STEP 1. Identify one area where you would like to increase your personal power.

STEP 2. Identify the actions you can take to increase your personal power in that area.

STEP 3. Spend the next 21 days doing any of the actions identified.



Resources

# Transformational Coaching

[www.whatswithinu.com](http://www.whatswithinu.com)

Brené Brown

"Daring Greatly"

Elizabeth Gilbert

"Big Magic: Creative Living Beyond Fear"

# Connect



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