

Personal Power

The 3 Steps to Living Empowered
& Learning How to Take
Your Power Back



The Institute for
Integrative Intelligence®
ELEVATING HUMAN POTENTIAL

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What Role Does Personal Power Play In Your Life?

Personal power plays a huge role in our successes or our failures. In these lessons, we will explore the role it plays, how to identify power leaks and how to patch them up. First, do you know how to tell when your power is intact?

One simple way is to use your emotions as a gauge. When our power is intact, we feel:

- Empowered
- Aligned
- Resourced
- Engaged

When we lead a life with our power intact, we lead life empowered. To understand the significant role that personal power plays, it is helpful to look at the opposite side of power. Our power leaks. How can we tell when our power is leaking?

When there is a power leak, we experience feeling:

- Powerless
- Fragmented
- Depleted
- Stuck

Personal power impacts our: follow-through, our relationship to ourselves, our relationship to others and our overall happiness.

I have good news!

You are not your power leaks and power leaks can be patched up.

Since we can't fix what we don't see, these lessons will help you identify any interferences in your personal power so that you can live and lead life more empowered, aligned, resourced, and engaged.



STEP ONE:
Understand Your
Personal Power

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What is personal power?

When we have a power leak, we can definitely feel it. We may end up burning the candle at both ends and exhausted. Or we may feel emotionally drained after facing a problem. They can also impact our discipline, follow-through, and overall commitments.

Personal power is an important topic because when our power is intact, we live aligned with our potential. We do this by establishing good internal boundaries that help inform our external boundaries.

Here is the definition we use in coaching:

Personal power: The ability to form healthy internal boundaries that inform our external boundaries enabling us to live fully aligned with our potential and core values.

Power leaks: The ways we lack healthy boundaries that take our positive energy away.

What is the #1 way to catch a power leak and stop it in its tracks?

The answer is surprisingly simple. Self-awareness.

It is imperative to become self-aware of our power. When we become self-aware, we can then patch the leaks up. When our power is intact, we have more time and energy to nourish what we love and value in our life.

Below is a shortlist of common power leak symptoms to look for:

- | | |
|--|--|
| <ul style="list-style-type: none">• Inauthenticity or camouflaging feelings• Inauthenticity or camouflaging needs• External motivations driving actions• Fighting against 'what is'• Guilt, shame, jealousy and/or envy• Lack of confidence• Lack of self-discipline• Lying to self and/or others• Negative motivations• Not grieving• Not listening to self and/or others | <ul style="list-style-type: none">• Rigidity / Unwillingness• Staying safe in the comfort zone• Seeking self-worth externally• Self-sabotage• Taking responsibility for other's feelings• Telling ourselves victim stories of "I can't"• Over-giving / Overdoing / Overcommitting• Underdoing / Under-committing• Unclear boundaries• Unhealthy boundaries with self• Unhealthy boundaries with others |
|--|--|

Which of these do you catch yourself in the act of doing? What else might you add to this list? What is the impact and cost to you? To others?

These represent power leaks we can catch when we are self-aware. Next, I'll help you learn how to identify unconscious power leaks.

STEP TWO: Capture Unconscious Power Leaks



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There are conscious power leaks and there are unconscious power leaks.

The conscious ones we can "catch ourselves in the act" of, like my mentor Sandy Hogan used to put it. The unconscious ones are our default patterned ways of thinking. These are harder to catch because we generally are not yet aware they exist.

The good news is that we can bring the unconscious to the conscious!

Below is a list of unconscious patterned ways of thinking that end up as power leaks. I refer to these as mindset pitfalls. These are dangerous because we can unknowingly trap ourselves. These are also what lead to a fixed mindset. Fixed mindsets limit our access to our power and also to new possibilities.

Assumptions	Justifying
Black-White Thinking	Minimizing
Catastrophizing	Self-Depreciating
Exaggerating	Projecting
Generalizing	Pessimism
Ignoring	Rigidity

Notice in your thinking if any of these are showing up and when. We can catch our blind spots as we look at when these patterns most come to life. For example, under stress, I default to assumptions.

Bringing the unconscious way into the conscious, I know to look for assumptive thinking under stress and rein it in. This awareness saves me mounds of additional stress caused by a mindset pitfall. It also saves my relationships from being needlessly strained.

All of these pitfalls become the limitations that bind us.

It is a substantial list. I recommend picking one of the pitfalls and spending an entire day observing if the pitfall shows up for you. Notice. Catch yourself in the act. Once you catch it, you can change it.

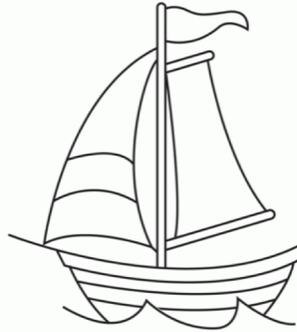
Next, we will explore what to do with power leaks and how to patch them up.



STEP THREE: Engage Power Patches

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Personal power is best thought of like a boat. If we want to get far in life, it is imperative to keep our power intact. A leak is like water on-boarding, and we have to attend to it. The bigger the leak, the quicker the boat sinks.



A power patch is what it takes to stop the leakage so it can no longer keep us from reaching our goals! In steps one and two, we identified power leaks.

The next step is to come up with a solution that patches up the leak. Sometimes the solution is obvious. For example: If I'm staying up too late each night, and I'm always exhausted at work the next day, I can create a plan to get to bed earlier. Simple.

Other solutions might be less obvious. For example, if we are emotionally attached to a leak. If I have an underlying hang-up around forgiveness, I might avoid forgiving and remain in my power leak.

Suppose you find that you can't swiftly shift into the solution after identifying the leak. In that case, it is an excellent time to take your new self-awareness into coaching to get structured support or into counseling if the power leak stems from a past or current trauma.

*Patching up power leaks is highly rewarding
and helps to ensure that the direction we intend to take our life
is the direction we end up at.*

Living fully aligned in our power also feels great! Living with our power intact gives us the experience of rock-solid confidence. It also helps us understand how/when to be vulnerable and when to set boundaries. Challenges also become much easier to face.

We all know that it is not a matter of "if" challenges will arise. It is a matter of "when" they will arise. Having our power intact prepares us to keep sailing as the storms pass.

Happy power patching!



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