

POWERFUL YOU

NEGATIVE IMPACT

- 1. Recognize** Your negative impact on yourself and others.
- 2. Acknowledge** Your negative impact and feel remorse.
- 3. Forgive** Yourself and others. Resentment is poison.
- 4. Change** Change and growth happens when you take responsibility for your negative impact.

LEVEL 1

Powerlessness (Victim)

You believe that life happens to you. You feel powerless, and get caught blaming other people or the world for your circumstance. You may be stuck in distortion, fear, struggle, martyr, etc. You feel like you have no good choices and no way out of your current situation.

LEVEL 2

Attempting Power (Overcoming)

You believe you can change your life. You seek happiness by changing external circumstances. You get caught up in working hard, often struggling to create external change. You still blame, often yourself. Watch out for emotional bypassing.*

POSITIVE IMPACT

- 1. Recognize** Your positive impact on yourself and others.
- 2. Acknowledge** The effect of your positive impact and feel joy.
- 3. Celebrate** To make it more real & deepen the learning.
- 4. Expand** Let it in! Allow yourself to grow and expand knowing your positive impact.

LEVEL 3

Powerful (Inner Fitness)

You understand that your circumstance and experience are a reflection of your inner world, and that everyone and everything in your life is an ally on your journey. Significant growth and transformation happens when you consistently take ownership & responsibility for you impact, both positive and negative!

LEVEL 4

Magic

You experience the knowing that you are consciously creating your life, and it flows powerfully with magic, beauty, satisfaction, grace and ease. Your lifestyle of responsibility has generated your most fulfilling, joyful and purposeful life. Consciously creating feels like magical unfolding!

DEFINITIONS

Ownership: Acknowledge and claim that you have impact, both positive and/or negative.

Responsibility: Respond meaningfully and appropriately. If you have a negative impact, take whatever action you can to repair damage and heal hurt feelings. Always apologize and fix if possible. A clean apology is some version of "I am very sorry. I wasn't my best self, and I want to do better." It is never too late to apologize. Seek ways to repair your negative impact and create harmony. This will set you free!

Emotional Bypassing: It is dismissive to tell yourself not to feel what you are already feeling. With guidance from your nurturing parent, feel and process your emotions first, then take ownership and responsibility for your impact.

SUMMARY

Become mindful and responsible for your impact. Remember that you are always having impact. Your impact is a reflection of your raw materials, your inner world energy and your outer expression. **Savor your journey.**