

BLUEPRINT TO AN EMPOWERED YOU

5 Steps to Claiming your Power

Understand Your Worth

*Be Clear with
Your Words*

*Respect Your Body,
Heart & Mind*



Claim Your Independence

Create Your Inner Council

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Understand Your Worth

Do you believe you are worthy? Cultivating your Inner Warrior begins here - At the gateway to knowing and believing in your own inherent worth. Think of all main aspects of your life:

- Career, Relationships, Motherhood, Creativity, Self-Expression, Adventuring/Fun, Wealth, Mental Capacity, Sexuality, Love

Do you feel unworthy of greatness in any of these areas? You may be feeling worthy and capable in most areas, but one or two continue to cause you to doubt yourself. These are the areas to focus on. Choose one area that is particularly troublesome to you. For example - Intimate partner relationships. Imagine that you are worthy of attracting the kind of relationship that is nurturing and fulfilling and co-creative. See yourself as that woman - the one that believes she is worthy of that kind of love. How would a woman worthy of such love show up in relationships? How does she speak about herself? What kind of lover/partner does she deem herself worthy of? What qualities are true about her AND her partner that reflect this knowing?



Respect Your Body, Heart & Mind

Know the capacities you have in this body you're in and within your heart and your mind. The better you know yourself, the easier it is to communicate to others when enough is enough.

When was the last time you said No to helping out a friend just because your body needed rest, nutrition, kindness? This isn't about no longer being in service - it's about listening to the subtle needs of your body and mind and heart and putting these needs first and foremost in your awareness. It's about being in service to all of you.

And in doing so, you prepare yourself, through self-love and personal mastery to be the best, kindest, most willing, capable version of you. Mastery takes patience, perseverance and loving self-care. Are you willing?

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Create Your Inner Council

Creating your Inner Council is about shedding toxic relationships and nurturing the kind of relationships that are truly respectful to your desires, needs and wants. Imagine a large circle around you. It consists of everyone in your life. Now imagine a smaller circle closely surrounding you - this is your Inner Council. It may only consist of 2 or 3 people. These are the people that you can count on to stand in the fire with you. These are the sisters/brothers that will listen without judgement, that will hold you when you need to cry, that will be there by your side through life's struggles. If you don't yet have these kind of sisters/brothers, now is a good time to create your Inner Council. Spend time with those who carry these qualities. Nurture these relationships. It is one of the most powerful gifts you can give yourself.



Claim Your Independence

You are an autonomous, capable being of great strength and infinite wisdom. Do you believe this? Contemplate all the times in your life when you have really shown up for YOU. If this isn't an experience you're familiar with, imagine what it might look like to show up for yourself. When you're feeling low, can you become your best supporter? When you're questioning your capacities, can you be the one to remind yourself that you are a strong and capable woman? Where in you does this FIERCELY INDEPENDENT SELF live? That one that believes in you no matter what? Find Her. Feel Her. She will be your rock, your cheerleader, your forever support. She lives in you and is accessible by you always.

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Be Clear with Your Words



There are so many women (I know I've done this before), who say one thing and mean something completely different. We were born and raised in this modern society to be the 'nice girl', to not rock the boat or make someone uncomfortable by our words, thoughts or actions. What this has caused in a flat-out nice girl epidemic - where the real emotions, need, wants, ways to express ourselves are often put into hiding so that we become more pleasing to those around us.

Clarity with our language is about cleaning up our hidden agendas, recognizing when we're being manipulative, and owning these transgressions as our own. Then when we communicate with another, our wants, needs and desires come out clearly in our language. We're not being sarcastic because we've been hurt and want someone else to hurt as well, or being deceitful to gain someone's love - we can express our wants and needs CLEARLY and CONCISELY so that everyone around us is aware of any agenda (including ourselves).

So take a moment to think of the ways you've used words and language to manipulate a person or situation, or hidden what you were really feeling so that you would be accepted by others. What is it you really wanted from that situation? How can you communicate that need in the future so that it's understood by others?

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In Conclusion

Give yourself permission to be the kind of woman YOU are choosing to be. There are so many ways we, as women, have been taught to be less than, to not shine too brightly, to keep our gifts on the down-low.

This is no longer the time to be small. Your smallness isn't serving the current state of the world. Your voice, your power, your light, your fierceness - are ALL NEEDED if we are to transcend into the next stage of human evolution. In the inspiring words of Marianne Williamson:

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you not to be?

You are a child of God.

Your playing small does not serve the world.

There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do.

We were born to make manifest the glory of God that is within us.

It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others.