

HOW TO RECLAIM YOUR POWER IN 7 EASY STEPS

Power over a situation is always within reach. No matter how stuck or helpless you feel about it, if you follow these simple steps, you can move the dial from External Locus of Control (where the experience of life is that it just happens to you, and you are stuck with it) to Internal Locus of control (where you are calling the shots, at least in terms of how you manage yourself.)

The basic formula is: Identify, get curious, own your part, evaluate, explore options, choose, and act. You can use this worksheet to walk yourself through it. You might want to print out some extra copies to keep on hand.

1. IDENTIFY

Choose a situation or life challenge where you feel stuck. Note: It's best to choose the life challenge that has you stuck, feeling like you have a hard time moving forward and "It's always going to be this way." Try to get to the essence of the issue, as clearly as possible.

Name or describe it here:

2. GET CURIOUS

What I usually say to myself or others about this is..... (describe or quote yourself)

NOW ASK:

- Is this true?

- Is this always true?

- What if it wasn't true?

3. OWN YOUR PART

Look again at the situation, and notice what you have been doing in regards to it. Fill in the following statement:

I see the choices I have been making are....

4. EVALUATE

Look again, and consider:

Do I really need/want to change this?.....

How might I be benefitting from the situation? (some payoffs are sneaky self sabotagers or other unexpected things...)

5. EXPLORE OPTIONS

Without committing to anything, look at the possibilities. Try to think of options, even if they are not ones you would actually do, this frees you to discover new, breakthrough possibilities.

The new choices I COULD make are....

6. CHOOSE

Always based on YOUR needs and preferences, now that you have opened up a new world of possibility. Ask yourself:

What do I want, what do I need? (in this situations)

7. ACT

How will you move towards getting your needs and desires met in this situation. Think baby steps.

What are the actions steps I will commit to do?