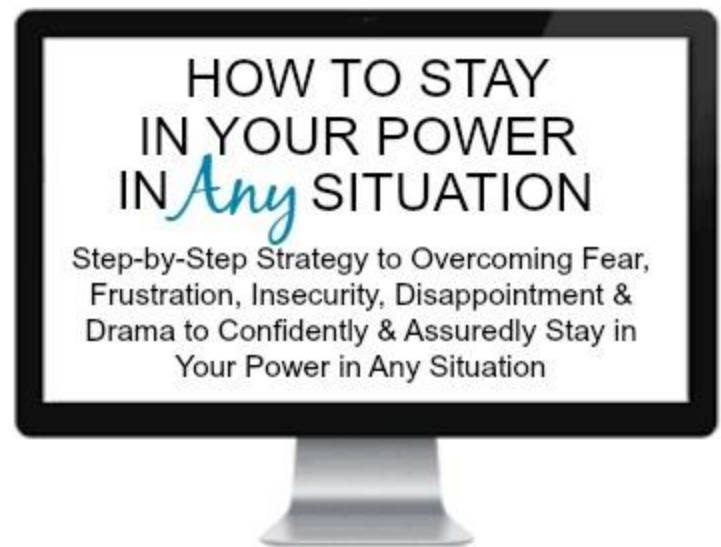


# How to Stay in Your Personal Power Guidebook



This guidebook accompanies the **How to Stay in Your Power in ANY Situation** Webinar.

A step-by-step strategy to overcoming fear, frustration, insecurity, disappointment and drama to confidently and assuredly stay in your power in *any* situation.



**Being able to stay in your power is essential to your quality of life, your quality of relationships and to your mental, emotional and physical well-being.**

Because feeling powerless is an underlying cause of stress, anxiety and despair and it's a root cause of over-giving, people-pleasing, self-sacrifice and perfectionism.

**In a situation where we are feeling powerless the first thing we want to do is to change the situation.** We want to change what is going on around us, the actions, words or behaviour of the people around us or the details of the circumstance we are facing. We think "If only the situation were different" or "If only he/she/they would behave differently then I would feel better."

If you've ever had the thought "*If only I had more money I would live the life I want*" or "*If only I had a boyfriend then I'd really be happy*" or "*If only I was thinner then I would have a better life*" then you know what I am talking about.

**This is wanting the SITUATION to be different so you can feel better.**

It's agonizing! And it keeps us power-*less*.

**This is waiting on other people to be different or behave differently so we can feel better.**

**And it keeps us in a position of being power-*less*.**

To begin to free yourself of the belief that it's up to other people to change so you can feel better it is essential to understand that: **People are allowed to do whatever they want – because all human beings have free-will.**

## This is essential to understand and it's freeing because:

1. **It means you too have free-will too:** it means you are free to do what you want, no apologies, no explanations, no justification – free-will Baby! You're conditioning may have convinced you otherwise but that is not truth. And we only want to deal in truth because, as the saying goes "the truth sets you free." It frees you because you when you own the free-will that you were born with, the free-will that is your birthright, you take back your power. You are IN your power.
2. **Accepting that people are allowed to do whatever they want because all human beings have free-will frees you to NOT take their ACTIONS personally.** When you can see people's actions as them just exercising their free-will and that it doesn't have anything to do with you - *you are set free of making it mean anything about you.* And that is true freedom!

**When you struggle against the truth that people have free-will;** when you're caught in wishing, hoping, trying to force, control, manipulate, persuade or demand people conform or behave in a certain way so you can feel better, you stay stuck in frustration, in despair or in an endless power-struggle which ultimately, inevitably leaves you feeling power-less.

It causes all sorts of unnecessary drama and stress in your life and relationships, it causes you to over-give, people-please and self-sacrifice because you don't acknowledge your free-will to say no.

**To stay in your power, you need to stay in your own lane.**

**What I mean by this is: to stay in your power, you need to stay where your power is.** And where your power is, is within you. Your power is with the THOUGHTS you choose to think IN your head.

**It is always within your power to choose your own THOUGHTS.**

**We stay IN our power, in our own lane when we look INSIDE at our own THOUGHTS** and we *decide to choose* what we THINK. This is self-determination. This is where your power is.

**No matter what is going on around you, you're ALWAYS in charge of your THOUGHTS.**

**People are allowed to do whatever they want with *their* free-will.** And you're free to use *your* free-will to choose your THOUGHTS about what other people do. *How absolutely freeing is that?*

We become power-less when we attach our joy, happiness, peace and confidence to something outside ourselves; to external situations and other people's words and behaviour.

*“You’re the only thinker in your head.” Louise Hay*

You’re in charge of what you *choose* to THINK about the situations, the people, their words and actions in your life.

No one can take that from you. You’re always in charge of what you choose to THINK. And that is your access point of power. **That is where ALL your power IS.** It is in that space between something happening and your response – that space in which *you get to choose what you are going to think about what is going on.*

**You have the power to choose your THOUGHTS.**

**And that is what makes you power-full.**

**When you choose to change the way you THINK about a challenging situation two things happen either:**

1. The situation changes or...
2. It no longer has an effect on you – it no longer triggers negative EMOTIONS in you.

**All EMOTIONS are either FEAR based or LOVE based.**

**And this is the choice you are essentially making in the nano-second between something happening and your response to it: Are you are going to choose thoughts that take you in the direction of LOVE emotions (positive emotions) or in the direction of FEAR emotions (negative emotions)?**

Think of it as the Universe holding a platter in front of you. On one-half of the platter is *fear* hors d’oeuvres and on the other half of the platter is *love* hors d’oeuvres, which are you going to *choose* to chew and swallow?



When we choose fear we are choosing to chew on power/lessness.

**When we are in fear or any fear based EMOTION we are not in our power, the fear has our power and we are power-less.** We are *less* our power because the fear has it. We say “*Fear had a grip on me.*” And when fear has a grip on us it is hijacking our mind – our THOUGHTS. **And as our THOUGHTS are our source of power, when fear has our THOUGHTS, fear has our power.**

## When our THOUGHTS are fear-full, we are power-less.

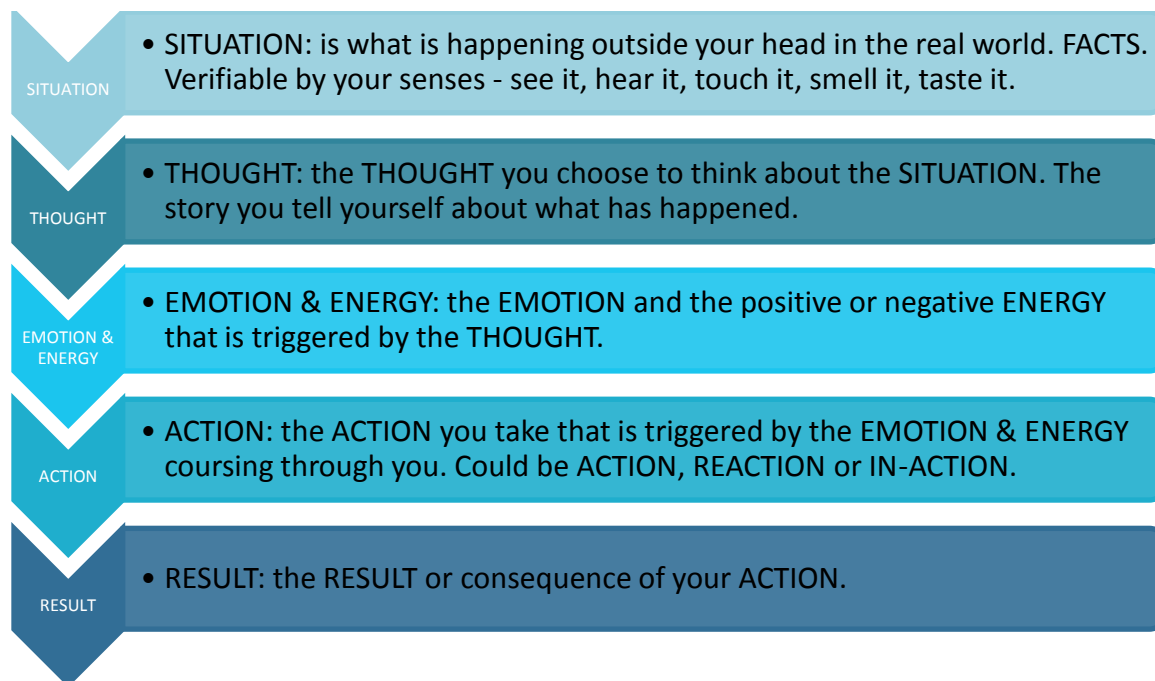
To move from feeling power-less to feeling power-full we need to move from where we have no power – trying to control other people and the SITUATION – to where all our power is - in what we choose to THINK about the situation and the people, their words and their actions in the situation.

**COMMON SENSE TIP:** The first thing we need to do in a situation where we are feeling power-less is to breathe – because breathing creates space within our mind and body and can be a reminder of the space between what is happening around us and our response to it. Our access point of power where we get to choose between FEAR based EMOTIONS or LOVE based EMOTIONS.

In that moment of remembering you are the thinker in your head that gets to choose your THOUGHTS regardless of what is happening around you, puts you right back in your power.

## The STEAR Strategy

This strategy is going to help you move from power-less to power-full. You can use in your life and relationships to cut through the fear and get back into your power. STEAR is an acronym that will help you know you and remember where your ultimate power is and how to access it again and again to stay in your power in any situation.

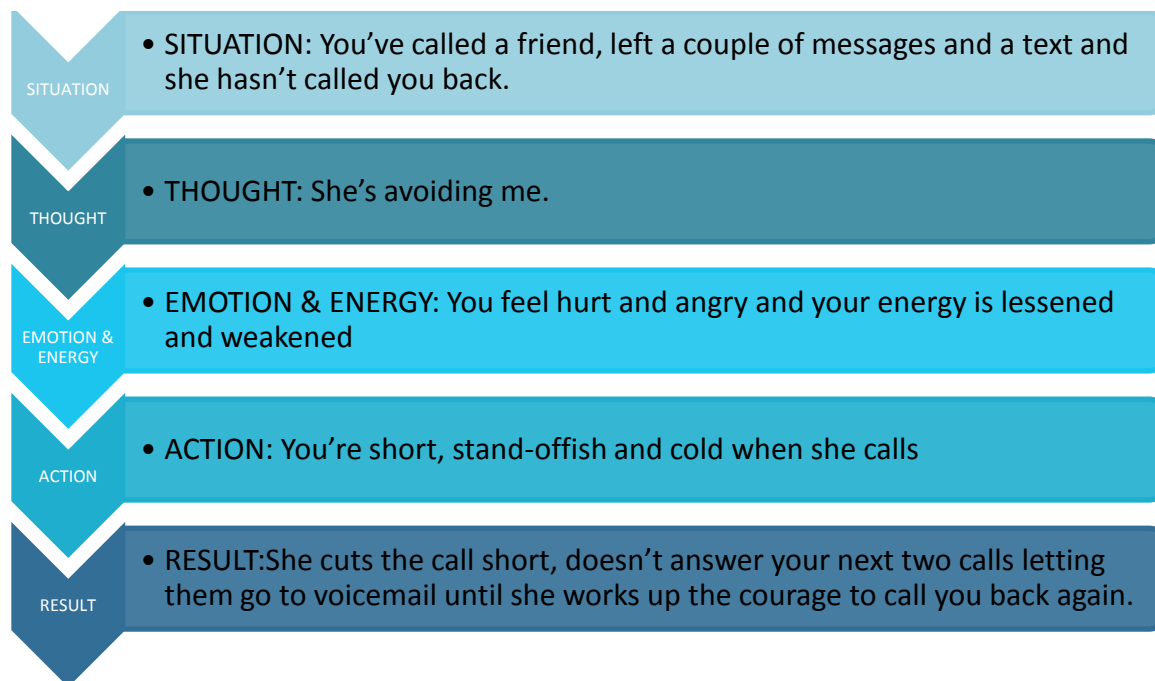


**This is a new way of thinking and that is exactly the point.** Your best thinking has got you this far, to this point or place in your life or relationship and you may not even be aware that it was your THINKING that got you here. You're blaming or attributing the RESULTS you are experiencing in your life or relationship to outside circumstances – the SITUATION.

But what you're missing is that it is actually the THOUGHT you chose to think **about** the SITUATION that triggered the EMOTION and ENERGY within you that influenced your ACTION/REACTION/IN-ACTION that led to a RESULT you are experiencing now.

**This model helps to show you that up until now you have been giving your power away to the SITUATION rather than recognizing all your power lies in your ability to choose what you THINK about the SITUATION** and therefore determine your own EMOTIONS and ENERGY that drive your ACTION and determine the RESULTS you get moment by moment, day by day, year by year in your life and relationships.

## The STEAR Strategy applied to a real life SITUATION:



**We often think our THOUGHTS are the SITUATION.** We think the friend avoiding us is the SITUATION but that is the **story** we are telling ourselves **about** the SITUATION.

**The SITUATION is the FACTS we can observe and witness.** The FACT is that you've called a friend, left a couple of messages and a text and she hasn't called you back.

**The story you're choosing to tell yourself about the FACTS is that she's avoiding you.** And that **story** causes you the EMOTIONS of hurt and anger and weakens your ENERGY so that when she does call, you're not coming from your highest self. And you REACT by being short, cold and stand-offish. And the RESULT is she cuts the call short and doesn't answer your

next call letting it go to voicemail and does the same with the next call until she works up the courage to call you back again.

**The THOUGHT drives the EMOTION & ENERGY, the ACTION and the RESULT.**

Therefore the RESULT always ends up reinforcing or proving the THOUGHT.

**The THOUGHT “She’s avoiding me” ends up producing the RESULT of her avoiding you.** Because the THOUGHT “She’s avoiding me” triggered EMOTIONS of being hurt, which triggered the ACTIONS of being stand-offish and cold towards your friend which RESULTED in her not wanting to answer your next call.



And now there is a drama that is being played out in your life where you’re feeling disempowered and you’re blaming your friend for making you feel that way.

**And anytime we blame anyone for how we feel we are giving our power away to them.** They have our power – whether they know it or not – and we are power-less. We are less our power because we have given it to them.

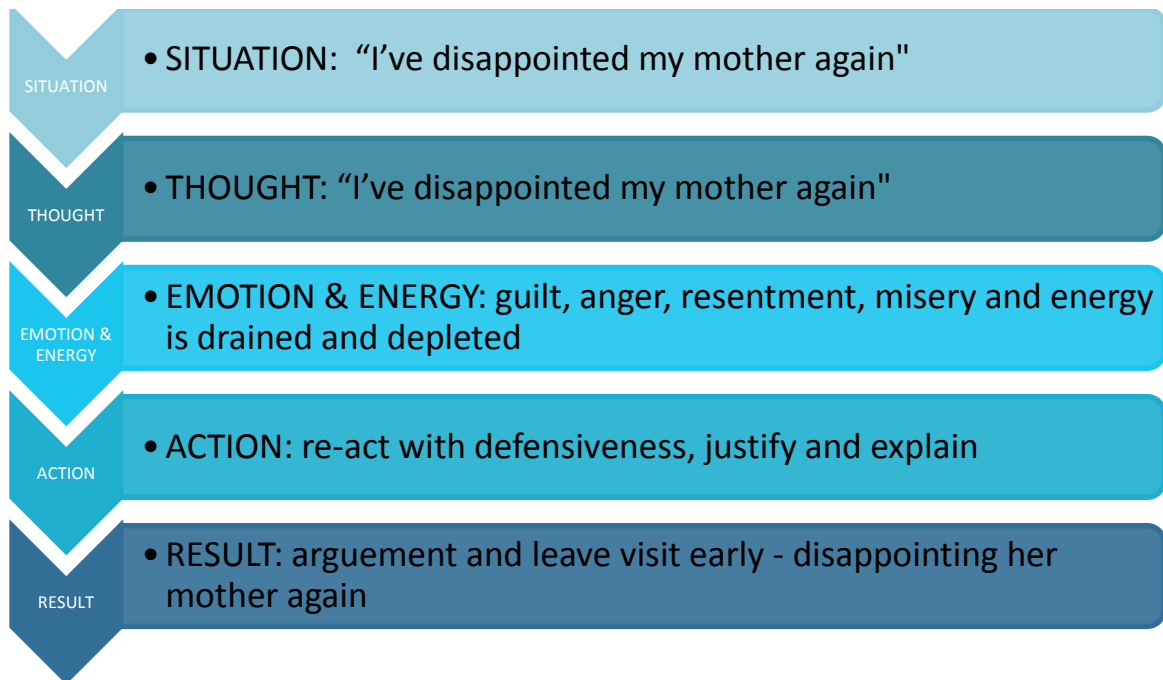
**Because we’re believing that until they change their behaviour, we cannot feel better.** *We’re believing that someone else has to change in order for us to feel better.* So we are left in the power-less position of waiting for them to change.

## Ginny’s Story

**When Ginny came to me she was waiting on her mother to be different.** She was waiting on her mother to stop criticizing and making snide remarks so Ginny could feel better about herself and about her relationship with her mom.

**She was believing that her mom needed to change for her to be at peace.**

**Ginny was believing her THOUGHT “I’ve disappointed my mother again” was the SITUATION** which spiraled her into EMOTIONS of guilt, anger, resentment and misery draining and depleting her ENERGY and she would RE-ACT with defensiveness and try to justify and explain herself and her choices. And the RESULT would be her and her mother would end up arguing and she’d leave the visit early, disappointing her mother again.

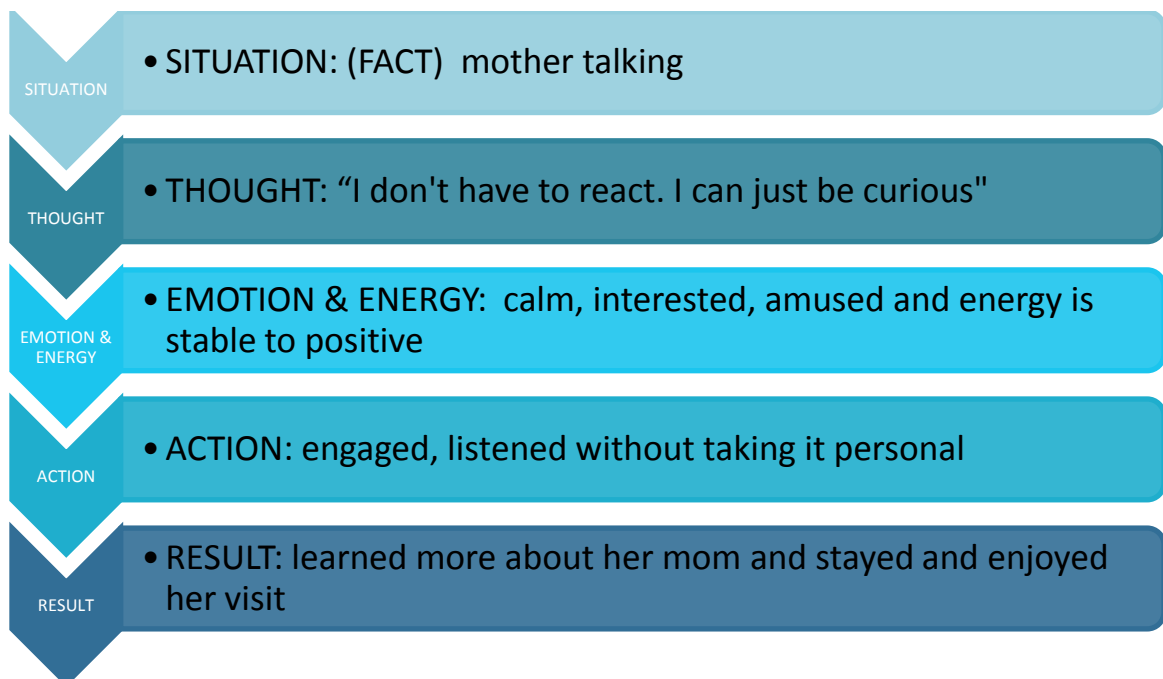


By plugging her experience into the STEAR Strategy Ginny was able to see that **"I've disappointed my mother again"** was NOT the SITUATION – it was NOT FACT – it **was her STORY about the FACTS.**

**The FACTS – what we observe and hear – were:** mother talking.

That simple. That basic. **That is what is FACTUAL:** mother talking.

**Anything more starts to be a story.**





**By staying as the observer of the FACTS of ‘mother talking’ Ginny was able to stay in her power.** Because now she recognized she was just observing another person exercising their free-will to talk and she didn’t need to take it personal.

Her mother was using her free-will to complain and nag and criticize and Ginny still got to choose what she THOUGHT about the FACTS of her mom’s behaviour and this set her free to stay in her power no matter what her mother was saying or doing.

**Ginny understood her power was inside her head where she got to *choose* what she THOUGHT about her mother’s behaviour.**

This helped Ginny disengage from her mom’s behaviour and step back into her power where she could observe her mother talking as the SITUATION. Then choose her own THOUGHTS about it which determined her EMOTIONS & ENERGY that then triggered her ACTION, REACTION or IN-ACTION and determined the RESULT or outcome of her time spent with her mom.

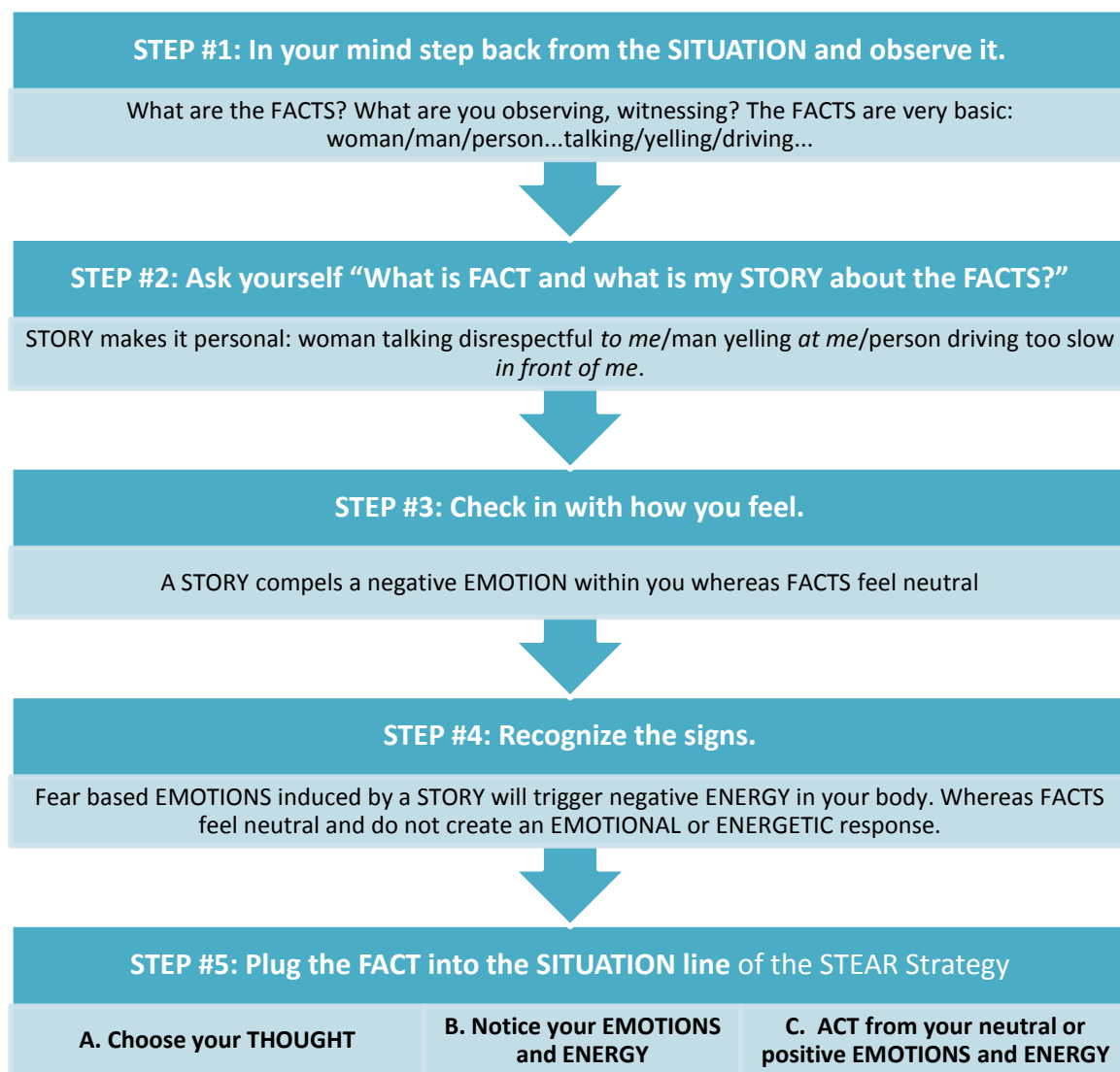
**Ginny found a way to stay in her power without requiring her mom to change in any way.**

The turning point for Ginny was realizing the difference between the STORY she was telling herself and FACT.

FACT versus STORY	
<b>FACT</b>  What we observe outside of ourselves It is separate from us Feels NEUTRAL	<b>STORY</b>  The STORY we tell ourselves IN our head about what we observe Makes it personal - we make it mean something about us Activates EMOTION

We don't need things or people to change so we can feel better. We can go straight to feeling better ourselves by looking at the **FACTS** and not engaging in the **STORY**.

## The step-by-step strategy of **How to Stay in Your Power in ANY Situation**



**Here's an INSIDER TIP:** In my mind I like to imagine stamping what I am observing with a big red "**S**" for **SITUATION**. This helps me to remember that I am separate from the **SITUATION** and I get to choose what I want to **THINK** about the **SITUATION** which will determine how I feel, my **EMOTIONS** and **ENERGY** which will drive my **ACTION** and net me a **RESULT**.

**This is how you take back, stay in and keep your power in any situation.**

**It happens in the moment you remember there is a space between what is happening around you and your response to it.**

And in that space you can decide to step back from the story where you're making it mean something about you and instead OBSERVE the FACTS of the SITUATION.

**This immediately puts you in your power because now as the observer of the SITUATION you get to decide for yourself the THOUGHTS you want to think about that SITUATION that determine YOUR EMOTIONS and ENERGY that motivate your ACTION/RE-ACTION/IN-ACTION that determine the RESULTS or consequences you get in your life.**



## Making It Work for YOU

**Like every tool it only works if you use it.** Hammers only pound nails if you use them to hit the nail on the head. But think about how much better it is to get the nail in the wood or the wall with a hammer than trying to get it in without a hammer? Tools make our lives less complicated, easier, better. But only if we use them.

**The STEAR Strategy is a life tool.** It's a tool that when applied to your life will make it less complicated, easier, better. But only if you use it.

The STEAR Strategy is the tool that will help you develop the skill of identifying what is happening outside of you as the SITUATION and then choosing your THOUGHTS about that

SITUATION to determine your EMOTIONS and ENERGY that motivate your ACTIONS and determine the RESULTS you get in your life and relationships.

**Like every new skill, we master it through practice.** We mastered tying our shoes with practice, riding a bike, downward dog with our heels down and anything else that adds quality, freedom and empowerment to our life with practice.

The great news is, just like tying your shoes, with practice this too will become a skill you will no longer have to think about.

It will become automatic with practice and one day you will notice with surprise that you no longer think the disempowered way you used to THINK where you were **REACTING** to life and instead you are now **CREATING** your life. Same letters VERY different RESULTS.

**You are managing your mind to THINK on purpose** to feel the EMOTIONS and ENERGY you *want to feel* to motivate the ACTIONS to get the RESULT you want in your life and relationships.

**The RESULT becomes your new SITUATION and this is how you begin to STEAR your life intentionally and stay in your power in any SITUATION.**

## Revealing Your Power...

**Life experiences, heartache, pro-longed stress, exhaustion and the beliefs we've taken on can obscure our personal power.** This disconnection triggers self-doubt, confusion, anxiousness, even deep grief and sadness. It can leave us feeling lost.

**It can cause us to turn on ourselves making ourselves wrong, flawed and inadequate.** But we're fighters, so we'll overcompensate for this lie of unworthiness by over-giving, people pleasing, self-sacrificing and perfecting perfectionism.

**The truth is THERE IS NOTHING WRONG WITH YOU!**

**Your personal power is eternal. It is right where you left it.**

**It is radiant.** It is your truth. It is your intuition, your confidence, your passion, your fire.

**It is YOURS.** And it's irrepressible...irresistible...and hot damn gorgeous!!

**And it's waiting for you to acknowledge it and to re-connect with it.**

**That's my most favorite thing to do!** To help women uncover, reveal and re-connect to their radiance, their indelible personal power so that they can trust in themselves and in life again to live with confidence and enthusiasm.

**So that they can know their truth, see their value, unchain their possibility and own their ability and right to consciously create the life and relationships they desire.**

**Anything less is a sham. It's a story.** If you are ready to begin living a different, more rewarding and satisfying story I'm here to help you do it!

**I work privately with clients in one-to-one sessions via phone and also in-person at Vero Health Clinic in Vernon, BC.**

To learn more about the magic we can create together visit me [HERE](#).



*You must learn a new way to think,  
before you can master a new way to be.*

Marianne Williamson