

Taking Back Your Power: Part II



www.angelsfriendlycoaching.com
angelique@angelsfriendlycoaching.com
(716) 980-5727

HOW TO TAKE BACK YOUR POWER

Once we can see how we are giving away our power, we can stop, and begin to build authentic power—the kind of power that comes from inside. It cannot be lost like a set of keys. Every time you lose control to negative emotions like anger, fear, jealousy or rage, you allow those feelings to have power over you. When you allow yourself to feel those emotions—instead of just acting out—you begin to create authentic power.

A LIGN YOUR THOUGHTS WITH SELF-LOVE

Observe your thoughts consistently and cultivate self-worth and self-love through this practice. From a spiritual perspective, the ego is based on fearful illusions, which come in throughout the day and look like judgment, blame, attack, confusion, worry, and all negative emotions. Most of the time this incessant voice is directed toward us, and other times it will attack others. The more we choose to love and release fear, the more we choose reality and release the illusions that keep us in our self-imposed prison.

Ask Yourself: Do I forgive myself as easily as I do others?



LOOK HARD FOR LIMITING BELIEFS AND CORE FEARS

These old, outworn ideas are the root of what holds us back, and they keep us from being who we really are. They keep us in the toxic relationship, the job we hate, the addiction, the fear of stepping out into our true life's purpose and our heart's passions and desires. Get honest with yourself and bring them out into the light so you can move forward and start living.

Ask Yourself: Have I let someone choose what I believe about others and is that okay?

PRACTICE SELF-TRUST

Now that you've cleared the ego's loud voice and are able to listen to your inner guide, the answers to what you need to eat, where you need to go, what job to take, when to step out of the relationship will begin to come easily.

Ask Yourself: Do I doubt my own power and ability to make choices for myself in any way?

TAKE POSITIVE ACTIONS

The change means action. Taking your power back means you must take the actions. It may mean writing down what you want and what your needs and desires are. From there, write down specific actions you can take to make them a reality.

Ask Yourself: What is an action I can take to empower myself, even just a little, by tomorrow?



REMEMBER THAT "NO" IS A POWERFUL WORD.

Many people have the people-pleaser within who wants to say "yes" to everything. Often you can get resentful of doing things you don't intuitively want to do. Embrace "no" today and take care of yourself.

Ask Yourself: What are some things that I need to say "No" to in order to improve my life?

AFFIRMATIONS TO RECLAIM YOUR POWER

An affirmation is a statement to yourself. Repeating an affirmation out loud encourages a conscious shift in your thoughts and feelings. It is important to turn your thinking into a physical action, through writing, or speaking your affirmations aloud, you validate them to yourself and give yourself that power back.

"I am mindful and aware of my own energy—this is my main priority. I live my life consciously. I take my vibration seriously. Each challenge is a chance to affirm who I am and want to be, and why I do what I do."

"Emotions happen, but feelings are fed. I honor what my emotions have come to tell me, and I embrace my power to feed the feelings that I want to stick with. I am the composer of my inner harmony."

"I harness the power of love to protect me from anything that is not loving. Anytime I lose my way or forget what really matters, I summon Love to remind me of my own strength. Love is the way I walk in truth."