



Connect back to your source of Personal Power

It's time for action!

I challenge you in the next week to increase the power you have by taking it back from where it does not belong.

Examine the recent past, looking for situations in which you have compromised yourself.

Record in your LYBL Journal what these situations were, and be specific about what happened and who was involved. If you were disappointed by a friend who did not keep a promise, for example, and you were afraid to ask about it, write:

"Mark said he would visit this weekend and then did not turn up or phone to say he wasn't coming. I didn't call him about it, although it's the second time he's done something like this."

In every situation you've written about, think about what you can do to reverse the loss of power.

Your perspective will be changed as you see your power increase and as you realise that the key to moving your life forward in a positive way has roots in this kind of self love.





