

5 Tips to Reclaim Your Personal Power Colin Slater 0419 568 043

Step1. Love Yourself

Accept yourself as you are, trust yourself and your intuition. Trust your inner wisdom as this is part of growing your self- awareness. Having the courage to step into the unknown or unfamiliar space knowing you'll be ok to build your confidence

Step2. Know Yourself

Discover your map

Everything that has happened to you and the experiences you've been through has shaped you and made you who you are today.

Values and beliefs gathered from programming and conditioning

Experiences cannot be changed however the meaning you give them can; this is a fantastic good- news message.

Your past is not your future, it does not define you and now you have a choice.

Step3. Live in the present,

This means letting go of the past, forgive yourself as necessary and stop anxieties about the future.

The present is where all action takes place, not in past which is gone and not in the future which has not even happened yet

Step4. Be Grateful

Gratitude is one of the most powerful forces in the universe.

The wisdom behind gratitude is really quite simple yet profound—expressing and feeling gratitude for all that we have in our lives *right now*, opens the way to receiving more of our heart's desire.

With each expression of gratitude, we send a message to the universe acknowledging that we are open and ready to receive more of what we want in our lives. In a majority of cases this is called love. A regular practice of gratitude will intrinsically attract more contentment, putting you on the path to manifesting your dreams to reality.

Step5. Persist until completion

Having found or created your goals/outcome it is necessary to be successful to follow through on them until they are completed or you change the goal. Each time you do this it adds to your success bank and builds your confidence.

I trust these tips will help you to reclaim your personal power. If you like these there are more at

<http://www.yourcoachingsolutions.com.au/blog-set-people-free/>