



PERSONAL POWER PROFILE

Exercises & Questions & Steps

Are you living your dream?

Why?

Why not?

EXERCISE



- ▶ **Write down a decision that needs to be made**
 - ▶ Clearly decide what you want
 - ▶ What action will you take
- ▶ **Homework**
 - ▶ Check what's working and what's not working
 - ▶ When things are not working, change your approach until it does work

Exercise on EMPOWERING beliefs

- ▶ Write down the beliefs that empower you
 - ▶ 1.
 - ▶ 2.
 - ▶ 3.
 - ▶ 4.
 - ▶ 5.
 - ▶ 6.
 - ▶ 7.
 - ▶ 8.



EXERCISE

Exercise on EMPOWERING beliefs

- ▶ Circle the 2 most empowering beliefs & number them 1 & 2
- ▶ How does this belief empower/strengthen you?
 - ▶ Belief 1
 - ▶ Belief 2



Exercise on DISEMPOWERING beliefs 1

- ▶ Write down the beliefs that disempowers you
 - ▶ 1.
 - ▶ 2.
 - ▶ 3.
 - ▶ 4.
 - ▶ 5.
 - ▶ 6.
 - ▶ 7.
 - ▶ 8.



EXERCISE

Exercise on DISEMPOWERING beliefs - 2

- ▶ **Circle the most limiting beliefs**
- ▶ **For this belief, ask yourself:**
 - ▶ How is this belief ridiculous or absurd?
 - ▶ Where does this belief come from?
 - ▶ Was the person this belief was learnt from worth modelling in this area
 - ▶ were they experts in this area?
 - ▶ were they producing results?
 - ▶ What will it cost me in these areas if I don't let go?
 - ▶ Emotionally:
 - ▶ Physically:
 - ▶ Financially:
 - ▶ In my relationships:
 - ▶ In my family:



EXERCISE

Exercise on DISEMPOWERING beliefs - 3

▶ Write down the replacements

- ▶ What will I have to believe in order to succeed in this situation?
- ▶ Which other person is already succeeding in this area?
- ▶ What do other people believe differently than they do that's helping them believe?
- ▶ What is necessary for me to believe in order to succeed in this situation?



EXERCISE



Your PERSONAL **POWER** PROFILE

What makes you happy?

1. ...
2. ...
3. ...
4. ...
5. ...
6. ...
7. ...
8. ...
9. ...
10. ...

What do you need to be yourself?

1. ...
2. ...
3. ...
4. ...
5. ...
6. ...
7. ...
8. ...
9. ...
10. ...

What are your talents?

1. ...
2. ...
3. ...
4. ...
5. ...
6. ...
7. ...
8. ...
9. ...
10. ...

What are your RELATIONSHIP dreams? (Family, Relationships, Friends)

1. ...
2. ...
3. ...
4. ...
5. ...
6. ...
7. ...
8. ...
9. ...
10. ...

What are your WORK & FINANCE dreams?

1. ...
2. ...
3. ...
4. ...
5. ...
6. ...
7. ...
8. ...
9. ...
10. ...

What are your ADVENTURE & TOY dreams?

1. ...
2. ...
3. ...
4. ...
5. ...
6. ...
7. ...
8. ...
9. ...
10. ...

What are your CONTRIBUTION dreams?

1. ...
2. ...
3. ...
4. ...
5. ...
6. ...
7. ...
8. ...
9. ...
10. ...

6 Steps
to
Design your ***Dream Life***

6 Steps to Design your Dream Life

STEP 1

- a. Write down these three categories on separate pages
 - Having
 - Being
 - Doing

- b. Choose one dream and list it under each category

6 Steps to Design your Dream Life

STEP 2 - For each dream

- a. Why is this dream important to you?
- b. What do you need to fulfil this dream?
- b. By when do you want this dream fulfilled?

6 Steps to Design your Dream Life

STEP 3 - For each dream:

- a. How much money do you need to fulfil these dreams?
- b. How much money do you need per month to fulfil this dream?
- c. How much money do you need per day to fulfil this dream?
- d. How are you going to get this money?

6 Steps to Design your Dream Life

STEP 4 – For each dream

What is the first action you need to take to fulfil this dream?

6 Steps to Design your Dream Life

STEP 5 - For each dream

What is keeping me from fulfilling this dream?

6 Steps to Design your Dream Life

STEP 6 - For each dream:

How do I overcome what's keeping me from fulfilling this dream?

Now ... Go out there and
LIVE
THE LIFE OF YOUR DREAMS !!!