



Reclaim Your Power 7 Keys to Self Mastery

Three reasons people feel powerless

1. We are expected to do more with less
2. Technology overload
3. We have not learned how to tap into the keys of self mastery

Outcomes of doing more with less

Possible consequences are overload, burnout, inefficiency, conflict, and low morale.

Signs of technology overload

- Limiting time with friends and family to use technology
- Using texting or email when face to face is more appropriate
- An inability to leave home without a cell phone, to relax without constantly checking email or to stop using the Internet are also worrying signs.

Lack of Self Mastery (7 Sins of Self-Betrayal)

1. Unrealistic expectations
2. Self judgment
3. Comparing yourself to others
4. Doing things just to please others
5. Falling into the "Guilt Trip Trap"
6. Failure to meet basic needs
7. Failure to set good boundaries

Before anything can change you have to become aware and you must be willing.

What are you willing to do to reclaim your personal power?

	The 7 Sins	The 7 Keys
1	Unrealistic Expectations	
2	Self Judgment	
3	Comparison	
4	People Pleasing	
5	Guilt Trip Trap	
6	Not Meeting Basic Needs	
7	Fuzzy Boundaries	

Key 1 Get real

1. Look at the facts not just the story, hopes, wishes or beliefs
2. Do your research
3. Find your resources
4. Map out a plan
5. Look for evidence
6. Measure the result
7. Set three goals instead of one so that your goal is always reachable

Key 2 Become impeccable with your word

1. Eliminate the story that's keeping you stuck
2. Look at the facts
3. Become conscious in how you use language
4. Read the Four Agreements
5. Make a list of your good qualities and gratitude's

Key 3 Honor everyone

1. See everyone as equally successful
2. Claim the success you have.
3. Discount the stories you hold about yourself.
4. See for others what is possible for them.

Key 4 Own your choices

1. Face your fear of conflict
2. Make a commitment to be authentic in relationships
3. Quit making excuses like "can't" or my spouse won't let me etc.
4. Don't make a promise you can't keep.
5. Say "yes" or say "no" clearly and stick to it.
6. Make "being true to yourself" your first priority.
7. Stop saying, "I didn't really want to..." and instead OWN that you did want to.

Key 5 Stop rescuing

1. Let others own their own feelings
2. Face your fear of conflict
3. Quit using manipulation to solve your problems
4. Be kind even when others don't understand
5. Continue to love others even when they try to manipulate you
6. Practice with small issues to build your muscle
7. Face the fact that others may not support these changes

Key 6 Break your addictions

1. Recognize that you are addicted (to work, rescuing, pleasing, etc.)
2. You must love yourself more than you love your addictions
3. Give yourself "oxygen" first so you can give to others
4. Invest in your well being and personal growth
5. Become a creator

Key 7 Set boundaries

1. Tell yourself the truth about where you are out of control.
2. Create rules and systems for your life
3. Make a schedule for routine activities, for example, pay bills on Friday.
4. Get creative in your business. Ask for solutions from employees.
5. Get creative in your family. Ask for ideas from your kids.
6. Get CLEAR about your real commitment instead of committing to the four lies
 1. My spouse won't let me
 2. I don't have the time
 3. My co-workers don't understand
 4. It isn't convenient

Reclaiming Your Power

You might have figured out by now that no matter what areas you succeed in, you cannot experience true success until you lay a strong foundation with yourself. If you feel overwhelmed, overworked, irritable, guilty, exhausted...you have lost your power to your personal drama.

Change takes time. Be gentle with yourself and work on one area to improve upon. To hold yourself accountable you must first become aware.

On the next section you will find a list of questions as they relate to “The 7 Sins of Self Betrayal.” If you desire, you can use this worksheet as a self-awareness tool or as an extended discussion in a class room, meeting room, or an in-service discussion in your workplace.

Work Sheet

Use this sheet as a self-awareness tool. Set aside some time to discuss with your work associates, family or friends.

Unrealistic Expectations

1. Where do I often fall into the pattern of having unrealistic expectations?
2. What is your emotional response when you commit this first sin of self betrayal?
3. What has been your physical response? Do you get sick after a disappointment?

Self Judgment

4. In what ways do you judge yourself harshly or unfairly by talking bad about yourself?
5. Are you constantly saying something about yourself that is not completely true? For example, "I'm so unorganized," yet others see you differently?
6. How often do say "should" when talking about yourself? Example, "I should be better at business" Or "I should work out more."
7. In what ways do you define yourself? Think of what you say when you say, "I am..."

Comparison

8. Do you worry about your level of success?

9. Whom do you compare yourself too when you find yourself lacking?

People Pleasing

10. Who in your life do you try to please in order not to make them mad?

11. Who in your life do you try to please in order to gain approval?

12. What would happen if you lost the approval of those you are trying so hard to please?

13. What would others think if they really knew the truth about how you feel?

Guilt Trip Trap

14. Why is it difficult for you to say “no” and stick to it?

15. In what way is it out of integrity for you to do things you really don’t want to do?

16. What level of the trap do you fall into the most often?

17. Are you willing to say “no” and have others not completely understand or approve?

18. When do you sacrifice a little heaven on earth?

Not Meeting Basic Needs

19. What basic needs do you fail to get met on a regular basis? (Sleep, nutrition, breaks, enjoyment, fun with friends, a day at the spa, down time, etc.?)

20. What can you do to get your needs met so that your performance increases?

21. What excuses or stories are you buying into that are keeping you stay stuck in this pattern? If you can't think of an excuse, what is your reality that is keeping you stuck?

22. What choices could you have if you were willing to change?

No Boundaries

23. In what area do you need to set a boundary?

24. What would be the benefit of setting the boundary? (more time, more respect, etc.)

25. What might you have to risk in order to keep the boundary?