

In Your Power Checklist

Portal One: Precision

- What is the outcome you want in that situation? What outcome is in the best interest of all?
- Who do you need to show up in order for that situation to move in that direction?
- What is your current Horizon Point (share it in the In Your Power FB group)

Portal Two: Perspective

- How might this be happening for me instead of to me?
- Are you applying an abundance mindset and a growth mindset, or a scarcity mindset and fixed mindset?
- Am I focusing on the finite problem or on seeing infinite solutions?

Portal Three: Physiology

- Are you reconnecting your emotional and thinking centers?
- What repertoire of strategies can you develop to move stress through your system?
- After you clear out the stress chemicals in your body, are you filling yourself up with pleasure and joy afterward?

Portal Four: Purpose

- Are you going Indirect or Go Direct to build your confidence?
- How do you describe YOUR purpose and are you acting in the service of it?
- Are you playing your small game or your big game?

Portal Five: Psych

- If you are stuck in an emotional reaction, what are 3 alternative stories you can tell in order to act in the service of your Horizon Point? What strategies can you use in the heat of the moment when you get stuck in your lead story?
- What is the life story you choose to take place of your lead story?

Portal Six: Proficiency

- What is the superpower you want to leverage to help you be heard and make an impact?
- What is a "perceived weakness" that has held you back? What are you choosing to Accept and Accomplish?
- What talents of yours will be helpful to develop further?
- build on or differ from the common view?

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Portal Seven: Persuasion

- Are you considering the decision makers' WIIFT?
- How specific is your vision? Are you using the "before versus after" approach?
- How can you paint a mental movie in the mind of your decision maker?

Portal Eight: Partnership

- Are you creating a shared sense of ownership of the problem?
- Are you using the POWERS framework as a guide to approach conversations with people who have been difficult in the past?
- Are you accepting where others are on their journey and furthering your own?

Portal Nine: Protection

- Are you aware of your Yes and your No?
- Which kind of boundary would best protect you in the current situation - a proactive or reactive boundary?
- Which of the 7 strategies for dealing with a Narcissist would be most helpful in this situation?

Portal 10: Powerful Truth

- What is YOUR powerful truth in this situation?
- Which strategy can you use to educate the people who are having a harmful impact? (Can you transcend a personal hurt and turn it into a collective one? Are you using the strategic display of emotion? Can you reclaim the terms being used toward you?)
- How can you use your powerful truth for the good of all?

Portal 11: People

- Who in your life "catalyzes" your power?
- Who in your life is a calming force and who can help you overcome shame?
- Who is a role model that inspires you to use your power?

Portal 12: Position

- What power are you overlooking that you can now own?
- What is your relational power you can leverage?
- How can you grow power in others to grow theirs and your own?