

HOW TO BE

RESOURCEFUL
&
POWERFUL



Forward Path Coaching



Getting the Legal Biz Out of the Way So We Can Focus on the Good Stuff!

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INTRODUCTION

Have you ever wondered why some people seem to hit one struggle after another in life while other people, who sometimes face seemingly insurmountable obstacles, find a way to work through them and succeed?

It's not uncommon to see a wealthy entrepreneur who started with very humble beginnings (living on the streets and having limited access to food and money). The classic example from the American "gilded age" is steel tycoon Andrew Carnegie who went to work in a cotton mill at the age of 13 after his father became unemployed. Andrew worked 12-hour shifts, 6-days a week before he was hired as a telegraph messenger for the Pennsylvania Railroad Company. Here he began a climb of the corporate ladder and used his earnings to invest in ventures that eventually led him to build an empire in the steel industry, including his large-scale philanthropic legacy.

In more recent times, Roman Abramovich, orphaned at the age of four, was raised by his uncle and grandmother. Growing up in the Soviet Union provided limited opportunity, but after the downfall of the Communist system, he got his first break from cashing in an expensive wedding gift given by his in-laws. He dropped out of college to pursue his business, which included selling imported plastic ducks from his Moscow apartment. From this humble entrepreneurial start, he found a position in management with the oil giant Sibneft, and ended up taking it over in 1995. He continued to flip his investments with profitable ventures such as Russian Aluminum and the steelmaker Evraz Group. He is now the 5th richest person in Russia and owns the \$1.5 billion yacht "Eclipse," the largest private yacht docked in New York City and the Chelsea Football Club, among others.

Maybe a more well-known example is that of George Soros. After surviving the Nazi occupation of Hungary in 1947, he escaped to England and the safety of relatives in London. While pursuing his education, he worked as a waiter and railway porter and after graduation sold goods at a local souvenir shop. He tenaciously pursued every merchant bank in England until he gained an entry-level job at Singer & Friedlander. On a single trading day in 1992, he made over a billion dollars in profit in the financial markets.

On the other hand, it's also not uncommon to see people who seem to have every advantage in the world yet never seem to make much of their lives. They appear frustrated, depressed or lacking purpose and direction. While there are plenty of celebrity "cautionary tales" of this type, we are probably most familiar with family and friends who have let opportunity and advantage slip through their fingers and failed to become as successful as they could have been.

Experts agree! Being happy, healthy, successful, and full of energy has more to do with mindset than it does circumstances.

The people who have "figured it out" do not rely on their circumstances to dictate who they are, how they behave and how they think.

They have already **decided** to tap into their own power and claim the life they truly desire. They have figured out how to be resourceful and powerful. What about **YOU**?

- *How do you handle adversity in your life?*
- *How do you react when things don't go as planned?*

If you are unhappy with your answers to these questions, keep reading because in this program we are going to talk about how you can literally step into your greatness, become amazingly resourceful and powerful, and take full control over EVERY result in your life.

No more excuses. No more blame game.

Are you ready? Let's get started.

PART ONE: ANALYZING YOUR LACK OF POWER AND RESOURCEFULNESS



"I don't think I can handle this."

"I have too much on my plate."

"I'm going to overdo it and burn out."

I often hear these type of common fear based statements from my private coaching clients. They come from people who have lost touch with their own sense of personal power. They are sayings spoken from a position of low self-esteem or low self-confidence. I never panic when someone starts talking this way because I know from experience that people who are stuck in this place can definitely fix the problem, but sometimes a bit of personal analysis needs to take place first.

Several factors must be taken into consideration when determining the root cause(s) of an individual to lose touch with their own power and resourcefulness. In this section we will closely examine some of the most common causes of this lower state of being.

OUTWARD CHANGES

Radical changes in personal appearance, such as changes due to surgery or amputation, or accidental disfigurement can have detrimental effects on one's self-image. Often, accessing personal power and resourcefulness is based largely on one's self-image. Radical changes to outward appearance can be hard to accept and even harder to embrace. Professional counseling services may be required to come to terms with such radical change.

I think one of the positive unforeseen effects of the U.S. ten-year involvement in Afghanistan and Iraq is the phenomenal example of "wounded warriors" returning to civilian life. These men and women, many of which have suffered multiple amputations, severe burns, or traumatic brain injuries are providing an amazing example of resilience, determination, and positive mindset. But it's definitely not an easy path to walk due to deeply ingrained societal beliefs about "wholeness," "usefulness," and "ability."

Society's perception of physical perfection also leads individuals to have low self-confidence due to not having a perfect body or flawless looks. Of course,

it's an "open secret" that most every image we see in advertising has been electronically enhanced (Photo shopped) to play into our cultural expectations and increase revenue for the advertiser. Studies suggest that girls tend to be more impacted by commercials and television shows because they develop dissatisfaction with their own bodies by seeing actresses, singers and models that "appear" to have perfect bodies. Girls often associate self-esteem and personal power with their looks. This often lasts into adulthood if it's deep-seeded into their minds.

INWARD CHANGES

When you are in pain, everything about you changes as you simply seek relief and a return to normal. Chronic fatigue, or chronic pain can also adversely affect one's ability to feel powerful and resourceful. If you think you are suffering in this way, proper medical care and management is definitely required. Beyond the physical aspects, when a person has chronic fatigue syndrome or lives with chronic pain, it can be especially difficult to keep their spirits high. They often feel like they can't do the things other people do which can lead to feelings of not being worthy and ultimately to isolation. Chronic fatigue syndrome as well as chronic pain differs from normal fatigue and pain in their longevity, and may both be signs of fibromyalgia.

Medical science has made great strides over the years in developing effective treatments for many types of chronic illness, including arthritis, AIDS, COPD, and even diabetes. Unfortunately, not much has been accomplished in addressing the mental and emotional aspects of chronic illness. I have found that uncertainty is often times the biggest fear of those suffering in this way. The physical symptoms may be persistent or sporadic, with what seems no rhyme or reason. The condition may seem to improve for a while, then unexpectedly take a turn for the worse. This forces many sufferers to make drastic lifestyle changes. They may be forced to give up favorite activities, and even limit the amount of time they can leave their home. The psychological effects of a lack of certainty about basic, essential needs and comforts can be extremely difficult to manage.

CHILDHOOD AND UPBRINGING

If your poor self-image issues began in childhood, remember that you're no longer a child. The people who may have negatively influenced your life no longer have a right to exercise that hold on you. You can declare your independence and step into your own freedom as a mature, self-sufficient adult. If your issues stem from family members, you can limit your interaction with them. Also, what they think or their beliefs do not have to be yours. As a personal development specialist and professional coach, I can assure you that you have the ability to rapidly change how you think and to create your own beliefs that empower and support you.

Understanding Your Adult Role

- You do not need permission from anyone to change your life.
- Change takes time, and is achieved through trial and error.
- Realize that you are not in control of other people's lives. You do not have the power to make others change.
- Don't try to win the old struggles. Bringing up the past does little more than bring new life to old pain. There may well be some past issues you will never get "closure" on.
- Set clear limits – e.g. if you know your family members will diminish the importance of your work, refuse to discuss the subject with them.
- Understand that there may be adverse reactions as your family notices change in you. Anticipate what the reactions will be (e.g., tears, yelling, or other negative reactions and responses) and decide how you will respond before hand.

ECONOMIC FACTORS

A person's or family's socioeconomic status (SES) often affects their ability to feel powerful and resourceful. Studies have found that people with higher SES have higher levels of confidence than those with a low SES. This seems to be the case for almost all age groups, from teens to older adults. In families with low SES, the parents often don't support or get as involved with their children and their development. Parents with low SES often suffer from their own lack

of self-confidence and low self-esteem, which may lead to less involvement with their children on social levels and teaching them ways to overcome the problems in the own future.

Often, mothers who have higher education and higher income provide a higher quality home environment for their family, thus leading to higher levels of personal power and resourcefulness in their children. Growing up in a higher-level environment, even if it's middle-class directly relates to a child's level of achievement and overall development.

Children raised in a low SES environment often feel inadequate and have lower self worth.

GRIEF/LOSS OF LOVED ONE

When a loved one passes, there may be feelings of great sadness and overwhelming loss. It may feel as if you can't go on, and life itself has lost all meaning. These extreme emotions are all part of the complicated human grieving process. There is no set amount of time for grieving, or no "normal" manner in which to grieve. The process is as individual as the person experiencing it.

As a general rule, you can help to resolve grief by:

- Allowing time to experience thoughts and feelings openly to yourself
- Expressing feelings openly or writing journal entries about them
- Remembering that crying can provide a release
- Confiding in a trusted person about the loss
- Acknowledging and accepting both positive and negative feelings
- Finding bereavement groups in which there are other people who have had similar losses

Conversely, certain activities may hinder the grieving and healing process following a loss. These can include:

- Overworking oneself on the job
- Medicating with drugs, alcohol, or other substances
- Compulsive behavior

- Avoiding emotions
- Minimizing feelings

If you're experiencing emotions that debilitate and limit your daily function, or lead to thoughts of suicide, professional grief counseling services may be necessary.

RELATIONSHIP FAILURE

The end of any relationship, no matter how amicable, may lead to short-term feelings of depression and lowered self-worth. Even if the relationship was ended by you, you may still find yourself questioning your ability to build and sustain a positive relationship.

Going through a divorce can wreak havoc on a person's ability to feel powerful and resourceful, especially if the spouse is the one who initiated the divorce. When a person thinks they are in a good marriage and all of a sudden it ends, it can leave them feeling like they did something wrong or weren't good enough, even if this isn't the case at all.

From my perspective as a coach, when I am working with a client who is in the midst of a breakup or divorce, I become very much aware of how pervasive the effects can be—in all aspects of a person's life. Even though I may be working with someone specifically around an issue of leadership in their professional life, the client brings to our coaching sessions an umbrella condition of universal disruption. Suddenly the landmarks are missing and they have launched out into uncharted territory. If you've been there, you'll agree with me. Everything is disrupted: your routine and responsibilities, your home, your relationships with extended family and friends, and even your identity. A breakup brings uncertainty about the future. What will life be like without your partner? Will you find someone else? Will you end up alone?

Recovering from a breakup or divorce can be difficult, but it's important to know (and to keep reminding yourself) that you can and will move on. Like any loss, healing takes time, so be patient with yourself. I encourage my coaching clients to:

- Recognize that it's normal to feel sad, angry, exhausted, frustrated, and confused—and these feelings can be intense. You also may feel anxious about the future. Accept that reactions like these will lessen over time. Even if the marriage was unhealthy, venturing into the unknown is frightening.
- Give yourself a break. You will feel and perform at a less than optimal level for a period of time. Because of this, your performance on the job or care for others may decline for a while. You are not superman or superwoman and you need to take time to heal, regroup, and re-energize now so that you're not still stuck here months or years later.
- Don't go through this alone. Sharing your feelings with friends and family can help you get through this period. Consider joining a support group where you can talk to others who are in the same boat. There is no benefit in isolating yourself, and to do so can actually raise your stress levels, reduce your concentration, and further get in the way of your work, relationships, and overall health. Don't be afraid to get outside help if you need it.

ABUSE/VIOLENCE

Abusive relationships, whether physical or emotional, can chip away at a person's sense of power and self worth. Unhappy and unfulfilling relationships can do the same thing even if they aren't abusive. When a person feels confident and powerful, they are less likely to stay in a stagnating or unhealthy relationship. They will either take measures to improve the relationship or realize they need to get out of it and take steps to end it. People who lack personal power will stay in the relationship and, more often than not, have feelings that they deserve it because they are not worthy of having a good relationship.

RELIGIOUS/CULTURAL BELIEFS

Religion

Religious beliefs can sometimes play a role in one's self-image. Certain traditions downplay the importance of “self” and because self-confidence and self-esteem are often reflected by our pride in “self” and our self-worth, this creates an internal conflict of values for some people. Additionally, to be considered 'prideful' is strongly frowned upon, and in some beliefs, considered one of the seven deadly sins. Vanity, arrogance, and conceitedness are also discouraged in many traditions.

As someone who served for many years as a parish pastor in a mainline Christian denomination, I believe this problem is essentially the result of the failure to distinguish between human arrogance and legitimate self-worth or self-image. The former is a self-centered, personal appraisal based on self-effort apart from God's evaluation. The latter is a God-centered appraisal based on God's perspective. The Good News is that God is always operating from an orientation of unconditional love and acceptance, so the negative evaluation hinges exclusively on the human side. The basis of our self-esteem is in who God says we are.

While each religious tradition has its own sacred texts that reveal this same deep truth about the nature of the divine, here are several affirmations¹ from the Christian New Testament and the Jewish scriptures that reflect a healthy self-esteem:

- *“Christ died for us at a time when we were helpless and sinful. No one is really willing to die for an honest person, though someone might be willing to die for a truly good person. But God showed how much he loved us by having Christ die for us, even though we were sinful.”* (Romans 5:6-8)
- *“What can we say about all this? If God is on our side, can anyone be against us? God did not keep back his own Son, but he gave him for us. If*

¹ All scripture quotes from Contemporary English Version® Copyright © 1995 American Bible Society.

God did this, won't he freely give us everything else? If God says his chosen ones are acceptable to him, can anyone bring charges against them? Or can anyone condemn them? No indeed! Christ died and was raised to life, and now he is at God's right side, speaking to him for us." (Romans 8:31-34)

- *"You have looked deep into my heart, Lord, and you know all about me. You know when I am resting or when I am working, and from heaven you discover my thoughts. You notice everything I do and everywhere I go. Before I even speak a word, you know what I will say, and with your powerful arm you protect me from every side. I can't understand all of this! Such wonderful knowledge is far above me." (Psalm 139:1-6)*
- *"The Lord your God wins victory after victory and is always with you. He celebrates and sings because of you, and he will refresh your life with his love." (Zephaniah 3:17)*

If you find your religious beliefs are causing a struggle in your efforts to build self-confidence, you might consider a consultation on the matter with a spiritual leader whom you trust.

Culture

Cultural beliefs and customs may also play a role in one's ability to feel powerful and resourceful. In certain cultures, there are distinct differences between the male and female roles in society. In America, these roles are much more open and tolerant. First generation immigrants may find this cultural difference hard to accept and adjust to. Families may be reluctant to change, and intolerant of family members who do. If you find your cultural beliefs or customs are causing a struggle in your efforts to build self-confidence, you might consider consulting an elder or person in authority on the matter.

PART 1 EXERCISES

Who or What Is Taking Your Power Away?

In this exercise, you should list what you believe to be the root cause(s) of your lack of personal power and resourcefulness. For example: *“I grew up in a household where I was told daily that I would never amount to anything.”* List everything that comes to mind without editing your stream of consciousness. This is part of your personalized **Plan of Action** for building your self-confidence.

Personal Limitations

In this exercise, you should list what you believe to be your personal limitations (real or imagined) that have been causing you to lose your sense of power and resourcefulness. For example: *“I have no car, and no one will date a guy without a car.”* Again, don’t restrain or edit yourself here. This is part of your personalized **Plan of Action** for building your self-confidence.

PART TWO: DETERMINING PERSONAL STRENGTHS



Knowing your personal strengths can help you begin to feel more resourceful and powerful. The focus of this section is to allow you to build a profile of your own individual strong points--the things you do well, the areas where you shine, in your personal life and in your professional or business life. These are the foundation from which your personal power is built.

Personal strengths may take many forms, such as being great at cooking or staying on a budget. Maybe you're an expert on home vegetable gardening, or perhaps you're the top sales representative where you work. Rather than list all the possible strengths a person can possess, I'd like for you to focus on just a few the primary areas in which personal strengths tend to shine the brightest. Let's look at:

- **Family strengths** – Are you the “negotiator” for your family? Or, perhaps the “referee” during quarrels and disagreements? Are you the “go to” person for advice and guidance? List five family strengths below:

- **Relationship strengths** – In your relationship with a significant other (or close friend if single), are you the “problem solver”? Are you slow to anger and quick to apologize? Do you consider yourself loyal and true? List five of your relationship strengths below:

- **Professional and workplace strengths** - Do you always practice good ethics in the workplace? Are you quick to volunteer for projects and duties outside your normal work requirements? List five of your professional and workplace strengths below:

- **Community and Outreach Strengths** – Are you active in community events such as charities or fundraisers? Do you have excellent organizational skills? Are you the person who goes door to door for campaigns? List five of your community and outreach strengths below. If you're inactive in the community, list five strengths that you feel would be of use for you to become active:

- **Social Strengths** – Do you make a point of interacting with friends and family? Are you the person who pulls everyone together for social events? Do you usually take an active role in planning social events? List five of your social strengths below:

UTILIZING PERSONAL STRENGTHS

Utilizing your personal strengths is one of the best ways to build up your sense of power and resourcefulness so that you can perform your best. When you're good at something, you enjoy doing it, you take pride in doing a good job and it makes you feel good about yourself. When you do things that you aren't good at—things you struggle with—it leaves you feeling down on yourself. Instead of trying to build up your weak areas, let's focus for now on your strengths, the things you're already good at.

- **Family Strengths** – Of your five family strengths listed above, list one way in which you can use your strengths *elsewhere* to bolster your own feelings of personal power. For example, “I'm very good at keeping track of my family's busy schedule. I will use this strength to better utilize my time at work and increase my productivity.”
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- **Relationship Strengths** - Of your five relationship strengths listed above, list on way in which you can use your strengths *elsewhere* to bolster your personal power. For example, “I use my sense of humor to diffuse tense or difficult situations before they escalate into conflict. I will use this strength to dismiss unpleasant or rude comments other people make to or about me.”

- **Professional or Workplace Strengths** - Of your five professional and workplace strengths listed above, list one way in which you can use one of your strengths *elsewhere* to bolster your own personal power. For example, “I respect a deadline and make sure I always finish my work on time. I will utilize this strength to avoid late payment charges on my recurring monthly debts.”

- **Community-Outreach Strengths** - Of your five community and outreach strengths listed above, list one way in which you can use one of your strengths *elsewhere* to bolster your own personal power. For example, “I am really great with children. I will use my strength in this area to build a stronger relationship with a child/children in my life.”

- **Social Strengths** - Of your five social strengths listed above, list one way in which you can use one of your strengths *elsewhere* to bolster your own personal power. For example, “I am fantastic at picking great locations and perfect restaurants for social gatherings. I will use this strength to plan an after work get-together with my co-workers.”

Another good way to utilize your personal strengths *elsewhere* is by getting involved with your community. This will also help you work on your social skills which add to your self confidence and feelings of personal strength. Getting involved in your community can be done through volunteer work, community groups that appeal to you, or organizations that you can become a member of.

GOOD DECISION MAKING

Good decision making utilizes all of your personal strengths, while avoiding your weaknesses, which in turn makes you a more resourceful, powerful person.

In almost all things, there is at least some measure of free will and freedom of choice. The focus of this section is not on your personal weaknesses, however, these need to be kept in mind when making decisions. For example, if you know you are weak in a confrontational situation, you should try to make decisions that avoid the development of those situations. (e.g. “My landlord gets very angry and verbally abusive if I ask for an extension on my rent. In the future, if I need more time to make the payment, I’ll send a written notice instead.”)

By avoiding areas of personal weakness, and utilizing personal strengths, you place yourself in a more pro-active role in your own decision making process.

“Good decisions come from experience. Experience comes from making bad decisions.” – Mark Twain

AVOID WEAKNESS/UTILIZE STRENGTHS

Decision making can be a daunting task for anyone. For some people it is so overwhelming that they avoid it at all costs. This is a sign of low self-confidence in one's ability to decide the best course of action. Maybe you already stress and worry over the fact that you won't make a good decision in the first place and then if you do make a decision, you worry that you made the wrong decision. It helps to realize that a single bad decision is not the end of the world. There are very, very, very few situations in which a single poor choice is completely unrecoverable or irredeemable. If you've made a bad decision, utilize your personal strengths to figure out a way to take another course of action. This is a **perfect example** of what it means to be “resourceful”!

DON'T OVER ANALYZE

Often decision making becomes difficult because of over analysis. Every decision we make has some form of analyzing, weighing the pros and cons of the outcome. Most decisions are made on a subconscious level, like whether you order a glass of water or a soda when you eat out. You've made that decision so many times that you don't have to think about it, you just order what you're in the mood for. Major decisions however, need to be analyzed and thought out. In my coaching practice, I've had a number of clients who sought me out precisely to get un-stuck from analysis paralysis and make a final decision. Some people spend so much time analyzing the options and working through various scenarios, mentally living out so many outcomes that they literally make themselves sick.

MAKE DECISIVE DECISIONS/STICK TO THEM

It's actually easier to make a decision and live with the consequences than it is to struggle over and worry about what might or might not happen.

An important distinction is that decisions are not the same as “preferences.” Making a true decision means committing to achieving a result, and then cutting yourself off from any other possibility. Things are not open for debate any longer (i.e. smoking, exercise, etc.) This kind of clarity gives you power. As mentioned above, most decisions will not bring about the end of the world. The sky is not going to fall and chances are, you aren't in charge of nuclear weapons so you don't have to worry about such a devastating decision on pushing that button. That greatly frees you up to take a chance.

You don't have to do what you've done for the last ten years. You can decide to do something else, something new, today. Right now you can make a decision.

DRAW FROM EXPERIENCE

Some people hate to make decisions because they've made some bad decisions in the past and don't want to repeat the process. Without a doubt, you will make wrong decisions in your life. The key is to be flexible, look at the consequences, learn from them, and use those lessons to make better decisions in the future.

Remember, success is truly the result of good judgment. Good judgment is the result of experience, and experience is often the result of bad judgment!

Commit to learning from mistakes rather than beating yourself up. Remember, there are no “failures” in life. There are only “results.” If you didn't get the results you wanted, learn from the experience so that you make better decisions in the future.

There are many time honored methods to decision making and a little experience and practice will help you to determine which of the popular methods

are appropriate at any given time. Some of the most widely used methods include the [Pareto Analysis](#) (80/20 rule), the [Decision Tree Model](#), and the [Analytic Hierarchy Process](#) (AHP), just to name a few. For the scope of this program, I simply want to emphasize that making decisions can be an important part of life and having confidence in your decision making is a key to recovering your feelings of power.

PART 2 EXERCISES

Affirmation Exercise: 24 Admirable Personality Traits

- Curiosity/Interest in the World
- Love of Learning
- Judgment/Critical Thinking/Open-Mindedness
- Creativity/Ingenuity/ Originality/Practical Intelligence/Street Smarts
- Social Intelligence/Personal Intelligence/Emotional Intelligence
- Perspective (Wisdom)
- Valor and Bravery
- Perseverance/Industry/Diligence
- Integrity/Genuineness/Honesty
- Kindness and Generosity
- Loving and Allowing Oneself to be Loved
- Citizenship/Duty/Teamwork/Loyalty
- Fairness and Equity
- Leadership
- Self-Control
- Prudence/Discretion/Caution
- Humility and Modesty
- Appreciation of Beauty and Excellence
- Gratitude
- Hope/Optimism/Future-Mindedness
- Spirituality/Sense of Purpose/Faith/Religiousness
- Forgiveness and Mercy
- Playfulness and Humor
- Zest/Passion/Enthusiasm

Of the 24 Admirable Personality Traits displayed, pick five that you possess and take great pride in. List them below:

How Resourceful/Powerful are You?

The following exercise allows you to evaluate how resourceful and powerful you are using this scale:

5 = Always

4 = Most of the time

3 = Sometimes

2 = Rarely

1 = Never

- ___ 1. I have a sense of success in my current position in life.
- ___ 2. I am satisfied with my present work or status in life.
- ___ 3. I think I'm a risk taker.
- ___ 4. I feel that continued learning is important.
- ___ 5. I look for the good in others.
- ___ 6. I can do things I set my mind on.
- ___ 7. I feel comfortable in new social situations.
- ___ 8. I accept compliments from others.
- ___ 9. I feel comfortable with public speaking.
- ___ 10. I like talking about my successes.
- ___ 11. I am generally optimistic.
- ___ 12. I try to be goal-oriented.

- ___13. I make decisions easily.
- ___14. I take care of my physical health.
- ___15. Others like me for who I am.
- ___16. I have a positive self-image.
- ___17. I actively listen to other people speak.
- ___18. I enjoy being responsible for projects.
- ___19. I feel comfortable discussing controversial topics.
- ___20. I find obstacles to be an exciting challenge.
- ___21. I don't mind asking for help.
- ___22. I often laugh at my own mistakes.
- ___23. I take responsibility for my thoughts and actions.
- ___24. I voice my feelings.
- ___25. I strive to lead a balanced life.
- ___26. I am enthusiastic about life.
- ___27. I use eye contact when talking to others.
- ___28. I genuinely like myself.
- ___29. I see criticism as a learning tool for myself.
- ___30. I exercise and follow a healthy diet.

Add up your points and put the total here: _____

You score indicates:

120 - 150 = Very high personal power

90 - 119 = Moderately high personal power

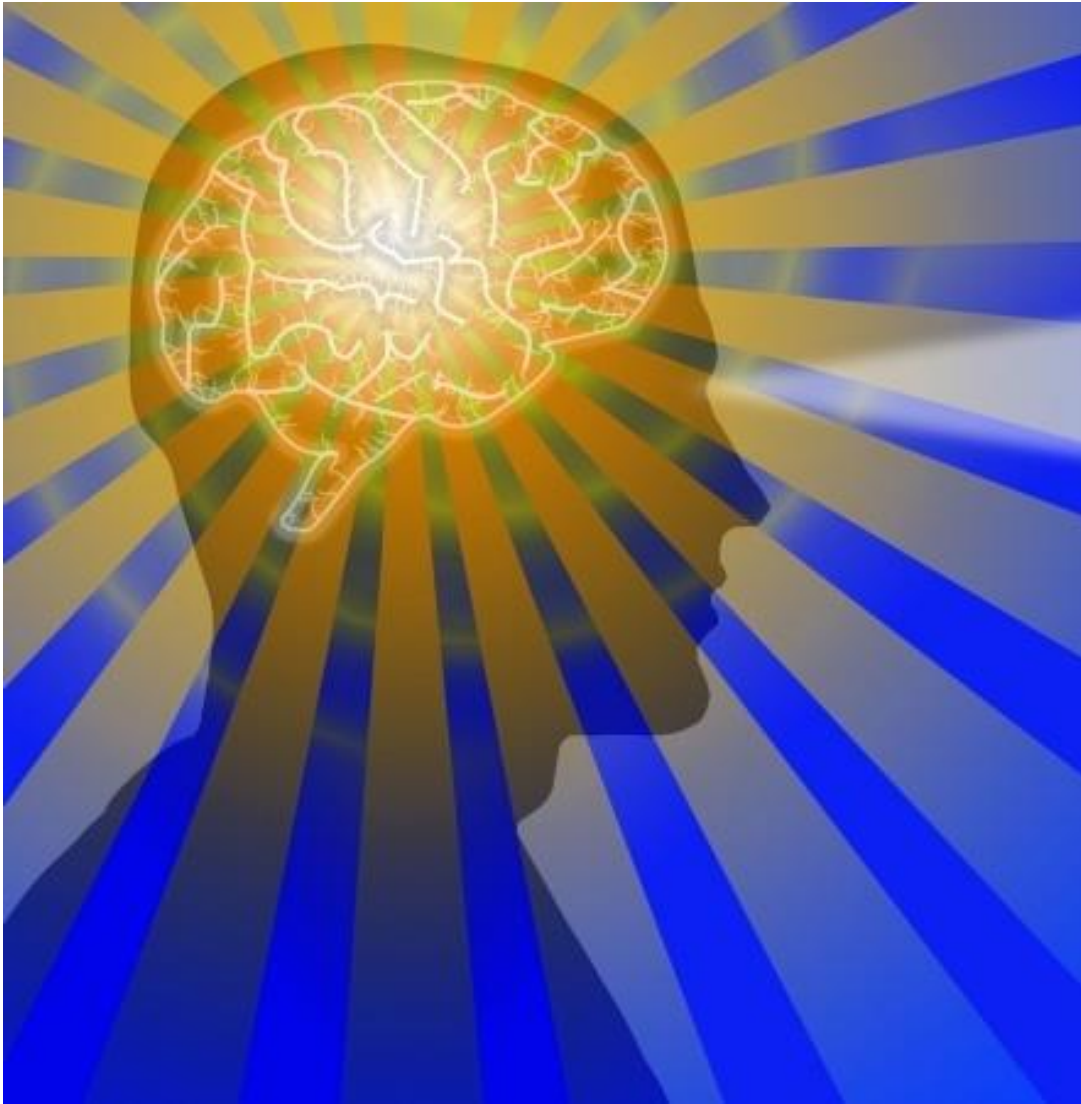
60 - 89 = Average personal power

31 - 59 = Moderately low personal power

0 - 30 = Low personal power

NOTE: Don't stress about your score if you are not happy with it. The point of this assessment is to help you identify where you are at and give you the tools you need to begin making improvements...starting NOW!

PART THREE: MINDSET



In part 1 we began analyzing the causes of your lack of personal power and resourcefulness.

In part 2 I had you look at your personal strengths and how you can use those to help develop your power.

Now we're going to delve into mindset, or attitude if you prefer to call it that. Mindset, more than anything else in the world, has a direct bearing on a person's level of personal power, how well they handle situations, and how far they get in life.

Your ability to feel powerful and resourceful all begins with your mindset.

Having a positive mindset is one of your most beneficial assets. It can also be one of the most difficult characteristics you develop, especially if you've been a negative thinker or negative person most of your life.

Program Note: First we're going to cover the negative mindset to indicate how destructive it can be on your overall life and happiness, then we'll get into the positive mindset to show how, over time, it can improve all aspects of your life.

MINDSET - WHAT IS IT?

Certainly you've heard the timeless folk saying "opposites attract"—especially in regard to romantic involvement. We've all seen couples who seem to be seriously mismatched in regard to interests and personality, yet seem to have happy, vibrant relationships. However, from a scientific point of view, what is actually occurring is a case of "resonance" (which we tend to call "chemistry" in regard to relationships). The classic example of resonance is the high school physics demonstration with two similar tuning-forks of which one is mounted on a wooden box. If the other one is struck and then placed on the box, then muted, the un-struck mounted fork will be heard. Likewise, tuning forks of different octaves will also activate given enough time. In other words, when the initial fork is struck, other objects that are tuned to that frequency are activated (i.e. "drawn") and begin to vibrate in concert.

Now, here's the point: your thoughts have a pattern and frequency which can easily be seen with the use of an electroencephalogram (EEG). The EEG detects electrical activity in your brain using small, flat metal discs (electrodes) attached to your scalp. Your brain cells communicate via electrical impulses and are active all the time, even when you're asleep. This activity shows up as wavy lines on an EEG recording.

What your mind is "broadcasting" has an energetic component which, like the initial tuning fork which is struck, begins drawing into your experience other things which have a similar resonance. In other words, "like attracts like" and your mindset is something like a magnet and attracts likeness to itself.

Description of a Negative Mindset

A negative mindset is one that focuses on all the bad stuff going on, instead of looking for the positive side of things. People with a negative attitude focus their attention and their energy on things they lack, how bad they feel, how bad things are going. They believe things will never get any better—and for many it becomes a self-fulfilling prophecy due to the law of attraction we looked at briefly above.

You may know people who even doubt that trying to have a positive outlook will do any good. Since these things do not happen immediately, they tend to give up being positive in less than a day. They expect immediate results because in their experience the negative has always been immediate, so changing to a positive way of thinking should be immediate too.

People with negative mindsets rarely ever set real goals. If they do, they fail to take action and then wonder why bother because the goal they set didn't happen. They have a hard time accepting the fact that it takes work and action to reach a goal. Simply sitting around thinking about it does not make it happen.

This keeps a negative thinker in the vicious cycle they are in.

NEGATIVE MINDSET - WHY IT'S DESTRUCTIVE

Negative thinking is destructive because it can cause health problems and keep you from setting and reaching goals.

People who have a negative mindset often suffer from sleep problems, either from not getting enough sleep or from wanting to sleep too much. The body functions best when it has plenty of sleep. Many factors determine how much sleep each individual needs to feel their best, but if you constantly deprive your body of rest, it can lead to health problems. Also, if you sleep too much then you aren't out creating or living a life you deserve. In a sense you are wasting away, but more than that you are wasting talents that you could be sharing with others or using to help others.

Negative thinking and a lack of sleep can lower your immune function. This makes it easy for health issues to start setting in. Chances are it also leads to unhealthy eating habits, which further suppresses the immune system.

When all of these things start to work against you, it can cause other problems such as emotional imbalances and emotional outbreaks. Negative people rarely have control over their emotions. Since they tend to think that everything goes wrong, they often handle situations with anger or depressive outbreaks like crying. Positive people, on the other hand, pride themselves in maintaining control of themselves and their emotions.

NEGATIVE MINDSET - AVOIDING NEGATIVE PEOPLE

We all have friends or know people who are negative. Sometimes they seem to be attracted to us, like a magnet. It's hard to work on your own positive attitude when you feel surrounded by these types of people. The best thing to do is start limiting your time around them. This can be difficult if it's a close friend or family member.

One way around that is to focus on other things, work towards goals and simply explain to them that you're working on something that means a lot to you and you won't have as much free time.

It also helps to start seeking out positive people that you can spend time around. This can be done in person or you can join online groups with like-minded people who are also trying to create a better life for themselves. It really does help to have a support group. Just having one accountability partner can go a long way too.

NEGATIVE MINDSET - WHAT YOU CAN DO

Be aware and start working on your mindset. Use positive affirmations, use vision boards, remind yourself that present circumstances are only temporary and you can work towards a better future.

Negative thoughts often return, again and again. It's generally futile to try and push them away. Instead, try acknowledging they are there and simply ask them to move along. Letting them go is easier than pushing them away. It may seem hard at first, and like mentioned earlier, they will probably return at some point, but allowing yourself to accept they are there and then letting them go takes less energy than trying to force the issue.

If you've never been a positive thinker, it will take time to “get in the habit.” Gently “releasing” negative thoughts instead of “pushing them out” allows you to avoid the unintended consequence of those thoughts becoming even stronger (“what you resist persists”) and allows you to more easily let positive thoughts in. When you have positive thoughts, acknowledge them, enjoy them, and pay special attention to how you feel.

Yoga and meditation are great for working on your mindset by helping you to quiet your mind from the daily bombardments of negativity. They help you to be aware of self, what's going on inside. You can't push negativity out completely, but you can learn to acknowledge it and then let it go.

“Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment.” (Thích Nhất Hạnh, Being Peace)

One good way to do this is to let go of self and focus on others, focus on serving others. It sounds like a contradiction because yoga and meditation are to

help you be aware of self, but once you're done with your daily practice you can then let go and start focusing on others.

What can you do to serve others that makes you feel good? What talents do you have that you can share with those around you and help them to learn or overcome their own obstacles? Be sure to go back and review your notes from Part 2 where you analyzed your personal strengths.

POSITIVE MINDSET - WHAT IS IT?

People tend to think that those with a positive mindset are always in a happy and joyous mood. The truth is these people experience set backs and hard times just like anyone else. The difference is they choose to focus on something better, they choose to see the bright side, they choose to not let the bad times bring them down.

Notice the keyword here---choose. It's a choice. It may not always be the easy choice. The truth is, it's easier to wallow in the negative. It's easier to feel sorry for yourself. It's easier to give up when things go wrong and your world seems to be falling apart.

Positive people make an active choice to keep going, to keep moving forward--to not give up. Does it make life any better or any easier? Not necessarily. What sets them apart from the crowd is their determination to be in control of their emotions and their thoughts. Your thoughts are the only thing you can have control over in life. You cannot control how other people act, what they think or do, or how they see the world, but you can take control and master how YOU do these things and how you handle situations when they arise.

POSITIVE MINDSET - WHY IT'S IMPORTANT

You may be wondering why it's important to have a positive mindset, especially if you are a negative thinker, you may not see the benefits. As mentioned above, people with a positive attitude and mindset tend to handle problems better. Instead of seeing how or why everything is going wrong, they see this as an opportunity to find new solutions to problems.

They don't simply accept things the way they are, they work to make them better. They actively seek ways to overcome their obstacles. People who do this tend to have higher self confidence. By changing your mindset to being more positive and taking an active approach to your life, you will help build your sense of power and resourcefulness.

Those with a positive mindset often live with an attitude of gratitude. They don't focus on the things they don't have, they focus and appreciate what they do have. They know that by being grateful for the things in their lives, this opens them up to receive more great things. I've mentioned this relationship above under the term "Law of Attraction." Negative people are drawn to more negative people, positive people are drawn to positive people, and just as this happens with people, it also applies to events and "things" in life as well. Some people think of this as blind luck or mere chance coincidence. However, at the quantum level, the world around you is full of vibrations and magnetic fields which are resonating at various frequencies. As you attune your own personal field to gratefulness and express gratitude, you will begin to open doors for more of the same to come to you. It may sound like hocus pocus or magic, but the truth is it is more scientific than it sounds.

Goals are another benefit of having a positive mindset. People who are positive and generally happy will set goals and then work towards them. Those who are negative tend to just let life happen to them. They feel they have no control so why bother? However, if you start setting goals, even small goals and work towards them, as you start accomplishing them you will realize more and more that you can take control. The more you accomplish, the more your self-confidence will grow.

People with a positive mindset are future oriented and look forward instead of wallowing around in the negativity of their present situation. This isn't saying they never let things bother them, but the difference is they don't stay very long in that negative state. They basically accept that things didn't go as planned but realize that it's only a glitch or a bump in the road. It is not a permanent situation and it does not pervade every aspect of their lives. They soon set themselves to the task of figuring out what went wrong and what they can do to turn things around.

This can be extremely difficult for people who've always leaned toward the negative mindset, but it can be done. The more you take action and make progress, the more your self-confidence will improve. You will start to see that it's not the end of the world and you do have control over more things than you think. One thing that can definitely help in this area of mindset is to surround yourself with the types of people that you'd like to mold yourself into. Maybe you've heard the old adage, "If you lie down with dogs, you come up with fleas." It's a harsh truth, but one that you need to take into consideration. Tony Robbins says that we rise to the level of the expectations of your peer group. Take a look at your five closest friends or business associates and realize that you will essentially take on the basic characteristics of those people and rise to the same approximate level of success that they share as a group. Is that where you really want to be five years from now? If not, what can you do?

POSITIVE MINDSET - SEEK OUT POSITIVE PEOPLE

Just as misery loves company, happiness also loves company. By seeking out and following people who have the lifestyle you want and people who handle chaos in stride, this will help you to overcome your own misgivings with always being negative. Positive people will be there to cheer you on. More often than not, they've been where you're at. They understand you and they are more than willing to help guide you. However, if you jump in with a pity story or appear to be using them for your own benefit, you won't get very far. The majority of these people do love helping others, but they love building friendships too. Start being a friend instead of a mooch. You'll get much more respect. When you are having problems or a bad day, they will be more than happy to send kind words your way and help you if they can.

POSITIVE MINDSET - THE BENEFITS OF A POSITIVE MINDSET

It's true that people with a positive mindset generally enjoy a more fulfilled life, they have a better quality of life and often have better health. Let's discuss the benefits of why you should actively work on being more positive.

Better Equipped to Handle Life and Setbacks

Bad things do happen in life. They happen to everyone and positive people get their share of bad stuff. What sets them apart is their ability to bounce back and not focus on the bad things. Instead, they know the bad happens and it helps them to maintain a grateful attitude for the good things they have going in life. They deal with life events better.

You Get Better Friends

When you start having a better mindset and seeking out others who have a positive mindset or are working on improving their own mindset you can develop great friendships. Unlike friends who try to bring you down or never support your efforts to build a better life, your new friends will understand you and what you're trying to accomplish. They will cheer you on, listen to you and do what they can to help and support you. Having great friends who are on the same track as you is a great asset to you.

You Experience Better Health

A positive mind leads to a healthy body. This is one benefit that it may take time to see results, but when your mindset is positive and on track, your body does respond. You will find that you're less tired. You may even discover that you want to start eating better and get more exercise. You'll want to feel good all over and keep making progress towards your goal of being more powerful and resourceful. All of these work together and improve each other.

You Have a Happier Disposition

This can be difficult to achieve, but once you start seeing the benefits above from your change of attitude, your disposition will start to change, too. You will start to realize that you can still be happy during tough times. The hard times don't make you who you are—your attitude and mindset does. When it comes to personal power, knowing who you are and **knowing** that you are resourceful enough to work through whatever life throws at you will help you have more self confidence than almost anything else.

POSITIVE MINDSET - HOW TO DEVELOP

Create a plan of action. Developing a positive mindset doesn't happen over night. Even motivational speakers keep working on their mindset throughout their lives.

They follow other motivational coaches and continue to work on their mindset. This is not a one-size-fits-all or a do-it-once-and-it's-done type of activity. You need to develop a plan, work on it daily and stick to it. It takes on-going effort.

“People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily.” ~ Zig Ziglar

Mind Your Thoughts. Work on your thought processes. Pay attention when negative thoughts enter your mind. You may want to ask yourself why you're having those thoughts, what has brought them up. Acknowledge this and then replace it with something more positive. It's difficult to push those thoughts away. You'll have more success if you simply try to replace them when they come to mind.

Decide and Commit. Decide you are going to change and commit to doing it. You can't accomplish anything until you make a choice and a decision to master it. A decision is the conclusion or resolution reached after consideration.

There are short term factors when decision making and also mid to long term factors. When it comes to being more resourceful and powerful you want these decisions to be in your best interest for the long term. They will help with life long goals.

Connect with positive people. This is a great way to build your own positive mindset and immediately begin to reconnect to your personal power. These types of people have contagious personalities. These better moods and positive thinking processes will start to rub off on you better equipping you to work on your own attitude.

Other Steps to Keep in Mind and Work On:

- Expect setbacks and plan for them.
- Take small steps that build upon each other. Start by eliminating tasks you aren't good at and doing more of the tasks you are good at.
- Practice the same method for 30 days
- Start believing in your abilities
- Take small risks

PIECING IT ALL TOGETHER

When you really sit back and look at everything we have been talking about throughout this program, I hope you agree that one thing is clearly evident:

*Being a resourceful, powerful individual is your birthright! No one has to give you permission to feel confident and powerful. It is something you claim and take ownership of. **It is a choice!***

You now understand

- a) The roadblocks to accessing your sense of power and resourcefulness
- b) That you have MANY personal strengths that you are going to focus on and develop even further to enhance your sense of personal power
- c) That it ultimately comes down to mindset. How you think determines how you feel. Your ability to feel powerful and resourceful is directly related to your ability to THINK FROM the perspective of someone who IS powerful and resourceful. Using positive thinking principles, you will turn all adversities into opportunities

This is just the beginning of an exciting journey you are on to become the most powerful, resourceful, happy, healthy and wealthy person you can become.

So, there you have it!

I'm so glad that you chose to download this material. I hope you've enjoyed it and that you've discovered some new ways to be resourceful and powerful. My goal was to give you information and strategies that you can implement immediately – and that will catapult you to greater success.

Because you're one of less than 10% of people who actually read beyond the first chapter of a book they have purchased, I have another Special Offer for you and it is completely free!

In my coaching practice I get to work with lots of people, just like you, who are seriously committed to moving forward to new levels of effectiveness and success in their lives.

I'd like to offer you a complimentary strategy session, during which we will:

- Uncover hidden challenges that may be the cause of chaos, stress and discord in your life.
- Create a crystal clear vision for your “ultimate life” of tremendous success on your terms with ample quality time and energy for all your priorities.
- Leave the session renewed, re-energized, and inspired to transform your life and accomplish all of the things that are really important to you.

In order to manage my schedule and the requests that come in, please contact me at steve@forwardpathcoaching.com and I will send you a link that allows you to schedule the day and time that is most convenient for you.

I offer a variety of programs and coaching services that are designed for the unique needs and concerns of busy, high achieving individuals. [Visit my website for more information.](#)

Thanks for reading and putting in practice what you've learned in this material. Feel free to email me and let me know all the great results you are achieving.

Looking forward to meeting you some time in the near future!

Steve

Dr. Steve Stutz, CC
Life and Success Coach for Busy Professionals