

# SAMPLE YOUR INNER POWER WITH THIS SIMPLE EXERCISE

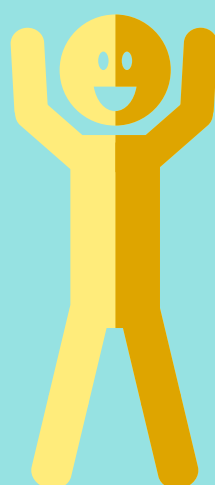
with compliments of Elizabeth Jewell Stephens

## STEP 1

Think of a time when you were exceedingly happy. Stay there for a while in your mind.

How do you feel?

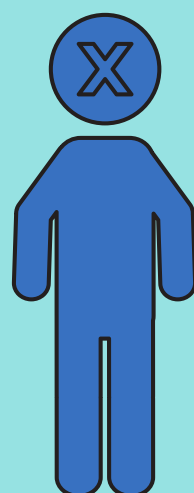
Yes, you feel accepting and carefree (in other words, certainly not a victim). I think you could say that you were also feeling quietly powerful – is that so?



## STEP 2

Now think of a time when you were desperately unhappy. Stay there for a while in your mind; resist the temptation to escape; stay there until you can say how you feel.

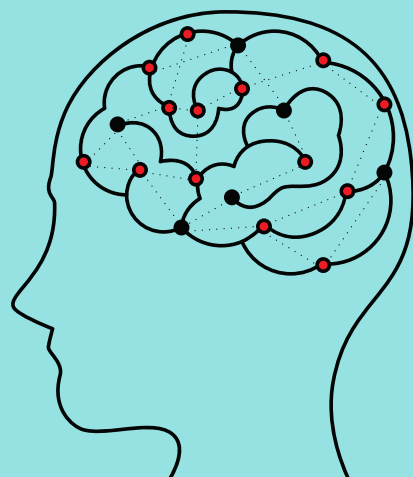
Hmmm, apart from all the uncomfortable thoughts and emotions, I think you can say you felt like a victim – and also quite powerless.



## AND HERE'S A BONUS GIFT THAT EXERCISE BESTOWS UPON YOU

See how that exercise actually proves that you are able to control your thoughts, control your stories, change your mind, change your state of being, drop the victim, pick up your power.

Yay! It's now a matter of deciding which of your voices you are going to 'feed' – your powerful, positive, victim-free voice, or the one that wants to pull you down.



## USE THESE PICTURE 'CARDS' TO REMIND YOU THAT YOU ARE A POWERFUL PERSON

Memes like these arrive in your inbox when you [join 'A Card a Day'](#)

Align your actions with your dreams, which are given to you for a reason...  
If you can dream it you can do it.

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**Which voice will you feed – the positive or the negative?**

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