

# 5 KEY BENEFITS OF HAVING STRONG PERSONAL POWER

## A CLEARER SENSE OF DIRECTION

1

When you embrace your personal power, you are able to finally see where it is you want to go with your life. Personal power allows you to feel confident in your abilities to achieve your goals, which means you can think clearly about what you want to do and who you want to be.

## IMPROVED SELF-AWARENESS

2

If you want to improve your life and embrace your personal power, you have to become more aware of yourself. You must accept responsibility for your actions and feelings, you must confront the regrets and mistakes of your past, and you have to learn the triggers that often cause you to give away your power to others.

## BECOME MORE RESILIENT

3

We all experience tough times in life, but when you embrace and honor your personal power, overcoming those obstacles is much easier. When you have personal power, you have the confidence, resilience, and interpersonal skills to deal with whatever comes your way.

## MORE CONTROL OVER YOUR LIFE

4

Others can only take away your personal power if you allow them. When you give others your power, you place your happiness and hopefulness in their hands. Increasing your personal power puts you back in the driver's seat of your life, leaving you in control of how you feel and what you do.

## BETTER RELATIONSHIPS

5

Enjoy stronger relationships with others because personal power gives you the confidence to accept you have much to learn from other people, which makes you more open and accepting of others. Having personal power also means you know you can solve your problems, and you rely on friends for support or advice, not to fix the problems in your life.

