

Be the Power of One

Means:

(accepting ownership and responsibility for all areas of your life)

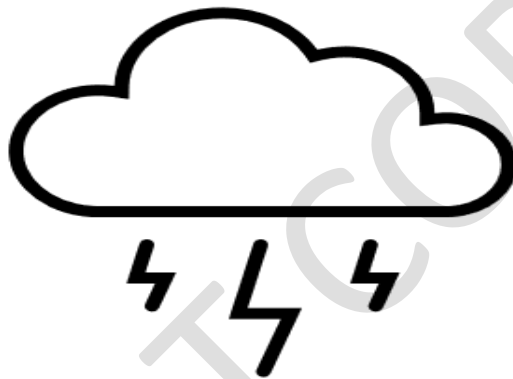
1. Way you THINK>>>>>>>>>>MINDSET
2. What you DO>>>>>>>>>>PROCESS
3. What you GET>>>>>>>>>>RESULTS

When you Become the Power of One you take back AND you RECLAIM all your
Personal Power.

You Now CAN CREATE the AUTHENTIC YOU!

STORMS OF LIFE

Describe the most challenging Life Storm you have been through using front and back words or pictures. Try to use as many of your senses as possible when describing. Focus on smell first. It is a great memory trigger.



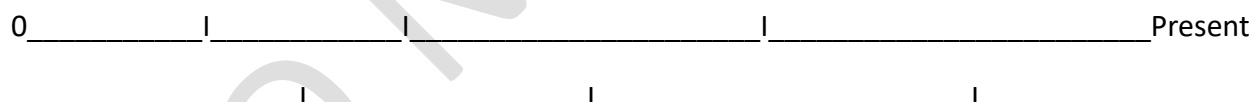
ADVERSITY TIME-LINE

Directions: This timeline is a way to review your life and any adversity that has affected you and shaped who you currently are. It is an opportunity to locate and determine patterns or past programming that is affecting you in the future. We demonstrated in the video dividing your life into 3 columns and listing as many event's that impacted you. We have listed some various examples.

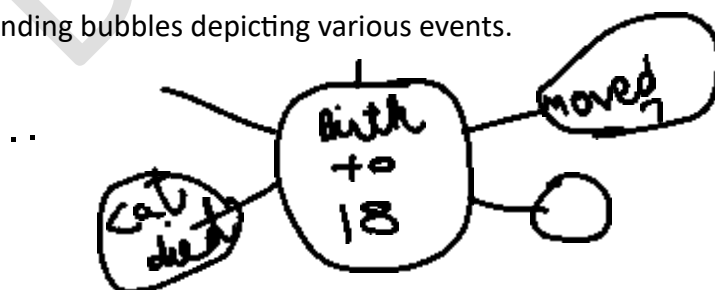
Option 1: You can make Columns representing various period of time such as 0-18/18-30/30-Present.

Birth to 18	18 to 30	40 to Present

Options 2: You can draw a line left to right starting with date you were born and ending with your current age and make hash marks for various events.



Option 3: You could draw a bubble diagram putting age time frame and lines with corresponding bubbles depicting various events.



Option 4: Create your own adversity timeline.

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