

Module Four: Personal Power Threats & Solutions

Part 1: PPSS™ Check-in

1. How powerful do you feel right now? On a scale of 1-10 with 10 being the most powerful.
2. How fully have you applied your PPSS™? On a scale of 1-10 with 10 being a lot.
3. Which areas could use some more work?
4. What do you need support with?
5. What do you want to be accountable for?
6. Out of 100%: How much do you trust yourself to step fully into your PPSS™?

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Part 2: PPSS™ Personal Blocks & Obstacles

Area of Your Life	What's in the way? Or What's stopped you?
Career	1.
	2.
	3.
Money	1.
	2.
	3.
Personal Development/ Education/Spiritual	1.
	2.
	3.
Significant Other/Romance	1.
	2.
	3.
Friends and Family	1.
	2.
	3.
Health	1.
	2.
	3.
Physical Environment	1.
	2.
	3.
Fun and Recreation	1.
	2.
	3.

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Part 3: Seven Types of PPSS© Threats

1. Limiting Beliefs

Definition:

Problem:

Examples:

2. Saboteurs

Definition:

Problem:

Examples:

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3. Procrastination

Definition:

Problem:

Examples:

4. Lack of resonance

Definition:

Problem:

Examples:

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5. Fears

Definition:

Problem:

Examples:

6. Questioning goals

Definition:

Problem:

Examples:

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7. Perfectionism

Definition:

Problem:

Examples:

Now that you know all 7 Threats - Which of these are you facing?

How?

Where do you get hung up with each one?

Which areas does it happen in and in what situations?

How does it show up?

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Part 4: Solutions for the PPSS© Threats

1. Limiting Beliefs

What's the solution?

How will I apply it?

Empowering beliefs:

- 1. The past does not equal the future.*
- 2. There is always a way if I'm committed.*
- 3. There are no failures, only outcomes—as long as I learn something I'm succeeding.*
- 4. I create my own reality and am responsible for what I create.*
- 5. If I'm confused, I'm about to learn something.*
- 6. I am in the right place, at the right time, doing the right thing.*
- 7. I am open to receive.*
- 8. Things always work out for me.*
- 9. I always dream big and I strive for that which is out of my reach – the impossible is worth striving for.*
- 10. I embrace challenges because I will always find a way to overcome.*
- 11. I am not afraid, only excited for what is ahead.*
- 12. The past was who I was, the present is who I am and the future is who I may become.*

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2. Saboteurs

What's the solution?

How will I apply it?

3. Procrastination

What are you procrastinating over?

What is the hold up? What do you fear?

What do you need to know? Or who do you feel you need to be?

What is being dishonored by procrastinating?

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What's the solution?

How will I apply it?

4. Lack of resonance:

What's the solution?

How will I apply it?

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5. Fears:

What's the solution?

How will I apply it?

6. Questioning goals:

What's the solution?

How will I apply it?

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7. Perfectionism:

What's the solution?

How will I apply it?

- Know what you want.
- Do what you want rather than satisfying others.
- Don't be afraid to do what you want.

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Part 4: Your comfort level

How comfortable are you in your life right now?

How much do you need to stretch?

Put an X on the line to represent how comfortable you are in your life right now.

