

## 7 Principles of Personal Power

Our experience of aliveness is a measure of our Life Force Energy. The quality and quantity of our Life Force Energy is affected by the degree that we embody the 7 Principles of Personal Power.

For each statement, rate yourself on the quality and quantity in your life with 1 being never/poor and 10 being always/excellent.

### Principle #1 Plasticity

1. I often try new things and enjoy new experiences. \_\_\_\_\_
2. I'm OK if I make a mistake and look foolish. \_\_\_\_\_
3. I approach new situations with curiosity. \_\_\_\_\_
4. I'm open to trying on somebody else's point of view. \_\_\_\_\_
5. I'm committed to taking risks. \_\_\_\_\_

Quality of Plasticity             /50

### Principle #2 Presence

1. I live in the present moment versus fear of the future/regrets of the past. \_\_\_\_\_
2. I minimize sugar, alcohol, smoking, drugs and electronic addictions. \_\_\_\_\_
3. I have a regular meditation, yoga or martial arts practice. \_\_\_\_\_
4. I take responsibility for my mistakes without getting defensive. \_\_\_\_\_
5. I am able to be with uncomfortable feelings/situations without running away. \_\_\_\_\_

Quality of Presence             /50

### Principle #3.1 Prosperity (financial)

1. I am successful in my career. \_\_\_\_\_
2. I have confidence in talking about and managing money. \_\_\_\_\_
3. I have confidence in my ability to manifest wealth. \_\_\_\_\_
4. I desire to be and am able to be generous with my money. \_\_\_\_\_
5. When I think about money my heart is open and expanded. \_\_\_\_\_

Quality of Prosperity (financial)             /50

### Principle #3.2 Prosperity (physical)

1. I feel strong and I am getting stronger. \_\_\_\_\_
2. I have stamina to do the things I want to do. \_\_\_\_\_
3. I am generally healthy, energetic and don't get sick frequently. \_\_\_\_\_
4. I radiate a certain aliveness and charisma. \_\_\_\_\_
5. I feel good about my body. \_\_\_\_\_

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Quality of Prosperity (physical)        /50

### Principle #3.3 Prosperity (sexual)

1. I have a healthy sexual desire.
2. I frequently enjoy sensual/non-sexual touch.
3. I am a master of my sexuality (body image, ejaculatory control, full-body orgasms).
4. I have satisfying, authentic intimacy in my relationships.
5. I create lovemaking experiences that are fresh, non-goal oriented, and emotionally connected.

Quality of Prosperity (sexual)        /50

### Principle #4 Purpose

1. I have a vision for what I'm here to accomplish in this lifetime and I live joyfully from this place.
2. When necessary, I can temporarily put my personal needs aside for the benefits of the greater good.
3. I make choices from a place of wisdom/compassion rather than judgment/fear.
4. I am able to ask for support in order to accomplish my life's purpose.
5. I am able to be vulnerable. I am able to ask for my needs to be met.

Quality of Purpose        /50

### Principle #5.1 Passion (for oneself)

1. I am excited about my life and pursuing my goals and dreams.
2. I can identify and communicate my feelings to my partner, friends, and family.
3. I love, accept and express my authentic self, warts and all, even when it's scary.
4. I invest in and am curious about my own personal development.
5. When I hear negative voices in my head I'm able to feel compassion and know they aren't true.

Quality of Passion (for oneself)        /50

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### Principle #5.2 Passion (for others)

1. I consciously cultivate love and connection on a daily basis. \_\_\_\_\_
2. I am able to feel compassion for others in pain without needing to fix anything. \_\_\_\_\_
3. I consciously seek to uplift everyone around me through my actions and words. \_\_\_\_\_
4. I take responsibility for creating romance and passion in my life. \_\_\_\_\_
5. My thoughts, feelings and actions flow from gratitude rather than a place of victim/blame. \_\_\_\_\_

Quality of Passion (for others)        /50

### Principle #6 Pro-Activity

1. I am organized and I don't procrastinate. \_\_\_\_\_
2. I take lead around difficult issues and situations. \_\_\_\_\_
3. I am a master of preventative maintenance and don't spend much time or energy managing crises. \_\_\_\_\_
4. Instead of ignoring uncomfortable situations, I point out the elephant in the room. \_\_\_\_\_
5. I look for ways to make things better even when they are already going well. \_\_\_\_\_

Quality of Pro-Activity        /50

### Principle #7 Playfulness

1. I enjoy others' sense of humor. \_\_\_\_\_
2. I easily laugh at myself and don't take myself too seriously. \_\_\_\_\_
3. I can change the mood in the room by a light-hearted remark, a goofy face, or even just changing the music. \_\_\_\_\_
4. I have ways to play each week. \_\_\_\_\_
5. I play all out and live life with an infectious joi de vivre. \_\_\_\_\_

Quality of Playfulness        /50