

POWER, PASSION & PURPOSE

Seven Steps to Energizing Your Life

~ Ann Nichols Roulac

SELECTED EXCERPTS

ON POWER

Power is the ability to get things done — to take action and realize your goals and dreams. Personal power is the ability to create what you want in life. When you reach a greater understanding of who you are, it gives you power. The more self-knowledge you have, the easier it becomes to create what you want rather than settling for less. If you don't have the self-knowledge, you don't have the power. If you don't have the power, you can't create what you want in life.

ON MAKING DECISIONS IN AN INSTANT

In our fast-paced world, we need to learn how to make decisions in an instant. The effectiveness and accuracy of your decisions is not related to how much time you spend thinking about your options. The process of gathering opinions and as much information as possible, then analyzing and deliberating over your choices and options, will not necessarily support you in making better life decisions. In high-stake situations, there is no time to review your options. You need to learn how to listen to your own inner wisdom and develop more fully your instinct and whole-body intelligence.

ON THE IMPORTANCE OF HAVING A LIFE PURPOSE

Those with a clear life purpose are not as vulnerable to workplace stress and the pressures of day-to-day living. This purpose enables them to see the big picture, to step back and observe how their work environment is contributing — or not — to their personal growth.

ON FINDING YOUR LIFE WORK

"Life work" is different from a job or a profession. It is work, tasks, or even activities in which one finds mental, emotional, and spiritual fulfillment. When you can bring all of yourself to your work, when you understand how this opportunity is contributing to your personal growth, you satisfy inner yearnings for self-expression and fulfillment regardless of compensation or status. Being energized by your work in this way helps you manifest your dreams into reality. Since the majority of our waking hours are spent doing some type of work, our jobs and careers are a primary vehicle for developing personal power.

ON FEELING OUT OF CONTROL

We live in a time when it's easy to feel powerless, without control over our daily lives let alone our future. This feeling of powerlessness can cause us to become disillusioned with careers, hamstrung by stress-related illness, disappointed with transient relationships, and even paralyzed by a general confusion of self-purpose. Traditional methods of coping with stress and the challenges of the modern world — denying your fears, taking the latest drugs, working even harder — simply aren't working. And yet this crisis of overwhelm, this period of breakdown, also presents an opportunity to broaden your perspective and create a new personal vision, one more closely aligned with your dreams and motivating life purpose.

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