



CREATING YOUR KICK-ASS IDENTITY

Lesson 4: Owning your power

What is Personal Power?

Personal Power is **the ability to create the reality that we want in our lives.**

Not the reality that someone else wants for us.

Not the reality that our parents decided for us.

Not the reality that society or religion or tradition imposes on us.



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HOW do you create your reality? Through:

- your beliefs
- your thoughts
- your feelings
- your actions





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WHAT influences them?

- our own perception through our senses (see, hear, taste, experience)
- the perception of people that we surround ourselves with
- our actions





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Your reality starts with how you see

- yourself
- the world
- your God

Let's focus on your God tonight.....



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What is your God like?

- is he loving, compassionate?
- is he there to help you, save you?
- is he there to take care of you?
- is he always working on your behalf?
- is he always understanding?
- does he give you what you ask for?





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Or...

- is he angry? jealous? vindictive?
- is he there to punish you, call you out, reprimand you?
- is he indifferent to you? Does he ignore you?
- is he judgmental?
- does he impose his wishes on you?



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Exercise:

- What is your current view of God/the Universe?
- How much can you trust Him?
- How responsive is he/she to you?





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**“ The way you see God will determine greatly
your reality. ”**

Question: How is your reality today a reflection
of your view of God?





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Exercise:

How would your God need to be for you to create a different reality?





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If God would be like this:

What is the number 1 thing you would LOVE to create for yourself?





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Exercise:

Then let's create:

1. Think of what you want
2. Feel what you want
3. In that feeling, take action!



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