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### **STEPS TOWARD PERSONAL POWER**

Nothing is a healthier goal than seeking the full development of one's potential and pursuing goals in a direct manner while at the same time being sensitive to others who are pursuing their goals. Consider these steps to your own personal power:

**DON'T CLING TO BEING A CHILD.** Some people never grow up. Instead of actively seeking control of our lives and striving for happiness and success, some of us remain children; we think we have all the time in the world to change. However, you're no longer in the same position as when you were a child. You can learn to get what you want in life. You may lose or you may win; and even if you lose, you won't die; you may be disappointed or angry, but you won't be totally overwhelmed.

**DON'T SEEK ADVICE.** No one can tell you how to attain your goals or what you want out of life; only you can know yourself that well. Overly dependent persons often feel comfortable with advice from a very opinionated person, but their sense of security is short-lived and only increases their helplessness. Most of our personal decisions are not as dramatic and world shaking as we like to think they are.

**DON'T BE AFRAID TO MAKE MISTAKES.** If you believe that you dare not fail, then you cannot act. Don't paralyze yourself by insisting on perfection, and don't berate yourself for mistakes. Simply correct them, and try again.

**DON'T WHINE OR COMPLAIN OR MAKE EXCUSES.** There are circumstances where you won't be able to get what you want, but this doesn't justify playing the victim and developing cynical attitudes.

You are the one ultimately responsible for your life! Knowing your strengths and weaknesses leaves you free to go after power in a natural way. You'll be more realistic and won't struggle with unreasonable expectations from the past. You'll be free to approach life in a personal manner, harmonious with your true nature.

From The Truth  
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