

Sneak Peek Copy

Thrive From Within

31 STRATEGIES TO TAP INTO YOUR POWER



Dr. Angela M. Shuttlesworth

What's Inside

Table of Contents

Introduction

Your Commitment

SECTION 1: The Power of Understanding

Strategy 1 - Understand Who You Are

Strategy 2 - Understand What You Think, About You

Strategy 3 - Understand the Power of Each Breath

Strategy 4 - Understand Your Feelings

Strategy 5 - Understand Your Biases

Strategy 6 - Understand the Power of Making a Decision

Strategy 7 - Understand the Power of Setting Goals

Strategy 8 - Understand the Power of Honoring the
Goals You've Set for Yourself

Strategy 9 - Understand the Power of Complexity

Strategy 10 - Understand the Power of Showing Up

Strategy 11 - Understand the Power of Peace

Strategy 12 - Understand Power

Strategy 13 - Understand the Power of Service

SECTION 2: The Power of Experiencing

Strategy 14 - Experience The Moment

Strategy 15 - Experience Leaping

Strategy 16 - Experience Being HEALTHY

What's Inside

Table of Contents

SECTION 2: The Power of Experiencing (Continued)

Strategy 17 - Experience Love

Strategy 18 - Experience Love in Your World

Strategy 19 - Experience Love in Motion

Strategy 20 - Experience Intentional Action

Strategy 21 - Experience the Sunshine

Strategy 22 - Experience Being the Sunshine

Strategy 23 - Experience Being the Sunshine Today

Strategy 24 - Experience Intentional Change

Strategy 25 - Experience More

SECTION 3 - THE POWER OF CHOICE

Strategy 26 - Choose Self Care

Strategy 27 - Choose to Release

Strategy 28 - Choose Greatness

Strategy 29 - Choose Transformation

Strategy 30 - Choose to Engage

SECTION 4 - THE POWER OF BEING

Strategy 31 - BE Great Consistently

NEXT STEPS

DISCUSSION QUESTIONS

Introduction

The life of a leader is far from easy. Except for the empathy you receive from your fellow comrades who have also taken on the mantle of leadership, the complexities of y(our) experience are often times misunderstood or ignored. It is indeed a unique battleground of promise, productivity and passion. What a combination?! The beauty is that in spite of the challenging notion of what is not possible, you still choose to believe in what is and what can be. That says a lot about you.

What I also know about you (in this case assuming is a good thing, smile) is that you have an innate desire for more. All leaders do. Whether it is finding a way to have a greater impact on the world, creating a way to fund the cost of your next innovative idea, or simply being a better friend – deep inside you want and deserve more.

This book is here to provide a path to not only the “more” that you desire, but the greatness that resides there as well. By doing internal reflection, engaging in critical thinking, conducting strategic exercises and drawing from the lessons learned through short story, this book provides a true journey of discovery and confirmation. We will discuss both matters of the heart and mind and supporting you in a way that reminds you that you do not have to hide or choose between any aspect of you. ALL of you is welcome here.

Knowing this, dive in and don't stray away from the heavy lifting that may be required by answering a simple question or granting yourself permission to finally speak your truth. Engaging in this process honestly and wholeheartedly is the only way to grasp a hold of your greatness, and be able to maintain the power that comes with it.

With high expectation of what's on the other side of your fear, lack of clarity, and possible disbelief, turn each page knowing that getting to the end is worth every ounce of your effort and a part of a proven process that works. Congratulations in advance for your shift as you create the life, and leadership that you desire and deserve.

YOUR COMMITMENT

"Most people who fail in their dream, fail not from lack of ability but from lack of commitment." ~ Zig Ziglar

Every day and all day, you are presented with opportunities and problems that require you to make costly decisions. With this in mind, you have the power to decide what gets your attention, what you neglect, and what you prioritize. Through your action or inaction, you're always making a choice. Before you do anything else, take a moment to identify why you've chosen to begin this journey. To best complete this process, find a quiet space and answer the following questions.

- * What am I expecting to receive by completing this book?
- * What do I feel is currently hindering me from tapping into my greatness?
- * How will I feel once I have tapped into my greatness?
- * What will tapping into my power enable me to do?

Close your eyes and contemplate these questions honestly. In the space provided, write what is true for you in this moment.

Personal Commitment

What I have written above is worthy of my time and commitment.

I _____ (insert your name) acknowledge my choice to begin, trust and complete this process toward being my greatest self.

(Sign and Date)

YOUR POWER PARTNER

*The African proverb says,
If you want to go fast, go alone. If you want to go far, go together.*

Although not required, it is known that having an accountability partner to go on this form of journey with you will provide reassurance and help you complete the process. Choosing the right partner is just as important as the process itself. You will be addressing intimate details of your life and uncovering some things for the first time, so please be intentional about choosing your someone who can trust, and who is willing to do their work as well. Having someone who's intentional about their leadership journey that you trust is a gift, thus they aren't just a partner, they are affectionately referred to as your Power Partner.

In the space provided, write down why you chose your Power Partner. There is no right answer. Whether it's because they are on the same journey and have committed to tapping into their greatest self or they have been your best friend for 20 years, let's acknowledge your "why."

If you do not have someone in mind, please do not allow that to stop you from moving forward. Start your process, share your journey with others and surely someone will appear.

I CHOSE _____ AS MY POWER PARTNER BECAUSE:

Power Partnership

I have asked _____ (insert your Power Partner's name) to be on this journey with me. Their signature demonstrates that they will support me along the way. _____
(Sign and Date)

THE POWER OF UNDERSTANDING

In this section, you will learn more about yourself than you've ever attempted. Trust the process. Sit with the discomfort. Evolution isn't easy, but it's a beautiful journey to finding your power.

Remember, this is your journey. Be honest and wholehearted with yourself. The more you commit to the process up front, the more you will gain from the subsequent sections.

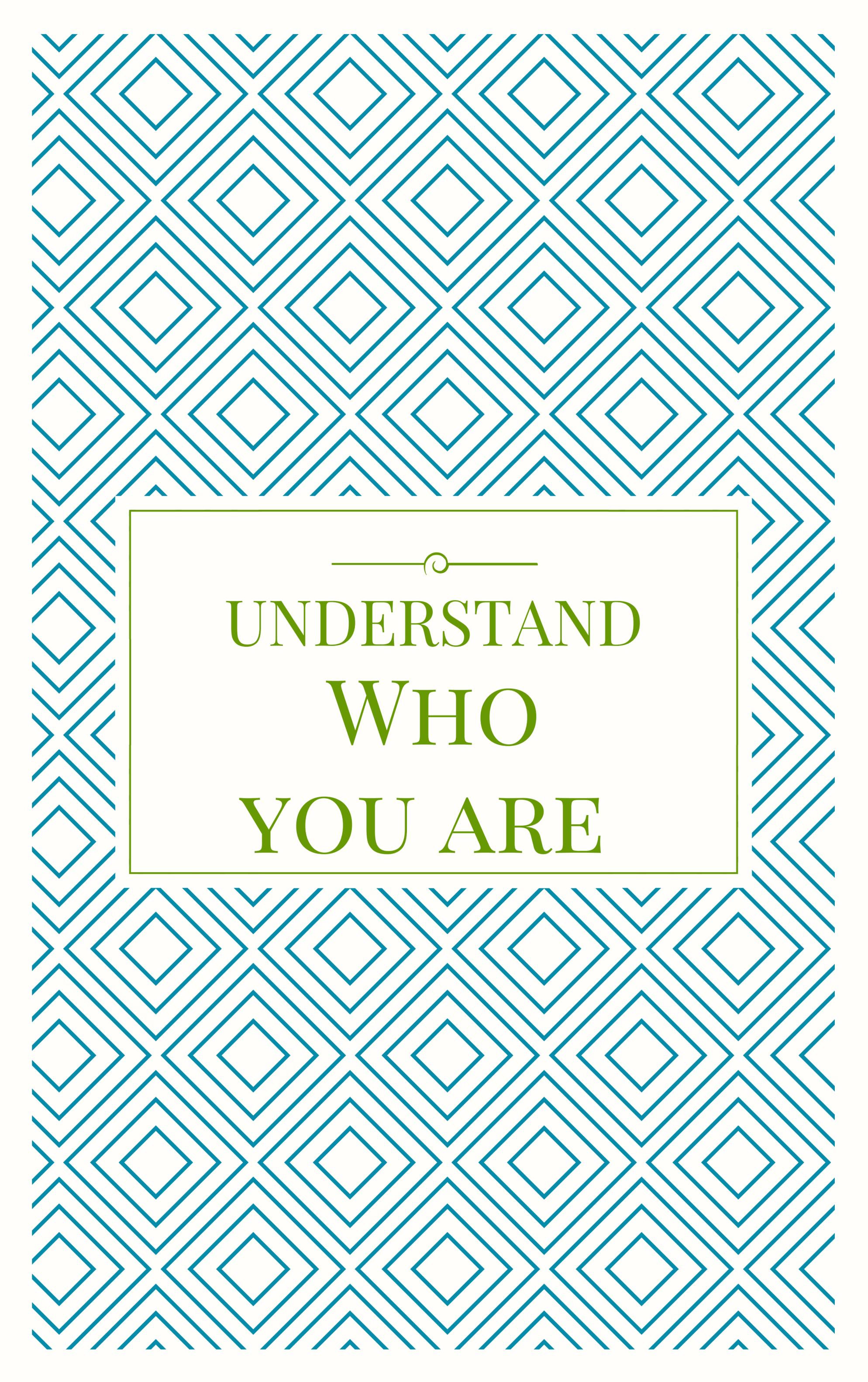
I often use the term "overstand" to articulate the depth of my awareness on a particular matter (i.e., when my former students described their struggle to focus in the classroom amidst an unraveling crisis on the university's campus). While contemplating a more appropriate title for this section, I was also searching online for a comfortable work space to write and eat lunch. Eventually, I found the perfect place.

Serendipitously, I wrote this section in Chiang Mai, Thailand at the Overstand Coffee Shop that boasts the slogan No Struggle, No Progress. Pretty powerful, right? Let this be a reminder that what we seek, we find. It's already within you. Just be quiet enough to hear it.

I since changed the title of this section back to the Power of Understanding versus Overstanding, as the definitions online changed and I didn't want it to be confusing for you or the reputation of this work AND most of all... there is nothing with covering the basics. Before being elaborate and doing the unique, we must confirm that we've covered our basis and that we are equipped with what we need to go forward on our journey of leadership group.

With that said, I look forward to your new awareness and imagine me being right there with you. Enjoy!





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UNDERSTAND
WHO
YOU ARE

UNDERSTAND WHO YOU ARE

As a leader, you are normally concerned with the progress and needs of others but please note that this time is ALL about you!

Like all things in life, your first step is crucial. Let's begin your journey with getting a sense of who you really are. I need you to understand the fullness of your life. You are a multidimensional being. You are beautiful. You are evolving. And you are complex. Your first commitment is to think of the ecosystem that is your life and who you are today.

Imagine your personal ecosystem across 8 dimensions: Biological, Social, Sexual, Political, Financial, Cultural, Spiritual, and Psychological. As a bonus, it is has been helpful for leaders to envision themselves in the midst of it all. Should you desire, find a picture of yourself, cut and paste the picture in the center of your personal ecosystem.

Diagram 1. My Personal Ecosystem



Take inventory of each of these dimensions. How do you define, communicate, and support these dimensions of your life? This exercise assesses your values and appreciation for yourself.

Nurturing each dimension or aspect of your personal ecosystem is vital. Abandoning any aspect of yourself creates roadblocks along your path of becoming your greatest self.

See yourself in the center of your ecosystem and explore your 8 dimensions.

Read each definition carefully. Without second guessing your true answers, ask yourself: How do I nurture this dimension of myself? How have I abandoned this dimension with my thoughts and actions? **Do not be intimidated by this exercise.**

Diagram 2. How I Value My Personal Ecosystem

BIOLOGICAL Your physical health and care for your well-being	
How Do I Nurture This Dimension of My Ecosystem?	How Have I Abandoned This Dimension of My Ecosystem with My Thoughts and Actions?
01	
PSYCHOLOGICAL Your mental and emotional well-being	
How Do I Nurture This Dimension of My Ecosystem?	How Have I Abandoned This Dimension of My Ecosystem with My Thoughts and Actions?
02	
SOCIAL Your interactions and chosen relationships with community, family, and friends	
How Do I Nurture This Dimension of My Ecosystem?	How Have I Abandoned This Dimension of My Ecosystem with My Thoughts and Actions?
03	
SPIRITUAL Your beliefs, practices, and guiding principles	
How Do I Nurture This Dimension of My Ecosystem?	How Have I Abandoned This Dimension of My Ecosystem with My Thoughts and Actions?
04	

UNDERSTAND WHO YOU ARE

CULTURAL

Your knowledge, rituals, and celebration of heritage

How Do I Nurture This Dimension of My Ecosystem?

How Have I Abandoned This Dimension of My Ecosystem
with My Thoughts and Actions?

05

FINANCIAL

Your understanding, use, "planning habits" and access
to money

How Do I Nurture This Dimension of My Ecosystem?

How Have I Abandoned This Dimension of My Ecosystem
with My Thoughts and Actions?

06

POLITICAL

Your personal ideals that shape the ways in which
you interact with and influence your community

How Do I Nurture This Dimension of My Ecosystem?

How Have I Abandoned This Dimension of My Ecosystem
with My Thoughts and Actions?

07

SEXUAL

Your organic expressions and reactions to intimate pleasure

How Do I Nurture This Dimension of My Ecosystem?

How Have I Abandoned This Dimension of My Ecosystem
with My Thoughts and Actions?

08

UNDERSTAND WHO YOU ARE

Take a deep breath. That was a lot of work.

What revelations came from this exercise? Some areas were probably easier to answer than others. That is okay. If you feel overwhelmed and avoided any of the answers, remember the commitment pledge you and your Power Partner signed. Feel me giving you a supportive hug and giving you a cheer in whatever voice you need to hear it saying, YOU CAN DO IT!!!

Now create space for an honest moment of reflection. Have a quiet conversation with yourself and surface your true thoughts and feelings. There is no wrong or right answer. Write whatever comes to mind in the space provided.

Reflection Space

Now, after performing today's power strategy, you are aware of what areas of your life receive the most attention and energy. You are also now aware of what may potentially be a lack of balance in your life. Do not beat yourself up for past decisions that aren't in alignment with what you desire for yourself. Instead, with this newfound clarity, summarize your thoughts regarding this experience and identify any areas of change that you know you need to make starting today. Also, consider adding in any additional resources that you may need to do a better job of nurturing areas of your life that have previously been neglected .



UNDERSTAND
WHAT YOU
THINK ABOUT
YOU

UNDERSTAND WHAT YOU THINK, ABOUT YOU

Yesterday, we focused on what you chose to nurture and what you chose to abandon. Today, we want to spend some time finding out why. Do you overstand why you choose to abandon and nurture particular areas? You may have thought and convinced yourself that, “It is what it is.” Today, I want you to offer you this: it is what we *choose* for it to be, and it is what we *decide* in this moment.

This activity explores what you have accepted as truth and where you may have denied your power to make a different choice.

Remember your personal ecosystem? You are a multi-dimensional made up of 8 dimensions. Those dimensions and descriptions are biological, psychological, social, spiritual, cultural, financial, sexual, and political:

Diagram 3. My Personal Ecosystem



As Mama Audre Lorde reminds us, “Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” At all costs, be critical on this revolutionary quest for your overstanding of what you think about you, and the source of that thinking.

Explore each of your 8 dimensions. Read each definition and ask yourself:

1. What have other people told me about myself as it relates to this dimension of my ecosystem?
2. What have I told myself as it relates to this dimension of my ecosystem?

Be as specific as possible. I've included a few examples to get you started. However, do not be distracted by these examples. Write what is true for you.

Diagram 4: How I & Others Perceive My Personal Ecosystem

BIOLOGICAL Your physical health and care for your well-being					
What have OTHERS told me about myself as it relates to this dimension of my ecosystem? Ex. Brown sugar isn't bad sugar, so its okay to eat as much as you want	What have I told myself as it relates to this dimension of my ecosystem? Ex. I worked hard today. I earned this dessert				
01	<table border="1" style="width: 100%; height: 100%;"> <tr><td style="width: 50%; height: 30px;"></td><td style="width: 50%; height: 30px;"></td></tr> <tr><td style="width: 50%; height: 30px;"></td><td style="width: 50%; height: 30px;"></td></tr> </table>				
PSYCHOLOGICAL Your mental and emotional well-being and associated coping skills					
What have OTHERS told me about myself as it relates to this dimension of my ecosystem? Ex. You're not crazy, just pray about it	What have I told myself as it relates to this dimension of my ecosystem? Ex. I can't trust anyone so I have to figure out this crisis on my own. Its just me, myself, and I				
02	<table border="1" style="width: 100%; height: 100%;"> <tr><td style="width: 50%; height: 30px;"></td><td style="width: 50%; height: 30px;"></td></tr> <tr><td style="width: 50%; height: 30px;"></td><td style="width: 50%; height: 30px;"></td></tr> </table>				
SOCIAL Your interactions and chosen relationships with community, family, and friends					
What have OTHERS told me about myself as it relates to this dimension of my ecosystem? Ex. You are born into a family that loves you. You are never alone.	What have I told myself as it relates to this dimension of my ecosystem? Ex. I know how to create loving friendships everywhere I go, with anyone I meet				
03	<table border="1" style="width: 100%; height: 100%;"> <tr><td style="width: 50%; height: 30px;"></td><td style="width: 50%; height: 30px;"></td></tr> <tr><td style="width: 50%; height: 30px;"></td><td style="width: 50%; height: 30px;"></td></tr> </table>				
SPIRITUAL Your beliefs, practices, and guiding principles					
What have OTHERS told me about myself as it relates to this dimension of my ecosystem? Ex. Changing your religion is disrespectful and dishonors our elders. It worked for them, so it should work for you.	What have I told myself as it relates to this dimension of my ecosystem? Ex. I am healthy and whole. I am able to create my own reality.				
04	<table border="1" style="width: 100%; height: 100%;"> <tr><td style="width: 50%; height: 30px;"></td><td style="width: 50%; height: 30px;"></td></tr> <tr><td style="width: 50%; height: 30px;"></td><td style="width: 50%; height: 30px;"></td></tr> </table>				

UNDERSTAND WHAT YOU THINK, ABOUT YOU

CULTURAL

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What have OTHERS told me about myself as it relates to this dimension of my ecosystem?

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Your understanding, use, planning habits, and access to money

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08

UNDERSTAND WHAT YOU THINK, ABOUT YOU

WOW! We are on a roll now. This exercise may be uncomfortable. You may have even shed some tears. Accessing your power within requires a process of shedding. Removing the “ish” makes room for change. I give myself permission to overstand what I think about myself, and the sources of those thoughts regularly. Leaders tapped into their best selves live in the power of their choice. They are not limited by what they’ve heard from others.

Powerful leaders divorce themselves of the doubts and unhealthy patterns they inherit from family members, social networks, and societal expectations. Instead, people leading with their best self overstand their personal values and decide to nurture them.

With a spirit of forgiveness, acknowledge those forces that have shaped what you think about yourself. Mama Iyanla Vanzant says to, “Forgive everyone for everything.” No matter the wound, it really is that simple. I’m not asking you to forget. Instead, I challenge you to decide that this new awareness is empowering. With this level of overstanding, you are accessing your power field.

Take some time to honestly reflect on the overstanding work you did today. Have a quiet conversation with yourself and surface your true thoughts and feelings. There is no wrong or right answer. Just write whatever comes to mind in the space provided.

Reflection Space

How does it feel to release? Going forward, how will you regularly identify and release the voices that no longer serve you? How will you celebrate when a voice of a family member/friend/colleague is in alignment with the desires of your heart ?

UNDERSTAND

T H E

P O W E R

O F

E A C H

B R E A T H



UNDERSTAND THE POWER OF EACH BREATH

As a child, I always looked forward to celebrating the Fourth of July (aka America's Independence Day). It was one of my favorite holidays, especially since it usually included a road trip from Cincinnati, Ohio to Collegeville, Alabama for our family reunion. The family adventure was only half the excitement. Fourth of July also meant we'd experience fireworks! My Uncle Eugene was always on firework duty and he knew exactly how to keep us kids entertained and happy. I remember my Uncle would have every style of fireworks on the market. From the snap and pop types—the kind we'd throw on the ground to sound off a loud pop noise—, the hand-held sparklers that burned slowly and gave off a tiny fountain of flames from its burning tip, to the larger than life show stoppers that shot into the dark sky like missiles at speeds of over a hundred miles per hour exploding bouquets of color and sound for half the entire city to see.

One year, my little cousin burned her fingers. I can remember with so much detail how the adults rushed to soothe her second degree burn with ice and ointment before it blistered. From that year on, it was known that the older you are the bigger and better your fireworks. So imagine my excitement when I was finally old enough to play with the silver sparklers on my own. I was crazy excited! That moment when my family trusted me to twirl the sparklers in the air felt like a graduation.

I was totally enamored by the moments of the night, I breathed in every single moment as if I were harvesting them for next year's Fourth.

If you love fireworks as much I do, then you know they are truly breathtaking. You are either sitting in amazement wondering how they create such beautiful works of art, or you're sitting on the edge of your seat anticipating the next *pow*. The booming sound is just a symbol of the beauty on its way. When you hear the crackling, you know its initial spark will expand and form some masterpiece of a design that grabs and holds your attention before suspending into the darkness with the stars.

That's how I view life. Like those beautiful fire-filled works of art on the fourth of July. Some life experiences create loud noises and gain the attention of many. Other experiences are short lived, only visible to a few, yet they are still impactful. No matter how much or how little is involved, we are shaping our own life masterpiece, moment by moment. No matter the depth of its sound, the glow of its color, or the length of its time, each moment of your life is an experience to be recognized and valued.

Like the fireworks I experienced as a child, I challenge you to pause and bear

UNDERSTAND

THE POWER OF EACH BREATH

witness to those masterful experiences of life. If you viewed yourself as a masterpiece and chose to cherish your pow (your unique symbol to the world that you exist) and every glowing sparkle (your breath), would you live differently? If you knew that you were a priceless work of art, would you position yourself differently? Would you light your own flame to allow yourself to be noticed? Heck, would you even stop to notice yourself?

Prior to today, you've been doing some heavy lifting around your past and current realities. Like a variety pack of fireworks, some of your realities are rich with color. Some have big booming sound, while others are just small pops of noise that sneak up on you when you least expect. Some of your past or current realities have been stable, like a slow burning sparkler. And you might even describe others as blister causing mistakes – the kind that ice and ointment can't even get rid of. Throughout it all, you're breathing in and breathing out—whether you notice your breaths or not, you're doing it. Every breath that you take is gift. We say that often as a cliché, but today I want you to experience the weight of that truth.

Day 3 is all about each breath that you take. I want you to “pause for the cause” as I like to say, and recognize that you exist. You have air in your lungs. You have blood pumping through your body. You woke up to experience today. That alone is enough. Actually, it's more than enough. You, my friend, are more than enough and today we honor that by choosing to notice our breaths.

We will gain more appreciation of our day to day moments by taking time to breathe deeply. At a Lisa Nichols' workshop, I learned that deep breathing throughout the day can reduce your chances of heart disease and other stress related illnesses. Now, I am not a doctor (at least not that kind), so I can't make any prescriptions or offer medical advice. However, I can tell you that deep breathing throughout the day is life changing. There is something powerful about your breath, that act of pausing to take in the moment that calms your stress and relaxes your body. When I practice it regularly, I definitely see a difference in my quality of life. With that said, let's stop reading and let's get to breathing!

Power Strategy

In a seated position, sit up as straight as you can, and close your eyes. Utilize the 5-5-5-5 deep breathing method by taking five deep breaths in and five deep breaths out, five times each. It is best when you do a mental countdown. Do this five times every day throughout the rest of the challenge.

UNDERSTAND THE POWER OF EACH BREATH

A couple of suggestions to maximize today's power strategy: 1) Silence your phone and leave it in an out-of-sight room or area while you're deep breathing; 2) Take shorter breaths as if you're taking sips of air, and let your chest raise higher with each sip; and 3) Choose a breathing place—even if it's just you closing your eyes and imagining the place—that makes you smile.

It's only about 250 seconds a day, but can drastically change your life. Starting today, add this 5-5-5-5 a day breathing exercise as a recurring event on your calendar. Remind yourself to go to a quiet place (literally or figuratively) and fully breathe in the moments of your life.

In today's Reflection Space, I want you to ask yourself, how did it feel to literally dedicate this amount of time?

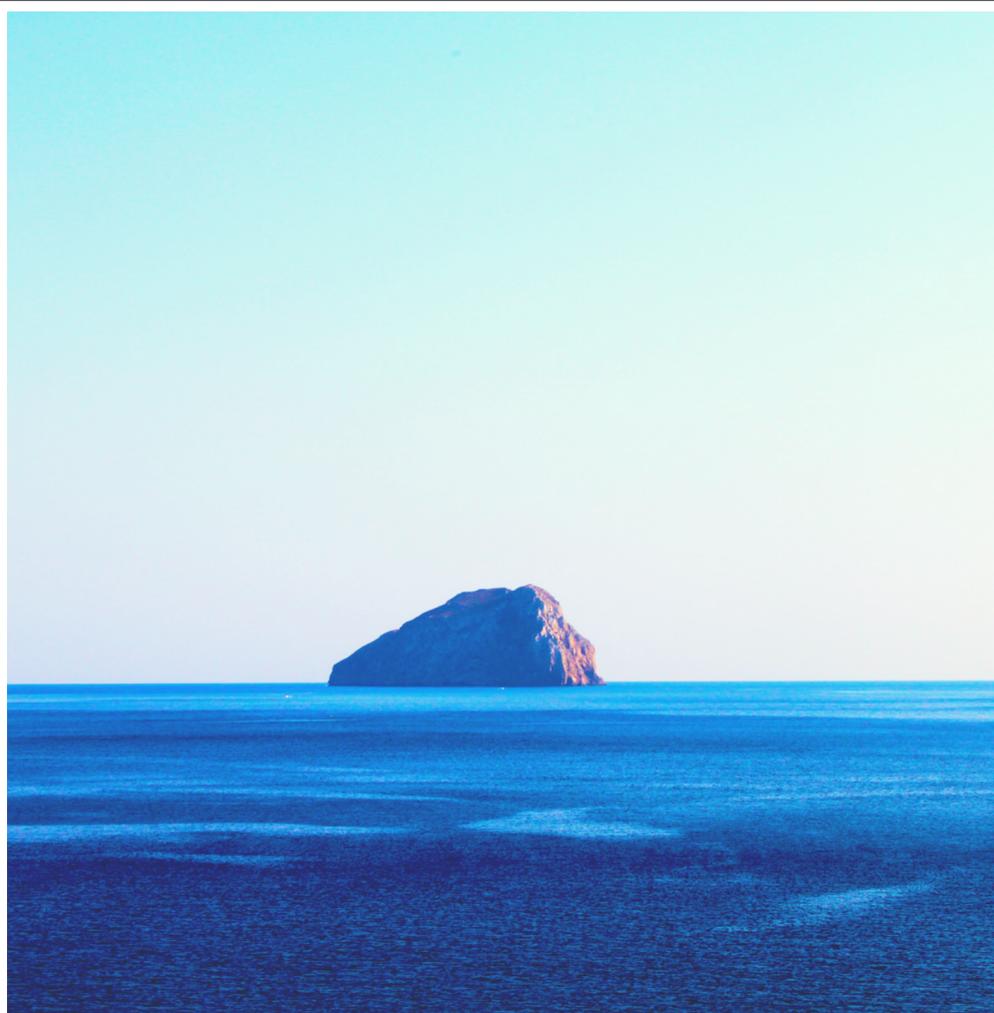
Reflection Space

After performing the POWER STRATEGY, I feel? I acknowledge? I AM?



UNDERSTAND

your feelings



UNDERSTAND YOUR FEELINGS

In 2014, I attended a training workshop in Washington, DC called Warriors-Healers-Builders (aka Healing Oppressions' Wounds). This revolutionary workshop was sponsored by the AYA Educational Institute¹ of Atlanta, Georgia and it changed my life. Regardless of profession, African Americans from all over joined this training to dedicate themselves to their community, family and to themselves. One of the tools we received was Feelings as Messengers: A re-introduction to Intelligence of the Heart (hereafter referred to as Feelings as Messengers). I've since declared this tool as essential to any training or act of love that I am conducting. I wrote *Thrive From Within: 31 Strategies to Tap Into Your Power* as an act of love, so today is your lucky day!

The Feelings as Messengers tool dispels the common myth that thinking is more valuable than feeling. The tool goes further by explaining that in reality, thinking and feeling are not conflicting acts but in fact they co-exist at all times. Our society commonly uses phrases like *leave your feelings at the door before entering the workplace*, or *boys need to just man up and not cry* all the time. For females, we even hear songs that tell us that *big girls don't cry*. As if there is a war on the matters of the heart, we're constantly getting messages to hide our feelings. Thanks to mindfulness, holistic living, and new age thinking we know that those are harmful messages to internalize and are now finding methods to honor ourselves as whole, feeling, and thinking, beings instead.

After Power Strategies 1 and 2 of *Thrive From Within: 31 Strategies to Tap Into Your Power*, you have learned, and are now an expert on seeing yourself as a multi-dimensional being. In addition to the earlier power strategies, today's focus helps you go even deeper on your psychological dimension. We're going to 'pause for the cause', and assess your emotional well-being. Are you acknowledging the truth of your emotions, or are you denying them? Do you overstand the current state of your feelings? In *Feelings as Messengers*, I learned that denying your true emotions means that you are actively oppressing yourself. Generally we tend to think that hiding our emotions is an internal choice; however, its external pressures and years of social training that typically compels us to deny, hide, or substitute our true emotions.

Isn't it commonly accepted to substitute your emotions or in other words allow your environment/situation to dictate your emotion? For example, we all know about that stigma attached to African American women. It's so prevalent that it's even a movie title—the "Diary of a Mad Woman." A lot of African American women have been so beaten down by this stereotype, that we may replace our anger with either a false calmness or sadness (depending on who is around at any given time). We may put on masks to hide our emotions just to avoid



¹ A national African Centered education institution whose mission is to provide educational services for children, youth and adults that facilitate a high motivation to achieve academically and socially based on a clear African identity

UNDERSTAND YOUR FEELINGS

feeding into the Angry Black Woman stereotype.

We've all done it. When I've experienced something especially infuriating, I feel pressured to think first and substitute my true anger with a more socially accepted response, like being silent or meek mannered instead of expressing what is true for me in that moment. Not only did I lose the opportunity to communicate honestly (and possibly find some resolve), I also became my own oppressor in that moment.

As High Power leaders, we oftentimes perpetuate this denial and substitution practice in our professional team because we want our members to appear uniformed and represent our departments in one voice. What happens when those emotions are repeatedly denied, hidden, or substituted over time? Your team members eventually become resentful, they lose their motivation to do quality work, and they may even explode with a seemingly sudden outburst. Sound familiar?

So how can we prevent this from happening? Commit to "pausing for the cause" during high emotion moments and before making a major decisions. Make a habit of honoring your feelings by overstanding how you feel. Ask yourself how do I honestly feel? Don't deny, don't hide, and don't substitute your feelings. Don't even minimize your feelings by saying things like it's not that big of a deal. Reject all of these forms of personal oppression.

I have learned, and now live with, the overstanding that all of my emotions have value. I choose to honor them. It started at the Warriors-Healers-Builders training and has since evolved as a way of life for me.

Power Strategy

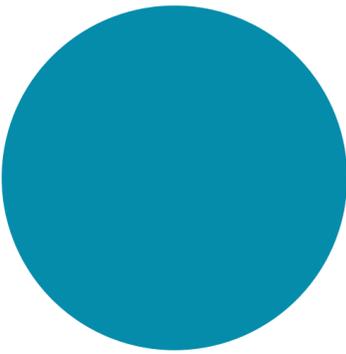
Today's power strategy helps you explore the impact of your emotions by utilizing three Feeling Zones. The objective is to overstand how you honor your feelings and true emotions in relation to your environments, the influence of your social networks, and your desire to innovate and be creative.

Below is your Feeling Zone illustration. First is the Comfort Zone which is most utilized . As the name implies, it's where you feel most secure and comfortable. Next is the Contemporary Zone which provides new territory for you to explore; however, you are still constrained by particular influences in this zone (i.e., the people you interact with or your environment). Last is the Freedom Zone which allows you to not only create new boundaries and innovative ideas, but it helps you access your power to influence others and enhance their experience as well.

UNDERSTAND YOUR FEELINGS

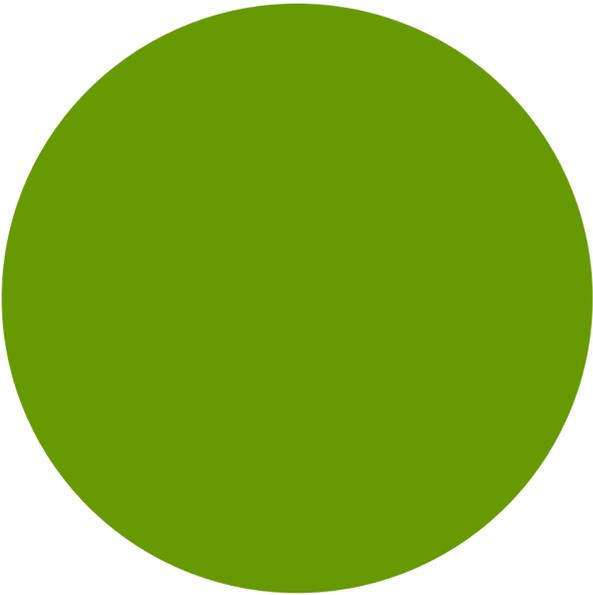
Within the last month, what experience had a major impact on your life? Select a recent experience that still makes your heart beat a little fast even today. Whether its extreme sadness or extreme joy, recall an extreme feeling or emotion. With that situation in mind, answer each of the questions in the Feeling Zone illustration beginning with the Comfort Zone. If your scenario places you in the Comfort or Contemporary Feeling Zones, identify what strategies and/or resources you would need to get to the Freedom Zone. If your scenario places you in the Freedom Zone, identify how you can employ strategies and/or resources to indulge in this experience on a more consistent basis.

Diagram 5. Feelings Zone Assessment



Comfort Feelings Zone

As it relates to the experience you've identified, what have you been taught regarding, what feelings and emotional expressions are acceptable for your age, gender, and environment? Who approved these feelings and emotions? How were these feelings and emotions approved (i.e., through what words or actions)?



Contemporary Feelings Zone

Going beyond what you've been conditioned to feel: In what moments do you allow yourself to feel something new? Who provides you the judgment-free safe space to unapologetically express yourself?



Freedom Feelings Zone

When do your feelings dictate how you 'show up'? When do your feelings guide your words? Who hears your silence? When are your feelings enough justification for creating and maintaining boundaries? When do you explore the depths and unknown space of your feelings? Do you ever tap into your feelings for creativity and inspiration?

UNDERSTAND YOUR FEELINGS

As demonstrated in this illustration, there is an evolution process for acknowledging and expressing your feelings. The blue circle remains small and properly aligned, while the green circle expands to new territory. The yellow circle goes off the path to create its own space—it's beautiful and imposing. Let's shoot for being a member of *#TeamFreedom*

Reflection Space

How will adjust your time to engage more in the places with the people doing the things that place you in your freedom zone? What support do you need to shift the relationships or situations that leave you in the contemporary and comfort feeling zones?

That's It... For Now.

Thanks for taking the time to access your sneak peek copy of my upcoming book, *Thrive From Within: 31 Strategies to Tap Into Your Power*.

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Peace, Love and HEALTHY Leadership to You,

Dr. AMS

Angela M. Shuttlesworth, MSW, PhD
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