

# #14 — THE PERSONAL POWER RECLAIM

*Five questions to shift from powerless to grounded, clear, and back in your authority.*

Losing your power doesn't happen in one big moment.

It happens quietly —

in tiny hesitations, small concessions, emotional fog, and forgetting what you deserve.

This guide brings you back to yourself.

## 1. Where did I start giving my power away in this situation?

Power leaks through:

over-explaining, seeking reassurance, shrinking, appeasing, or waiting to be chosen.

Your thoughts: \_\_\_\_\_

## 2. Which part of me is reacting — my grounded self or my survival self?

Grounded self responds.

Survival self panics, pleases, or freezes.

Your thoughts: \_\_\_\_\_

## 3. What truth am I avoiding because I don't like what it requires of me?

Power comes back the moment you stop negotiating with reality.

Your thoughts: \_\_\_\_\_

## 4. What boundary, standard, or value did I step over — and how can I step back into it?

Returning to yourself is always one aligned step away.

Your thoughts: \_\_\_\_\_

## 5. If I remembered my worth right now, what choice would I make?

This is your true answer.

Everything else is fear talking.

Your thoughts: \_\_\_\_\_

## **FINAL REMINDER:**

You don't "lose" your power — you temporarily forget it.

Reclaiming it is simply remembering who you are and acting from that truth.