



Creating Sovereignty - A Principle of Joy

In our work, we define sovereignty as the ideas and values which create wellbeing for ourselves and other people.

One way to create sovereignty is by developing your positive qualities. These are your strengths. A few examples are; appreciation, forgiveness and empathy. Developing positive qualities helps you to create positive relationships and new solutions. Positive qualities assist you to expand your abilities and skills.

Sovereignty is a principle of creating joy. This means that by developing sovereignty, you also create joy and wellbeing in your life and the lives of other people. This article shares three exercises to develop sovereignty. These exercises include developing your positive qualities.

Exercise for Developing Sovereignty In My Life Every Day

This Exercise helps you to develop sovereignty in your life each day. You can develop sovereignty for your life as a whole, an area of your life or a project or activity in one area. We identify the areas of life as; health, relationships, work and career, finances and personal growth.

Here are the steps in this exercise.

1. Choose whether you would like to develop sovereignty in your life, an area of your life or a project or activity within one area.
2. Create a Sovereignty Statement. This is a Statement about your ideas and values and the actions you are taking to develop and share them in your life and work. A Sovereignty Statement is written as if the actions you are taking are already assisting you to develop sovereignty.

Here is an example of a Sovereignty Statement for your life, which includes developing your positive qualities.

My life is filled with joy. I am developing the positive quality of

appreciation for people in my life and work. My relationships are fulfilling and the work I am doing is innovative and creative. New possibilities are coming into my life and work which assist me to make a positive contribution to people and society.

3. Make a list of the actions you are taking to develop sovereignty. This can include a positive quality you are developing too.
4. Work with your Sovereignty Statement and actions for 90 days.
5. Take at least one action each day to develop greater sovereignty.
6. Each week, look at the actions you are taking and their results. Modify your actions when this assists you to develop sovereignty.
7. Each month, look at your actions and their results. Continue to modify your actions when this assists you to create sovereignty.
8. At the end of 90 days, decide to continue to work with developing sovereignty in the same area of your life or choose another area to work on for the next 90 days.

Exercise for Developing Sovereignty In My Work

As with your life, you can develop a Sovereignty Statement for your work as a whole, an area of your work or a project or activity within one area. Here is an example of a Sovereignty Statement for a new business - a water delivery service.

1. Write a Sovereignty Statement.

Our water delivery service is helping me to create sovereignty in my life and the lives of our customers. It assists me to create a financial foundation for my family and have quality time with my children. Developing straight-forwardness in my relationships with employees and my family helps them to be honest and straight-forward with me.

We deliver clean water to businesses and families and educate them about the health benefits. The water delivery service assists people in our community to have greater health and wellbeing.

2. List the action steps you will take for one year to develop sovereignty at work, in an area of your work or a project or activity within one area.

3. Divide your actions into each quarter of the year.
4. Write down the actions you will take each month for the first quarter.
5. List your actions for each week of the first month.
6. For the first week, list the actions you will take each day.
7. Take one or more actions each day.
8. Plan and revise your actions for the next day.
9. Look at your actions and results each week. Refine your actions when this assists you to develop sovereignty in your work.
10. Each month, take an in-depth look at your actions and their results.
11. After 90 days, look at your vision, values and goals and your Sovereignty Statement. Revise these for the next quarter of the year.
12. After one year, look at all of your results. Decide to work with the same Sovereignty Goal or choose another to work on for the next year. You can also decide to work with a Sovereignty Goal for another period of time such as 60 or 90 days.

Exercise for Developing Sovereignty In My Relationships

You can also develop sovereignty in your relationships. Here is an exercise to assist you.

1. Develop a Sovereignty Statement for your relationships. This Statement can be for your relationships as a whole, your relationships at work or the relationships in one area of your life or work.

Here is an example of a Sovereignty Statement for the relationships of a group who is working on a project together at work.

Example of a Sovereignty Statement For A Work Group

My team is developing sovereignty in our relationships with one another. We listen to the ideas of each member and appreciate them even when different from our own. We acknowledge and accept every idea as a new possibility. Listening and encouraging the strengths and skills of one another opens new avenues in our work for excellence and success.

2. Decide together a length of time to work with this Sovereignty Statement.
3. Write down the action steps you will take during this time.
4. Divide your actions for each quarter of the year.
5. Divide your actions for each month during the first quarter.
6. Write down the actions you will take during the next week.
7. Each week, look at your actions and results. Modify your actions when this assists you to achieve your Sovereignty Goals successfully.
8. At the end of the time you have chosen to work on sovereignty, look again at your results. Decide to work with the same Sovereignty Goals or choose others to work on for 60 or 90 days or another length of time that will assist you to create positive results.

Developing sovereignty is a principle of creating joy. Sharing your values and developing positive qualities brings joy and wellbeing to you and other people. Creating sovereignty assists you to expand the contribution you are making to people and society.

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