

Reclaim Your Power

RECLAIM YOUR POWER

5 STEPS TO LIVING LIFE ON
PURPOSE



LANE COBB, CPCC

www.straighttalkcoaching.com

lane@straighttalkcoaching.com

443-756-8391

Straight Talk Empowerment Coaching For Women
Free Workbook
RECLAIM YOUR POWER –
5 Steps to Living Life On Purpose

HELLO and Congratulations on your choice to RECLAIM YOUR POWER!!

Whether you are in the process of:

- Taking more time for yourself
- Declaring a clear direction for your life
- Designing a life of joy, and inspiration

The exercises in this workbook will be your first step toward creating the life you have always dreamed of having – a life of clarity, inspiration, and purpose.

You know this workbook is for you if:

- You have ever noticed a time in your life where you were less than satisfied, but didn't speak up for yourself.
- You have ever stayed in a hurtful relationship too long.
- You have ever found yourself taking better care of others than you do yourself.
- You have you ever gotten complacent, and stayed in a less than desirable job, living situation or relationship.
- You have ever settled for less than what you really wanted.

If you find yourself in even one of those scenarios, then this workbook is for you. Each scenario is an example of someone giving away their power. And, whether you are giving your power away to other people, to circumstances, or to your own fears or negative beliefs, doing so will always leave you somewhat unhappy and mostly unfulfilled. That is the bad news. The good news is that you CAN and WILL create a shift in your energy by doing the exercises in this workbook, as they will move you from a space of complacency and settling for less to a place of vision and creativity that will have you standing fully in your own power and making choices for yourself based on what is important to you rather than on your circumstances.

Not too long ago, I took what I call a “spiritual inventory” and I noticed all the places in my life where I had given away my power, and believe me it wasn't a happy moment when I realized how complacent and accepting of the status quo I had become.

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This was even more confronting due to the fact that deep down I knew my own power, but mostly I used it to make good things happen for other people. In fact, I was a master at it, and built my career around being a powerhouse for others. As a personal trainer and massage therapist, I have supported hundreds of people on their journey to health, counseled them through bad relationships, and supported them when it seemed that others had abandoned them. So when I came to the realization that the way in which I related to myself was far less powerful than the way I related to others, I embarked on a journey of the spirit, designed to take back my power in a very big and very meaningful way. I share it with you now, because I am committed that women everywhere know their worth, and do not settle for less than what they deserve for any reason. It is my belief that when women stand fully in their power, the world transforms around them, and that is the experience I want you to have in your life, as well.

I acknowledge you for being committed to your vision, and for being courageous enough to take a stand for your life! As an empowerment coach for women, I am committed to you getting your value and your greatness, and I will support you in creating yourself as powerful in every circumstance. I hope that you will consider me your partner on this journey to Reclaiming Your Power and Living Your Life On Purpose.

This workbook will require you to go within – to ask yourself some meaningful questions which you might find a bit confronting at first, but you will find that once you begin the process of Reclaiming Your Power, you will be inspired and energized to make meaningful changes in your life that will empower you to live a life of creation, rather than a life of default. While you may not know it now, YOU are powerful beyond belief! Congratulations on taking this giant step toward reclaiming that for yourself!

As you work through the exercises, you will gain insights into the areas of your life where you have been stopped up to now, and you will notice the patterns that have kept you stuck. Notice the limiting conversations of the past that are dictating how you relate to yourself now, and notice that left unchecked, your limiting conversations will keep you from having the life you really want.

This is your first step in the process of accessing the powerful passionate woman you already are!

Want more support? – Claim your FREE Reclaim Your Power Strategy Session Now!
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Reclaim Your Power

STEP 1: Acknowledge where you are and consider other possibilities

When I noticed the extent to which I had lived my life taking care of others more than myself, I was not surprised. As a health and wellness advocate, I had made caring for others a lifestyle of which I was proud. I knew, however, that this was not the ONLY life I was meant to lead. Although I had a great reputation as a personal trainer and massage therapist, I knew that I was being called to serve on a much larger scale – to help people heal the wounds of the past, to love themselves unconditionally, and to live with joy, passion, and inspiration at all times. Although this vision wasn't entirely clear at the time, I knew I was going to need to leave the land of complacency and open my heart to new horizons, if it was ever going to be a reality. And, while this process was scary and uncomfortable, I knew it was a necessary part of the process of stepping into and Reclaiming My Power.

This will be your first step, as well – acknowledging where you are now, and noticing all the places in your life where you give your power to others, or simply do not act powerfully even when given the opportunity to take charge. Again, this realization may sadden you, but it is the first step on the road to Reclaiming Your Power, and having compassion for what you have lived through, and loving yourself unconditionally is what is called for at this time. There is nothing wrong with where you are right now. It is simply that you want to have a more powerful experience of yourself than you have right now, and that in itself is powerful! So take a moment, and acknowledge yourself for being who you are and have been for yourself and others, and then consider who you will be for yourself in your future as you begin the process of Reclaiming Your Power!

Where are you not being powerful in your life (i.e. Giving away your power)?

If you were to take a stand for reclaiming your power, what might be possible?

What about this is inspiring to you and why?

Insights:

STEP 2: Decide what you want and choose a new path.

Once I had taken the step to notice all the places where I was not living my life powerfully, I started to think about what my life would be like if I did bring some power into my life and my relationships. What direction did I want to go in? What things were important to me in my life? What did I want to accomplish that I had been holding myself back from? It was inside of this inquiry that I began to experience the universe shifting. New opportunities for leadership started showing up. I was asked to lead a self-esteem workshop for teens, and I was offered a speaking opportunity. These were things I had been thinking about for some time, and served as evidence to me when you choose to reclaim your power, the world transforms around you. I still wasn't sure of exactly what direction I was headed, but I knew that it was important for me to take those steps toward Reclaiming My Power.

You must take these steps, as well. Even if you are not entirely sure of the path, the universe will show you the way. This is the law of universal attraction. Once you make a choice to focus your energy in a particular direction, the universe sends energy back to you that is in alignment with that focus. This is why a confused state of mind most often does not allow for forward movement. You may have noticed this in your own life. It can be very frustrating. You also may have noticed, however, that if you can quiet your mind, and bring even a little focus to a particular task or conversation, that you are able to experience a greater degree of clarity, gain access to your creativity, and move forward with a certain degree of conviction. Once you open your mind to new possibilities for your life, you create an energy shift that allows your purpose to be revealed to you. The more you do this, the greater your progress toward Reclaiming Your Power. Identifying what you want, and what is important to you is another essential step on the path to empowerment.

What experiences do you want to have in your life that you don't have now, and why are those things important to you?

What do you want to accomplish that you have been holding yourself back from?

Reclaim Your Power

What direction can you see yourself moving in as a result of Reclaiming Your Power?

Insights:

STEP 3: Stop doing what doesn't serve you and start doing what does!

Once I had made the commitment to bring the same level of power to my own life as I had to others for so long, I had to begin the process of weeding out the things that did not serve me on my path. One of the things I did was declare to my husband that I was no longer going to be going to market and cooking every day, because I saw how much time and energy doing that took away from the things that I needed to do to grow myself. So what I did do was spend more time attending to my own well-being, by including more time for exercise, eating right, and building my coaching practice. What I noticed was that by doing these things, I began to feel happier and more satisfied with myself, and my life. And as my relationship with myself improved, my relationship with others improved as well. This includes my husband! As it turns out, he was OK with cooking his own dinner and doing the laundry every once in a while, if it meant supporting me in my journey.

Because women are natural caretakers we often spend more time taking care of others than we do ourselves. This is NOT powerful, and you will need to make choices about how you will spend your time in order to fully Reclaim Your Power. This might mean delegating to others the tasks that you consider to be a waste of your valuable time, or requesting help with household chores. You will also want to take up activities that are in alignment with your values and give you a sense of purpose. If you want to bring powerful around your health, you might take up yoga. Likewise, if you want to be powerful around your self-expression, you might take up painting or some other type of artistic expression. The possibilities are endless, and they are yours to explore!

Reclaim Your Power

What are you currently doing that doesn't serve you on your path to Reclaim Your Power?

What will you do in the future to empower yourself to stay on your path?

Who might you need to ask for support in order to make this happen?

Insights:

STEP 4: Speak Your Truth to Yourself and Others

You may notice that when you stop doing what doesn't serve you and start doing things that nurture you that your mood will alter. You will become calmer, happier, and self-satisfied, just by making a few adjustments in your activity schedule. You may also find yourself expressing your thoughts more clearly. For me, this manifested as what I call "speaking my truth", a phrase I am sure many of you are familiar with. What I noticed was that I was more willing to say what was true for me, rather than letting others speak for me or going with the flow. In fact, "speaking my truth" became an important part of my mission, as I set out to build powerful relationships with people who could give me the opportunities I needed to build my business, and to truly be an example to other women of what would be possible for them if they reclaimed their power, too! Not only did I find that "speaking my truth" gave me access to my passion, but **sharing** that truth with others gave me with the courage to continue in the direction my heart was leading, because I saw what a difference it made for them to be able to speak their truth, as well! As it turns out, every human being wants to be fully expressed and fully heard. One person speaking their truth opens the door for others to do the same, and this is a gift!

In order to fully Reclaim Your Power and Live Life on Purpose you **MUST** start saying what is so for you. You must begin to declare what does and does work, what you do and do not appreciate, what you will and will not tolerate. You must begin to say what is important to you and be true to what your beliefs are. You must **Speak Your Truth!**

Reclaim Your Power

Where have you not been Speaking Your Truth?

What is Your Truth as you currently understand it?

What do you want to express, and to whom?

By when will you do that?

Insights:

STEP 5: Honor Your Word - Adopt an Accountability System

So, you might be wondering what is left. It might seem that once you start standing up for yourself, declaring what you will and will not do, and sharing your truth with others, what else is there to do in this process? Well, here is what happens. Once you start heading in a direction of empowerment, you will start to notice where your life is not in alignment with who you are creating yourself to be. For example, you will find yourself in situations where you might normally compromise yourself in some way, or you might be tempted to bite your tongue at a time when you know what you have to say will make a difference. Such situations are opportunities for you to recommit to your process, and to reclaim your power all over again.

Keeping your resolve is the 5th step in reclaiming your power and living life on purpose. By honoring your word to yourself about whom you said you would be, you honor your spirit, and you honor your higher self, and there is no greater love in the world than that!

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The problem is that left to our own devices, most of us will not stay on the path we have set, because the fear associated with getting outside of one's comfort zone is too great. It takes some practice and some resolve to keep one's word to oneself, and yet it is the ONLY way to create lasting and meaningful change. Human beings struggle with this. That is why it is important to create some type of accountability structure for yourself so that when you become fearful or unsure of whether you are choosing the right path, or it becomes inconvenient or difficult to speak your truth, or when you decide that you are too tired or just not motivated to live your life on purpose, you will have someone or someone(s) who have promised to support you, and to whom you have promised to be accountable. Whether you engage a friend or a spouse, join a support group, or hire a coach, you MUST put some type of accountability structure in place in order for you to Reclaim Your Power successfully and Life Your Life On Purpose ongoingly, and into the future. I can help you. Contact me for a FREE "Reclaim Your Power Strategy Session" @ lane@straighttalkcoaching.com

What steps will you take to honor your word and Reclaim Your Power?

Who will you ask to support you in your promise to Life Your Life On Purpose?

**Is there anything you can see that might derail you in Reclaiming Your Power?
If so, what is your plan for dealing with that when it comes up?**

What else will you do to make sure that you are Honoring Your Word and Being Your Most Powerful Self?

Is there anyone in your life whom you would like to take on this journey with you?

Reclaim Your Power

**Is there anything you can see that might derail you in Reclaiming Your Power?
If so, what is your plan for dealing with that when it comes up?**

Insights:

Congratulations! You have successfully worked through the 5 Steps to Reclaiming Your Power and Living Your Life On Purpose! You Rock!! Now What?

Well, as you well know, the possibilities are endless! I already know that who you are is powerful, passionate, and committed to living your life on purpose, and I would love to support you.

If you want to:

- **Clarify your vision**
- **Deepen your resolve**
- **Solidify your action plan**
- **Maximize your results**

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Contact me at lane@straighttalkcoaching.com / 443-756-8391

Helpful Resources

Books/CD's

Loving What Is
Byron Katie

Ask and It Is Given:
Learning to Manifest Your Desires
Esther and Jerry Hicks
(The Teachings of Abraham)

The Truth Heals
Deborah King

You Can Heal Your Life
Louise Hay

Why People Don't Heal
Caroline Myss

The Anatomy of the Soul
Caroline Myss

Websites

www.straighttalkcoaching.com

www.mindtools.com

Tools

Wheel of Life
http://www.mindtools.com/pages/article/newHTE_93.htm

Self Esteem Questionnaire
<http://www.theseelfesteeminstitute.com/Files/Self-EsteemQuestionnaire.pdf>

About The Author



Lane L. Cobb is the founder and principal of Straight Talk Empowerment Coaching for Women and For My Well Being Wellness Services, LLC.

A **masterful life coach**, Lane’s no-nonsense leadership style is a dynamic mix of compassion and tough love that takes her clients straight to the heart of their values, and inspires them to create lives of passion, authenticity, and purpose. Intuitive and focused, Lane can be counted on to deliver the keys to freedom, self-expression, balance, and fulfillment for women who aspire to live powerfully and passionately!

With **25 years of experience in the health and wellness field**, Lane has supported people in breaking through the barriers to wellness and fulfillment in both private and corporate settings. Uniquely qualified to address diverse populations on a range of issues, her expert knowledge and leadership supports her clients in creating a clear vision for their lives, and inspires them to achieve breakthrough results in all aspects of their well-being.

Lane is a Certified Professional Coactive Coach, Certified Personal Trainer, and Licensed Massage Therapist in the State of Maryland. She also holds certifications in Lifestyle Health and Wellness Counseling and Alternative Fitness Instruction.

Her services include:

- **Life and Wellness Coaching** – *Assessment, Planning, Motivated and Lasting Change*
- **Public Speaking** – *Annual/ monthly events for organizations, professional associations, and civic groups*
- **Straight Talk Teleseminars (Small Group)** – *Weekly conference calls to address specific issues and goals*
- **Transformational Intuitive Healing and Body Work** – *A combination of coaching and energy healing designed to release stored traumatic memory*
- **Self-esteem Coaching for Girls** – *One-on-one or group services for teens*

Client Testimonials:

“Lane’s intuitive nature guided me toward a more balanced relationship with my own well-being, and her honest and compassionate coaching style motivated me to stay on track”. – Cheryl Gray-Hines, CEO – C Gray and Associates, LLC

“Thanks to Lane, I feel like I have a new box of tools to apply in my life, and they all work!” Kelly Benson - Rocky Intertidal CoCreative Public Relations

For information about Lane or any of the above services visit her website:

www.straighttalkcoaching.com

or contact Lane directly:

lane@straighttalkcoaching.com