



Discovering Your Powers and Blind Spots

Hi again and welcome to Module 3 Lesson 2. This module is going to help you so much with your life. When you can learn to take actions out of feeling and owning your powers, you fulfill your soul's purpose with elegance and ease.

Your powers come with challenges. It is as easy to act knowing and owning your powers as it is to act in a powerless place by not resolving your regrets, fears and worries. These challenges are ways you give away your power and are called blind spots.

What you're Going To learn and Do:

- Use a 5 step process to read and reveal your primary and secondary powers along with their blind spots

One of the best proven ways to discover your powers is to unravel your passions.

The worksheet has a list of passion power drives. Many may notice that these are also known as the Enneagram Personality drives. These are natural powers you were given to follow your soul's purpose. The Enneagram Personality System has been known as the Soul's Path. You're going to read and reveal

- The 9 power passion drives and think about if this is how you normally act in most situations or how you act when backed into a corner. This will help you determine both your primary and secondary powers.

And you're going to

- Use the list of power blind spots with descriptions to develop a plan to reclaim your powers.

Don't worry about taking notes, these directions are in the worksheet. Plus there are downloads of the slides as well as the lesson script.

Primary Passion Power Drives

Think about these as I go over them and ask if they feel like you.

Maybe you feel compelled to Change, Reform and have a desire to have everything be right and perfect. -1

Do you desire to Help others and looking for them to validate you are loved? -2

Maybe you're an Achiever and desire to have others approve of you. -3

Primary Passion Power Drives (cont.):

Are you compelled to Create unique things and feel special? -4

Maybe you can't help yourself and need to Research and think clearly before taking action. -5

Do you try to make life safe and secure and express your loyalty to others by exposing the worst of what could go wrong? -6

Primary Passion Power Drives (cont.):

Maybe you are driven to Adventure and fun and feel a need to be free of or avoid pain. -7

Some of you may feel a need to Lead and be in charge, and be the person others can rely on. -8

Are you a Peacemaker and a desire to heal, comfort and build community? -9

Secondary Passion Power Drive:

All of these are ways that you may have expressed your primary power. You also have a secondary power which is less intense. It is either directly before or after the primary power drive. Think of the power drive numbers going in a circle from 1 to 9.

If you have a Reform (1) primary, you will have either the next one, Helper (2) or prior one Peacemaker (9), as your secondary power drive.

If you have a Peacemaker (9) primary, you have either the next one, the Reform (1) or the prior one Lead (8) as your secondary power drive.

Power Drive Blind Spots:

Your passions compel you to act either in the direction of your power or giving away your power. Giving away your power is known as the blind spot of your power drive and is a major life challenge you chose to have in this physical experience.

Your blind spots contain a core belief your ego comparative mind gives you each time you have the opportunity to express your power. These core beliefs permeate your life and the uncomfortable feelings you have with life experience.

Understanding and changing these core beliefs of your blind spots can give you the core freedom you desire to live a fulfilled life. Changing them can empower you in ways that you never thought possible.

Worksheet a 5 step process

The worksheet “Discovering Your Powers” is a five step process to complete. It is really a read and reveal process along with recording your results. It is so easy to do and won’t take you long to finish.

And I’d like to walk you through these worksheet 5steps now.

Step 1: Discovering Your Powers

Review List of Power Passion Drives and Descriptions

How do you feel and act normally in most situations? Read and review all 9 power passion drives in the worksheet and see which one most describes how you tend to feel and act in most situations. If you have trouble deciding between two, consider the one that best describes you when backed into a corner or perhaps afraid of losing something. This is your primary power drive.

Step 2: Discovering Your Powers

Now Discover Your Secondary Drive

Think of the power drive numbers going in a circle from 1 to 9. Then look at the number before and after the one you chose as your primary power. You will have qualities of these as well, but not as strong. This is your secondary power drive. If your primary passion drive of power is the first one (1), your secondary one is either the second (2) or the last one (9). If your primary passion drive of power is the last one (9), your secondary one is either the 8th one (8) or the first one (1).

Step 3: Discovering Your Powers

Record your powers

Record both your primary and secondary powers in the worksheet provided. Think about ways that you did that in your life.

Step 4: Discovering Your Powers

Review and record your blind spots

Record both your primary and secondary blind spots on the worksheet provided. Think about ways that you did that in your life as well.

Step 5: Discovering Your Powers

Develop and record an action plan to take your power back

Review some of the ways that you could take different actions in your life to take your power back (see List of Blind Spots). List any unresolved regrets, fears and/or worries to help you. Then use the meditation in this lesson to Reclaim Your Powers. The bonus tip sheet to muscle test power beliefs can help you as well.

Important Points

Don't forget to also download the bonus tip sheet for muscle testing power beliefs. Changing your core beliefs called blind spots will help you keep your power.

And remember you can reach deep theta by using ear listening devices while doing the meditation.

Now

Download the worksheet now and complete it now

Watch the guided meditation Reclaim Your Powers and don't forget your bonus Tip Sheet for muscle testing power beliefs.

When you're done. Go to Module 4 to Discover Your Talents.