

Worksheet for Discovering Your Powers & Blind Spots



Follow the steps below to reveal your primary and secondary power drive.

Step 1 - Review all 9 power passion drives and see which one most describes how you tend to 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 or losing something. This is your primary power drive.

Step 2 – Think of the power drive numbers being 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 - Record both of these at the end of this list.

Power Passion Drives:

CHANGE/REFORM (TO DO WHAT IS RIGHT) – 1 - These people mainly feel compelled to change or perfect things in order to do what they think is right in their mind. They see most experiences as needing to be changed, reformed, perfected or be corrected. They have high ideals and a good sense of morals. They can get caught up in wanting everything to be perfect. They also can get stuck believing they are right and needing others to agree that they are right. At their best, they change their world and fix things to be improved. At their worst, they get frustrated with those who won't do what they think is needed to make things right. When this happens, they can get caught in staying in anger and resentment. They can then descend into envious thoughts of those who are able to change things, resulting in them not feeling that they are good enough.

HELPER (LOOK FOR LOVE) – 2 - These people genuinely want to help others. They prefer to help others even when they have other responsibilities of their own they should be attending to. They are motivated out of being helpful and being appreciated for it. They also often flatter people with genuine flattery. They are selfless, empathetic, self-

sacrificing and are close friends. At their best they are loving and helpful to others, making sure people are felt known by them, including acquaintances. They make good partners in business and wonderful spouses. At their worst they tend to smother those they love and get caught in being prideful that they are the only ones who can help. Or that those they are helping cannot do for themselves. They then descend into controlling behaviors, trying to control the love by being needed. They can cut off all emotions except love, and come across as too full of light, wanting to be loved for being helpful.

ACHIEVER (TO BE AUTHENTIC) – 3 - These people are motivated to achieve at all costs. They use their achievements to feed their esteem. They know what to do and who to interact with to achieve what they want. They know how to get things done and act upon what it takes to get things done. You can always count on them to complete things successfully. At their best, they accomplish the impossible. At their worst, they are chameleons being who they think others want them to be and can be misleading in order to achieve their goals. They often disguise themselves in the mannerisms of others. They seek love and approval from others and enjoy attention. They can descend into forgetting who they really are, not feeling they matter, and become lazy about understanding themselves.

UNIQUE SPECIAL ONE (TO CREATE) – 4 - These people have a passion to create and inspire others. They often feel they are an exception and feel special because of their creativity. They are dreamers and know how to make their creations and dreams become reality. They often romance about life and are emotionally honest. At their best, they are very spiritual minded and use their creativity for the good of all. At their worst, they can fill their life with melodrama to prove that they are special. They can feel flawed and will get envious of others, feeling there is not enough to go around. It can become all about them, often descending into seeking love from everywhere outside of themselves.

RESEARCHER (TO THINK CLEARLY – 5) - These people enjoy digging in and researching everything to know all there is to know before taking action. They are highly analytical and good at honing in on the truth about things. They become experts in their fields. You can count on their expertise and the good research they do. They are cautious about getting close to people and require an earned trust before becoming close. At their best, you can trust their research and expertise and they are loyal once you earn their trust. At their worst, they can go overboard with researching to the point of being greedy to know the truth. They can distance themselves from others when they feel their status of expertise is being threatened by people they do not consider an expert. They can descend into excessive thinking, cutting off closeness with people to avoid any emotional pain.

LOYAL FRIEND (TO BE SAFE AND SECURE) – 6- These people are compelled to find safety and security in any situation. They are courageous and usually do not automatically trust authority. Many can be misjudged as a pessimist, yet some are. Their loyalty is expressed by protecting others and by pointing out negative possibilities. They are truth seekers and will not stop seeking, even if it means knowing catastrophe. Some will take risks, testing out truths to get to the bottom of things. They are comfortable with others disagreeing with them. At their best, they are able to point out the worst that could happen in order to stop bad things from happening. When at their best, they are sensitive enough to try not to scare people. At their worst, they get consumed with fear, often scaring those they are trying to help. Then they feel betrayed and doubt themselves. They don't feel that they are supported in life and often mistrust others. They can descend into needing others to agree with their worst fears. Then they can become obsessed with being competitive and deceptive to achieve safety.

ADVENTURE (TO HAVE FUN) – 7- These people love to find adventure and fun with everything in life. Many can become obsessed with their work if it is fun to them, becoming workaholics. They are friendly and make friends easily. They love to party and try new things for the fun of it. They usually have lots of friends and tend to not get too close to others. They can also feel like they are going to live forever and do not consider providing future security for themselves or their loved ones. At their best, they are hard workers if they are doing what they love. They are joyful, friendly and a lot of fun to be around. At their worst, they can do fun in excess, and are vulnerable to addictions. They can get caught in feeling so righteous that they then become superficial, impulsive, cling to their possessions and be stubborn about changing, even if their behaviors are destructive to them. They can then descend into rage and resentment of anything.

LEADER (TO BE RELIANT) – 8- These people love being in charge. They enjoy feeling powerful and in control of things. They have a natural affinity for leading the way to success. They have big hearts and love magnanimously. You can rely on them for they know what to do and when to do it. They are self-confident and strong. They love winning and will skillfully change the rules of the game to win. They naturally know that they create their reality. At their best, you can count on them to lead you on the right path to success. At their worst, when threatened, they are vulnerable to feeling weak, powerless and become controlling at all costs. They can descend into distancing themselves from others by over thinking events and become obsessive about regaining power and control.

PEACEMAKER (TO HEAL OR COMFORT) – 9- These people enjoy helping everyone to get along with each other. They are easy going and at times self-effacing. They contribute without needing to be in charge, as they are more motivated by everybody feeling a part of community. They are natural healers and bring comfort to those who

are worried or anxious. At their best they are good negotiators and can close contracts that all parties can live with. They build community and a sense of common purpose to groups. At their worst, they fear that who they are and what they do will not matter. They then avoid any conflicts and will give up or give in just to get along. They can descend into fearing that they have no importance or significance to their world. Then they become unmotivated, passive and uninvolved then descend into feeling anxiety and worried about everything.

Step 3 Record your primary power drive and a life example here:

Step 3 Record your secondary power drive and a life example here:

Step 4 - Below are listed the different blind spots that each of the power drives have. These are life challenges that you experience and are ways that you give away your power. It also describes how to take your power back. Record both your blind spots and plans to take your power back at the end of this list.

Blind Spots of Power Passion Drives

Below are listed the different blind spots that each of the power drives have. These are life challenges that you experience and are ways that you give away your power. It also describes how to take your power back.

CHANGE/REFORM (TO DO WHAT IS RIGHT AND PERFECT) – 1- The blind spot and life challenge of this power drive is someone who wants to be right and criticizes everyone including yourself to perfect your world. Learning to let go of needing to be right about what is perfect or not is key to reclaiming your power. Learn to let go of criticizing judgments by knowing you and others act in each moment based on the level of consciousness in that moment. Let in forgiveness of you and others. These moments are opportunities to expand your consciousness not critique you or others. Understand and know you are made in the Divine Creation's image and a perfect form of love and light, regardless of any actions you took. Understand and know that making mistakes is what reality is about; not proving you can be perfected. The true you is already Divine Perfection

HELPER (LOOK FOR LOVE) – 2 - The blind spot and life challenge of this power drive is helping others in order to receive outside validation that you are needed and a loveable person. This blind spot can also show up as protecting others from someone you perceive being attacked by them. Learning to trust that you are loved

unconditionally by the Divine Creation and loving yourself first before loving others is how you can start reclaiming your power. Learn to be of service while not being a servant to others. Give to yourself first, and then when you give to others, it will be out of genuine love and self respect. What is important is to remember that believing others needing you is coming from the ego comparative mind. Acknowledge that everyone has enough power to take action and your help is not required for them to be happy and safe. Recognize that they have the right to choose their own happiness and safety. Let go of the desire to be needed by others and open to being wanted.

ACHIEVER (TO BE AUTHENTIC) – 3 - The blind spot and life challenge of this power drive is pretending to be what you think others want you to be to gain approval from them and feel important in your world. The real challenge is that you actually think you are what you are pretending to be. Learning to be present in the moment, letting go of the arrogance/insignificance of the ego comparative mind and being your authentic self is the key to gaining your power back. Recognize that you are a being of light who reflects that light. Your achievements are only ways you use to reflect your light. Identifying with your achievements and thinking you need your achievements to support your importance is a trick of the ego comparative mind. You are not your achievements and accepting your importance to Divine Creation can help you break free. You are not what you achieve in life. You are much more with your unique qualities of love, compassion, joyfulness, courage, values and peacefulness. These qualities infused in your achievements reflect your unique expression of beauty.

CREATE (TO DO SPECIAL THINGS) – 4 -The blind spot and life challenge of this power drive is a desire to be special and believing you are flawed if no one sees your specialness. Life can be filled with melodrama as a means to fix those perceived flaws and get others to notice you. Wanting to stand out as being above others is the trick of the ego comparative mind. Accepting your uniqueness that you are made in the image of Divine Creation and not flawed is how to reclaim the power as your authentic self. Learning to let go of negative judgments of yourself and others by understanding that everyone acts at their level of consciousness is key to taking your power back. Accept that you are unique and loved by Divine Creation, so you don't need to seek love and attention from your world by feeling better than or less than others. Then you can create some very special things in your world because they are inspired by Divine Creation.

RESEARCHER (TO THINK CLEARLY) – 5 - The blind spot and life challenge of this power drive is investigating your world in excess before taking action. You tend to connect with ideas rather than people. Connect to Divine Creation first then trust that you will know what you need when you need it is the linchpin that unlocks your power. Connect to your emotions by letting go of resisting uncomfortable ones as well as the opposite comfortable one. Understand that connecting with others is more important

than having the right information to take action. Staying in an idea thinking mode is a trick of the ego comparative mind saying you need more information before taking action and keeps you from connecting with others. Your relationships with others are achieved by connecting with an accord of the heart and will allow you to help them feel known on a soul level. That connects you with Divine Creation and allows inspiration to guide your actions.

LOYAL FRIEND (TO BE SAFE AND SECURE) – 6 - The blind spot and life challenge of this power drive is not trusting in others actions and erroneously concluding that you are not supported because others actions often disappoint you. The key to taking back your power is in trusting that everything happens with Divine perfection for expansion of consciousness. Let go of expecting others to support you and start receiving support from Divine Creation. You do this by first allowing yourself to face your fears by allowing the fears to be felt fully and then allowing the fearless to be felt fully as well. Let go of resisting and surrender to both of the feelings. You can secondly become the observer of your feelings (notice where in your body they reside) which connects you directly with your Highest Self (observing and not judging them takes you out of your ego comparative mind). Thirdly allow all your emotions to pass through you. Fourthly bring into your awareness the best of possibilities and let go of resisting the allowance of the worst of possibilities. Fifthly become the observer of both of those feelings and let those to pass through you. Then know that you can always connect to your Highest Self and are always supported by Divine Creation and they will inspire you to take right action.

ADVENTURE (TO HAVE FUN AND BECOME FREE OF PAIN) – 7 - The blind spot and life challenge of this power drive is about believing that you can avoid pain by distracting yourself with fun and adventurous activities. In order to take your power back, you must be willing to feel pain whenever it arises and become the observer of your pain. Unresolved pain turns into rage and resentment. You do this by first allowing yourself to face your pain by allowing the pain to be felt fully and then allowing the freedom of pain to be felt fully as well. Let go of resisting both of the feelings. You can secondly become the observer of your feelings (notice where in your body they reside) which connects you directly with your Highest Self (observing and not judging them takes you out of your ego comparative mind). Thirdly allow all your emotions to pass through you. Fourthly bring into your awareness the best of having a joyful life and let go of resisting the allowance of the worst of life filled with regrets and depression. Fifthly become the observer of both of those feelings and let those to pass through you. Then be willing to allow in healing. This path leads to being close and tender with yourself and then others for your natural joy brings much healing light to your world.

LEADER (TO BE IN CHARGE AND RELIANT) – 8 - The blind spot and life challenge of this power drive fears being controlled by others and overpowering them to regain

control of your life. The way to take back your power is to first understand that you are always given the power and means to win in life when your winning is the highest and best for all. Secondly start opening your magnanimous heart to the highest and best for all then lead as someone who can be relied upon. Thirdly let go of the naysayers, for the nay saying is only a reflection of their own feelings of powerlessness. Fourthly open to let go of resisting the feelings of fear of being controlled and being in control. Allow both of those feelings to exist within you. Fifth, then observe your feelings by noticing where they reside in your body, until they pass through you. Now bring in feeling powerful as well as powerless. Become the observer of those feelings until those feelings pass through you. Now become the magnanimous heartfelt person you came to express by connecting with an accord of your heart and others.

PEACEMAKER (TO HEAL, COMFORT AND BUILD COMMUNITY) – 9 - The blind spot and life challenge of this power drive is about believing you don't matter in your world and becoming anxious and worried that whatever actions you take have no power or meaning so why bother. The way to take your power back is to remind yourself and know that you are an important part of Divine Creation because you are made in their image. If you were not important you would not exist. First tap into the courage of feeling unimportant. Feel it fully. Next stop resisting your ego comparative mind that demands you be humble. Feel your sense of importance. Allow in both emotions of unimportance and your importance to Divine Creation as you observe where both emotions are in your body until they pass through you. Now open to feeling the peace of knowing how powerful you are. Next stop resisting the feelings of powerlessness. Observe where both of these feelings reside in you until they pass through you. Then you claim your power of being at peace and reflect peace to your world.

Step 4 List your blind spots for both your primary and secondary power drives and a life example here:

Step 5 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. Then recall these for use in the meditation in this lesson to reclaim your power.

Now write a specific plan for taking your power back and keep it available for the last module 5.