



Incorporating Your Strengths, Powers and Talents into Your Daily Life

It is important for you to begin your changes by priming you, so to speak. You want to give your subconscious mind consistent messages that you want to feel and express your strengths, powers and talents.

In this lesson you will learn:

Why it is important to have a plan

Some ideas to consider about not sacrificing your needs

The steps to develop an immediate (days to weeks timeframe), near (months to year timeframe) and far term (1 – 5 year timeframe) plan for expressing your strengths, powers and talents

About the three accompanying meditations

Why develop a plan

There have been scientific studies that show if people are able to recall at least 3 small goals or accomplishments they are proud of each day that it reduces any stress in their lives significantly.

This is a good practice for you to do everyday. I like to open my day in the morning feeling 3 things I'm grateful for. I close my day in the evening by thinking of 3 things I'm proud for having accomplished. It would help you too.

In order to express your strengths, powers and talents, you want to brainstorm ideas that are actions you can take to express one of them in the immediate future. **The immediate plan helps you anchor being the real you Now and gives you some goals to be proud of.**

The immediate future is a time where you can express them within days and weeks. You would have actions that are in your control and do not involve others to agree or buy into them.

The near plan helps you continue being your authentic self and gives your subconscious mind the message you want to continue being the real you.

So you want to brainstorm ideas that are actions you can take to express a strength, power and talent your near future. The near future actions you take within a timeframe of months to a year. You would have actions that are in your control yet may involve others in your life.

There are also the far term plans where others in your life are involved and making any change could impact them. You want the support of your loved ones to live your soul's purpose.

These are actions that you would take that would be within a 1 – 5 year timeframe that could involve changes with your loved ones. It is important that you want a plan that is in the highest and best for all.

Why develop a plan (cont.)

You want to consider if your specific strengths are a match with your current occupation. If you have the strength of leadership for example and no one recognizes that in you. Then you have no support for you being in a position to use it. You may want to consider what is stopping that from happening in your life. There may be beliefs you have to change first in order to express your strengths.

You also want to know what changes are required in your life to express being powerful and make those changes that stop you from being powerful. You or others may be afraid of you when you express your power. Many times people respond by using their blind spots and give away their power. Having a plan to keep using your power puts you in touch with your Highest Self's life plans you came here to do.

You want to make sure your talents are in alignment with your work and life decisions. Say you have a talent with abstract thinking and influencing people yet you work in an office that requires you to analyze numbers and figures. You would feel like you just don't fit in and you would not be happy. Your joy and happiness would depend on you making a career choice that is in alignment with your natural talents.

Some Ideas to Consider

I'd like to mention these ideas as well. **Sometimes we feel that others needs are more important**, because society has taught us to sacrifice our lives for others lives and needs. This is not in the highest and best for all. In order to help others, you also need to be fulfilling your needs as well.

Sometimes others need to be put in a place of stress to help them grow and expand. Think about nature for example. You need to trim trees and bushes to put some stress on them to grow and expand. The key is that the stress does not cause harm or long term suffering.

This can be tricky when children are involved or if you take some time out of your wants, not needs, to support a sick person. The key here is to **separate needs from wants, and be fit by meeting your needs first**. Connecting with your highest self and asking if your plan of action is in the highest and best for all, will help you with your choices. You can muscle test this question using the tip sheet for that in Module 1.

Worksheet a 13 step process

The worksheet for incorporating your strengths, powers and talents into your daily life is a 13 step process. I would like to walk you through those steps now.

Step 1: List your strengths from the worksheet in Module 2

Step 2: List your powers from the worksheet in Module 3

Step 3: List your talents from the worksheet in Module 4

Step 4: Develop at least 3 actions you take in your daily work or routine that you can take in the immediate & near future. Then take those smaller steps towards actions for the far future. They could be general responsibilities, individual tasks or routine activities and actions. Each action should include at least one strength, one power and one talent. Make at least 1 that is achievable now, 1 in the near future and 1 in the far future.

It is good to make sure that the far term actions are both achievable and can be broken down into smaller steps that you can start doing soon. That way you can feel accomplished with being who you are on a day to day basis.

The key is that what you plan to do reflects who you are living your life purpose. That is what you came here in the physical to do, to be the real you.

Step 5: Now take that action for using your strengths, powers and talents in your immediate future. List how you used at least one of your strengths, powers and talents recently. The key is that what you did reflected a part of who you are.

Step 6: List any reasons that came up that you could not use your strengths, powers and talents now. What stopped you? Was there a person stopping you? Was there a choice you made that stopped you?

Step 7: Now take the list of why not and ask, “What can I do to use my strength, power or talent here?” You want to switch your attitude here. You want to start your thinking process of how can I rather than I Can’t. Brainstorm ways to get over or around what is stopping you from those immediate actions. Ask someone you trust for help if you need.

Step 8: Start to take actions for using your strengths, powers and talents in your near future. List how you used at least one of your strengths, powers and talents.

Step 9: List any reasons why you think you could not use your strengths, powers and talents for the near future. What was stopping you for your near action steps? Was there an event or circumstance stopping you? Was there a belief about who you think you are that stopped you?

Step 10: Now take the list of why not and ask, “What can I do to use my strength, power or talent here?” Brainstorm ways around what was stopping you. Ask someone you trust to help you with these near term steps if you need.

Step 11: Start to take any steps toward actions for using your strengths, powers and talents in your far future. This may require some changes you may want to make in your life. List how you could use at least one of your strengths, powers and talents.

Step 12: List any reasons why you may think that you couldn’t use your strengths, powers and talents for these steps in your far future. What is stopping you? Are you putting someone else’s needs ahead of yours? Are you afraid of losing love from someone?

Step 13: Now take the list of why not and ask, “What can I do to use my strength, power or talent here?” Brainstorm ways around what is stopping you. Ask someone you trust to help you if you need.

There Are Three Meditations in this module

Sometimes you may feel obstacles in your life from another person or just yourself. The reprogramming your brain meditation helps you to meet obstacles or change those beliefs that stop you. You can reprogram your brain so you can see your way around them, through them or over them. There is a tip sheet that you use to record the sensory experiences unique to you for using with this meditation. Complete that tip sheet first then do the meditation.

A description to help you uncover your sensory experiences has been discussed in the prior modules and I will not go over them again in here. The tip sheet has sufficient details to help you.

There is a healing meditation to help you heal any toxins or negativity. Enjoy this lovely healing meditation for whatever you care to heal.

There is a general meditation that calms you and relaxes you then continues with just video and music that you may want to use or just be. You can decide to work on anything with your Highest Self or just be calm and safe.

Important Points

The meditation guides you through the sensory experiences coupled with theta music and binaural beats. You can have the best experience when using ear phones or ear buds for this meditation. You can actually reach deep theta.

When you take conscious actions aligned with your strengths, powers and talents, you are telling your subconscious mind that you are strong, powerful and talented.

Your subconscious mind will deliver you life experiences with much more ease. You will feel happier and feel joy in your life.

Download the worksheet now and watch a guided meditation of your choice

Start incorporating being the real you in your daily life and be happier.

Don't forget your bonus tip sheets

One for reprogramming your brain to remove any obstacles or beliefs in your life

Another one is for changing beliefs with a list of beliefs that you can check as well as more comprehensive list of unconditionally loving criteria.

All 3 meditation links are below.