



Tactics For  
Standing  
In  
Your Power

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# Intro

Just about every area of your life may suffer by your inability to be powerful when needed.

This guide will teach you the basics of what it means to Stand In Your Power. It will break down the difference between a passive personality – and a powerful personality.

Many people misunderstand being powerful and believe that it's synonymous with aggressiveness, but that's not true. There are three distinct personality types and they're each unique in their own ways:

- **Powerful** – This personality type is the most desired. When you're standing in your power, you're bold and decisive and stand up for your beliefs and values.
- **Aggressive** – These personality types tend to be bullies to others. They believe they must plow their ways through others to get to the top of the line.
- **Passive** – The doormats of personalities, passive people may say "yes" when they feel like saying "no" and have feelings of frustration and anger because they don't speak up.

It may be somewhat frightening at first to take the power stance, but you'll soon know it's for the best as your self-esteem improves and you see the positive outcome of your efforts to stand in your power.

## **What Standing In Your Power Means to You**

There are so many advantages to being powerful. If you've been a passive person all your life, your new-found power means that your self-confidence will improve and so will your personal and business ventures.

You'll also find it easier to let go of bad habits you may have developed along the way. Since your self-esteem will have improved, you'll develop a new belief in yourself that you can accomplish so much more.

Powerfulness is considered the middle ground of aggressiveness and passiveness. It builds the character you'll need to enjoy yourself through the rest of your life with confidence and respect from others. When you are standing in your power you find yourself companionate without apology. Some advantages of developing an powerful personality are:

- You'll experience less stress and anxiety in your life.
- Time management skills will increase as you begin to say "no" to people and use your time as you please.
- A positive self-image is also an advantage of becoming powerful. No more slinking in the corner. Your able to enjoy being seen.
- If you have a "standing in your power" personality, you'll notice that others are relating to you more and your relationships do improve.

Learning to become more powerful will transform your life and put you into a state of mind which can help you navigate life's challenges, much more easily.

## Challenges of Standing In Your Power at Work

Whether you work for others or others work for you, standing in your power can mean the difference in success or failure. It's sometimes frightening to stand up to a boss who has your job or career in his or her hands, but if you conduct yourself in a confident powerful manner, it can propel you ahead in your career path.

If you own your own business or are in management, you must learn to deal with others powerful and compassionate way to inspire and develop a good and communicative relationship so work gets done and people are happy.

For example, you may take on more work than is possible to get done in a typical, 8 hour day. Staying late or taking work home is an alternative, but you then take away valuable time from yourself and your family.

Learning to say "No" to more projects or work is part of your power training which will help you focus on your own rights as an individual and reduce the stress and anxiety you have when saying "Yes" when you really mean "No."

Some of the tips you'll be able to use in your job or career include the following:

- **Apologize only when warranted.** If something goes wrong at work, don't automatically accept the blame if it's not your fault. Passive personalities are often guilty of accepting the blame for everyone just to calm a serious matter.
- **Be clear and concise.** If you need something, be clear about it – such as more time to finish a project or necessary equipment to help – and state your case confidently with your power stance, not apologetically.
- **Demand respect.** You have as much value as anyone, so accept no less than the respect you deserve – and also show respect for others.

- **Rehearse your conversations.** A good way to ease into a powerful personality at work is to practice in front of a mirror. Notice your facial expressions and body language. The more you practice the power stance, more comfortable you become.

That's just the tip of the ways you can be powerful at work. The benefits of developing a powerful personality at work are endless. Others will begin to view you with respect and value you because you treat them with respect.

You'll feel less stress and anxiety because you're finally taking up for yourself and get a huge burst of self-confidence that you can accomplish whatever comes your way. Life just becomes more beautiful, when you Stand In Your Power.

## **Power Challenges with Friends and Family**

Suddenly Standing In Your Power, with friends and family members may be the most challenging for some – especially if they’ve known you for a long time as being the person who always says “yes,” or a person they want to avoid because you make them uncomfortable by being too aggressive.

Maintaining harmony within your circle of friends and family can mean that you have to step up and stand up for yourself in the following ways:

- 1. Don’t mince your words.** When communicating with family and friends, be perfectly clear about your wants, needs and intent.
- 2. Be forthright.** If your family and friends don’t know how you feel, they won’t change their attitudes toward you.
- 3. Practice your standing in your power.** Just as you learned in Chapter 2: Being Powerful at Work, you should also practice standing in your power with friends and family before confronting them.
- 4. Develop an powerful mindset.** You may not feel completely comfortable speaking up at first, but replace thoughts of “I can’t” with “I can” when it comes to dealing with your friends and family.

When you have the skills you need to develop relationships with those closest to you, you’ll find that you’ll begin to appreciate the value you bring to each important relationship in your life.



## **Making Decisions While Standing In Your Power Isn't Always Easy**

You may have to work at the skill of making powerful decisions – especially if you've been extremely passive – or aggressive – for most of your life. Sometimes you may just want to keep the peace and agree – or something may make you so angry that you want to lash out. Neither way is appropriate for handling tough situations.

Sometimes making powerful decisions may come with a price – such as not getting the outcome that you desire from a situation. But, remember that it will put you in control of your own life and your self-esteem will get a boost if you made the decision and weren't in control by others.

Some of the benefits of standing in your power are:

- **Realizing that others aren't your problem.** Rather than worrying what others are thinking of you, you'll learn not to second-guess yourself about the decisions you've made.
- **You'll stop being taken advantage of by others.** When you make decisions from power, you'll free up your life for things that are really important to you.
- **Develop confidence.** The more decisions you make from a place of power, the more confidence you'll gain when dealing with others.
- **You'll stop being angry and resentful.** Being a “yes” person can make you feel angry and resentful at everyone in your life. Once you take the wheel of your own life, you'll feel much relief and can better communicate with others.

Don't expect to see results in relationships immediately. And, don't expect to always make the right decisions. But, if you do make a difficult or wrong

decision, you'll have developed the confidence to learn from the mistake make changes.

## **Overcoming the Struggles of Standing In Your Power**

Becoming powerful is not be an overnight transformation – you'll have to overcome some roadblocks along the way. After all, if you have been passive or aggressive your whole life, it does take some time to shift to being able to Stand In Your Power. But, as you progress on the transformation journey, it will become easier and you'll feel more confident in your ability to communicate your wants and needs with others, without FEAR.

Some struggles outlined in Learning to become more powerful, you'll learn how to overcome some of the most common issues when you Stand In Your Power.

- **Anger or surprise from others.** Not everyone will be pleased with the “new you.” Some may become angry that you refuse to be manipulated anymore – but others will applaud your courage to change. It also helps you recognize whom you want to really be around each day 😊
- **Feelings of stress and anxiety.** You may doubt yourself and become anxious about confronting others, but when you communicate in a positive – and powerful – manner, your boundaries will become clearer and you'll become more confident in your abilities.

You'll quickly learn how to work through your power fears and become the powerful and dynamic personality you've always admired in others. Beware that relationships will change –but you'll gain a new respect from others.

When you follow the suggestions offered in the guide, you'll likely experience a new-found freedom and boost of self-esteem that will precipitate positive changes in your life.

I invite you to visit my website [www.KarenStultz.com](http://www.KarenStultz.com) and get the "Becoming the Architect of Your Life" Workbook, to help you gain more clarity into yourself.

With Clarity comes More Power ☺



**Karen Stultz, CHt, CIWC is a Catalyst for Positive Change. She has created a unique style of coaching and Integrative Wellness that is Fun and serves the uniqueness of each of her clients. Since 2001 Karen has Coached, Studied and Designed Programs and retreats. As a Certified Hypnotherapist, Integrative Wellness Coach and Energy Healer, she integrates mindfulness and meditation, guided imagery, hypnosis, emotional freedom technique (EFT), Laughing Yoga(breath work),and Energy Work to help her clients create change and shifts in their lives for More Energy, Time, Money and Freedom, so there's more of YOU available for YOU.**