

LESSON TWO

Tapping Into Your Power

I hope you had a chance to complete Day 1's assignment. If not, please finish it before doing today's lesson.

With that, being said... you have to actually know what you want!

Seems like a funny thing to say, right? You might be thinking, of course, I know what I want! But do you really?

Think about it for a second. Look around at the people on your job, in your family, in your circle of friends, people in your church, your neighbors, etc. Most people (including you and I) are doing a great job of talking about what we don't want.

We don't want to get sick, we don't want to lose our job, we don't want to be in debt, and the list goes on and on.

Don't get me wrong, It's great to know what you don't want because it creates the motivation to change. But, unless you know what you do want instead, how can you make any kind of progress?

Below you will find today's lesson that will help you uncover what you truly want out of your life.

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Question...

What determines your level of power and resourcefulness?

Answer...

It's entirely up to you! You can both embrace all of your power and see what you are **really** made of, OR you can put a limit on your thinking and actions and continue to produce results you are **unhappy** and **unsatisfied** with.

This is a good time to implement certain scriptures or teachings that empower you and inspire you to use your imagination. May I suggest an awesome teacher (Dr. Todd Pulliam). And I'm not being partial because he's my husband (just kidding, I am, lol). You can listen to him [here](#).

Your assignment for today:

Using the table you filled out for Day 1's assignment, write down

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exactly how you want each area of your life to look if there **were absolutely NO limits**. If you were as powerful and resourceful as you wanted to be, how would the following areas of your life look?

- Your health
- Your relationships
- Your finances
- Your career
- Your spiritual life/passion

While doing this assignment, think as **BIG** as you can! **REMEMBER, NO LIMITS!**

You can use your notebook to write down your answers, or you can use the table on the next page...

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How each area of your life would look if there were NO LIMITS!

Health

Relationships

Finances

Career

**Spiritual Life/
Passion**

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Here are some scriptures to meditate on: **Matthew 19:26, Luke 1:37, Philippians 4:13**