

Take Your **Power Back**

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Power

- Most people do not think of themselves as having power.
- We have an uncomfortable relationship with power.
- We feel like we shouldn't want it.
- Power is the capacity or ability to direct or influence the behavior of others or the course of events.
- We fear power because we feel like it's something that we don't deserve.
- Power is not actually the problem; it's the infatuation with power and the misuse of power that we should fear.

Chart Your Own Course (3:20)

- Power isn't about fitting the mold of what others create for you but finding the you-shaped hole in the world.
- You get to choose every single day how to react to what happens to you.
- Every stumbling block can become your steppingstone.
- Hearing "no" opens up the opportunity for someone else to say "yes."
- Success is not about never failing; it's about taking the lessons from failure and allowing it to propel you forward.

Seek Out Allies (7:15)

- Sometimes, the opportunity of a lifetime happens because of a single person who's willing to take a risk on you.
- Someone who believes in you, even when you're not sure you believe in yourself, is an ally.

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- Taking back your power doesn't mean succeeding alone; it means collaborating with others who will lend you their support and strength and lending your support and strength to them.
- There are four types of allies that can help you to get to where you want to go:
 - Mentors: Teachers who share their experience with you and give you direction when you need guidance.
 - Sponsors: Open doors for you and provide access to opportunities.
 - Team: Labor at your side to make a joint vision a reality.
 - Circle: The people whose lives intersect with yours, your cheer section outside of work.
- When you have allies, your strength multiplies.

Learn to Forgive (10:42)

- Forgiveness doesn't always lead to reconciliation, though it can.
- Forgiveness is powerful because forgiveness is freedom.
- When you hold a grudge, you are the one bearing the weight.
- When you forgive somebody, you are allowing yourself to move forward.
- You are not weak for forgiving those who have wronged you; you're becoming stronger and more powerful than ever.

Find Your Voice (13:42):

- Your voice matters, despite what others think, and you don't have to give up what you want in life because others expected something different.
- What would you do if you weren't afraid?
- Who does God want you to be? Who is your true, authentic self?

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Make Your Mark (16:55)

- We have such a limited time to make our mark in the world.
- If you were going to write your own obituary, what would it say?
- Whatever legacy you want to leave behind, don't wait years to start forging it. Start it today.
- Your mission translates into goals, which inform your actions.
- Hundreds of times every single day, we are making the choice to lift up or tear down, to touch people in good ways or bad, to make the world better or a little bit worse.
- We spend much of our lives unaware of the impact we're having on the people around us, but that impact is what is left behind when you're gone.
- Power means making a lasting difference in the world.