



## Own Your Power Inventory

**Whether you feel it or not, you're powerful.** It's a simple truth. If you're not feeling it, that's normal. Messages and experiences throughout our lives teach us to see ourselves as less than we are. They block our power. I call this our "stuff".

**Your stuff is what gets in the way of experiencing yourself as powerful.** You can know something in your head, like "I am loved", but old messages can keep you from **KNOWING** the truth of it in your cells.

**When you know something *on a cellular level*, you own it, you FEEL it and it shows up consistently in your life.** Nothing blocks you from experiencing it, and you have no need to push or force it.

**The following is a list of qualities that you know in every part of you when you're fully in your power.** This is the work of a lifetime, and how you respond will vary from day to day, based on what's happening in your life. Fill this out daily or weekly to raise your awareness of the areas where your stuff is blocking you the most.

0-I don't agree   1-almost never   2-rarely   3-sometimes   4-often   5-almost always

	Quality	I know this in my head. 0 1 2 3 4 5	I KNOW this in my cells 0 1 2 3 4 5
1	The Universe (or the name you use) loves me.	o o o o o o	o o o o o o
2	I deserve love and acceptance.	o o o o o o	o o o o o o
3	I am worthy of abundance.	o o o o o o	o o o o o o
4	I am at peace being silent and still.	o o o o o o	o o o o o o
5	I am powerful.	o o o o o o	o o o o o o
6	I am confident.	o o o o o o	o o o o o o
7	I am relaxed.	o o o o o o	o o o o o o
8	I am happy.	o o o o o o	o o o o o o
9	I am at peace with who and how I am.	o o o o o o	o o o o o o
10	I love my body.	o o o o o o	o o o o o o
11	I am energized and excited by my relationships.	o o o o o o	o o o o o o
12	I am energized and excited by the work I do.	o o o o o o	o o o o o o
13	I trust myself.	o o o o o o	o o o o o o
14	I am abundant.	o o o o o o	o o o o o o
15	My energy is high.	o o o o o o	o o o o o o