



# THE POWER WITHIN WORKSHOP

HOW TO RECLAIM YOUR POWER AND WALK BOLDLY IN IT



*mikka renee*

# AGENDA

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## **Welcome!**

Welcome to The Power Within Workshop! This workbook is designed to guide you through our time together, providing space for notes, reflections, and key takeaways. We're excited to walk this journey of empowerment and self-discovery with you.

## **Workshop Agenda**

- Introduction and Welcome
- Discovering Your Inner Power
- Overcoming Self-Doubt and Fear
- Break
- Setting Boundaries
- Walking in Your Power
- Creating a Supportive Community
- Closing and Reflection



# DISCOVER YOUR INNER POWER



## Discovering Your Inner Power

### Key Points:

Power is the ability to \_\_\_\_\_ your own life and outcomes.

\_\_\_\_ - \_\_\_\_\_ is the first step toward recognizing your power.

When we embrace our \_\_\_\_\_, we can use them effectively to \_\_\_\_\_ our goals.

*"The most common way people give up their power is by thinking they don't have any." — Alice Walker*

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Recall a recent situation and how you responded. Identify what this response says about your strengths and areas of opportunity?

### Notes:

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# STRENGTHS

Circle the strengths you identify most with

Strengths (A - H)	Strengths (I - P)	Strengths (Q - Z)
Accountability	Initiative	Problem-solving
Adaptability	Integrity	Resilience
Analytical Thinking	Leadership	Resourcefulness
Attention to Detail	Listening	Self-discipline
Collaboration	Negotiation	Strategic Thinking
Communication	Optimism	Teamwork
Compassion	Organization	Time Management
Confidence	Patience	Versatility
Creativity	Perseverance	Visionary
Curiosity	Planning	Work Ethic

What do these strengths say about what you value?

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# OVERCOMING SELF-DOUBT

## Overcoming Self-Doubt and Fear

### Key Points:

\_\_\_\_\_ - \_\_\_\_\_ and \_\_\_\_\_ can block us from achieving our full potential.

Limiting beliefs are thoughts that tell us we're not \_\_\_\_\_ or \_\_\_\_\_.

Building confidence involves facing \_\_\_\_\_ and taking \_\_\_\_\_ despite them.

*"Fear is only as deep as the mind allows." — Japanese Proverb*

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What stories are you telling yourself that are holding you back?

### Notes:

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## Setting Boundaries

### Key Points:

Boundaries are \_\_\_\_\_ to stay aligned with your \_\_\_\_\_.

By setting \_\_\_\_\_ you create the space you need to \_\_\_\_\_.

Boundaries are \_\_\_\_\_ about telling others what to do. They are about telling others what you \_\_\_\_\_ do.

*"The only people who get upset about you setting boundaries are the ones who were benefiting from you having none." — Unknown?*

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Where do you struggle to say "no," and how does that impact your well-being and sense of control?

What would reclaiming your time, energy, or peace of mind look like if you set firmer boundaries?

### Notes:

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## Walking in Your Power

### Key Points:

Walking in power means \_\_\_\_\_ your story.

When you're walking in power, your \_\_\_\_\_, decisions and relationships \_\_\_\_\_ who you truly are.

Challenges are opportunities to reaffirm and \_\_\_\_\_ your power.

*"When you walk with purpose, you collide with destiny." — Bertice Berry*

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What parts of your story have you been hesitant to own, and how might embracing them help you walk more fully in your power?

Are there relationships or decisions in your life that no longer align with your true self, and how can you adjust them to reflect who you are today?

### Notes:

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# BUILDING COMMUNITY



## Creating a Supportive Community

**Key Points:**

Building connections with like-minded individuals enhances \_\_\_\_\_.

Supportive relationships provide \_\_\_\_\_ and \_\_\_\_\_.

Community fosters a sense of \_\_\_\_\_ and shared growth.

*"Surround yourself with only people who are going to lift you higher. - Oprah Winfrey"*

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How have your current relationships helped you feel more empowered or encouraged to take action toward your goals?

What steps can you take to surround yourself with individuals who support your vision and encourage your personal power?

**Notes:**

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# TAKEAWAYS

## Closing and Reflection

### Key Points:

Personal power is the ability to influence your own life and outcomes.

Limiting beliefs are thoughts that hinder our progress and potential.

Valuing your strengths can boost your self-esteem and make you feel more empowered to take action.

Regular check ins with yourself & adjusting as needed are key to Walking in Power

Supportive relationships provide encouragement and accountability

Community provide the encouragement and accountability to stay the course.

*"Reflection is the mirror in which we see the potential of our past and the promise of our future." — Unknown*

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### Notes:

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Use this page to track your actions and progress toward reclaiming your power!

**Personal Action Plan**

Identify Your Top Three Strengths:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

List Three Actions to Overcome Self-Doubt:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Three Steps to Maintain Your Power:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Community Connections to Foster:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# THANK YOU

## Final Thoughts

Thank you for being a part of The Power Within Workshop! Remember, your power is already inside you, and embracing it is a journey that lasts a lifetime. Stay connected, stay strong, and keep inspiring those around you.

Scan QR code to join the free Power Within Facebook group:



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**Stay Empowered!**