

5 Ways to Take Back Your Power With Awareness

Awareness is one of the most powerful tools you can use to Take Back Your Power. Today we're going to look at 5 ways to regain control and create the life you want to live.

Our lives have got so busy these days – running as fast as we can just to stay in the same place. We need a way to slow things down so that we control our circumstances instead of finding ourselves in situations we don't want and don't like.

Start by taking some time to take a deep breath, slow everything down, calm yourself and relax so you can get a proper perspective on life. Raise your head and look around. Become an acute observer.

Awareness is important on many levels, from the general to the specific, awareness outside yourself and within yourself, awareness of people and situations, awareness of your emotions, feelings and sensations, awareness of the messages that are being transmitted to you, awareness that everyone has their own perspective and that there is no such thing as absolute truth.

Taking Back Your Power means making *conscious* choices to take action in a way that creates a positive outcome. Each level of awareness adds power to your choices.

So, here are the 5 ways you can use awareness to make you a more powerful person:

1. Awareness of Yourself.

Get to know the real you. Review your life experience and list your strengths, skills and talents. Then be honest with

yourself about your weaknesses – we all have them!

Your life is shaped by your belief system, which is the product of your upbringing, social influences, education and life experience. Make a list of your beliefs, especially those that influence your behavior. Try and identify any negative beliefs about yourself as it is your limiting beliefs that stop you from achieving your goal and limit your potential.

Being empowered means you have confidence in yourself, appreciate your strengths and accept your weaknesses. Do these exercises at home by yourself and really spend some time discovering who you really are and how you can improve yourself.

2. Awareness of Your Feelings

Pay attention to your feelings and emotions and observe them with detachment. If you feel angry, annoyed, upset or experience any other negative emotions, acknowledge the emotion, and ask yourself why you feel that way. Think about what you need to do to resolve the situation that has caused you to feel that way. This enables you to make decisions and take effective action while being in control of your emotions, rather than your emotions controlling you, and that means you achieve the outcome you want.

Being aware of your feelings also enables you to tap into your intuition – how you feel about something is an indication of whether something is right for you or not. As you start to pay attention to your intuition and trust it, you'll find you'll become more intuitive just by using it – as you would with any skill.

3. Awareness of Other People

Observe the people around you – your spouse or partner, your

friends and family – how do they make you feel? Are your relationships positive, supportive, and bring you joy, or are they negative, destructive and drain you of energy? The people around you can have a profound effect on your energy and your attitude to life, the level of your ambitions and your ability to achieve them. Surround yourself with positive, supportive people. Be selective about who you befriend – quality is better than quantity – and nurture relationships with people who have a positive attitude to life as well as similar interests.

How do you respond to other people? Do you have a short temper and find it difficult to control your anger? Do you give your power away by reacting emotionally and losing your cool? Do you give support to others or do you constantly try to undermine other people and prove you're better than they are? Ask yourself why you feel that way and if it hides an underlying insecurity and lack of self-confidence. Be honest with yourself and make a commitment to tackling those underlying issues and investing in the right relationships that are mutually supportive.

4. Awareness of Your Situation

Where are you now and where do you want to be? Are you satisfied with your level of achievement? Are you lacking direction? What aspects of your life would you like to improve? Spend some time writing down your goals and dreams and describe them in detail.

Do you take responsibility for your current situation or do you blame other people or circumstances? Victims blame their environment, the state of the economy, anything or anyone but themselves for their circumstances. Victors take full responsibility for their circumstances and take action to change what they aren't satisfied with.

5. Awareness of Your Environment

“No man is an island” – a quote from John Donne’s poetry, meaning that no-one acts in isolation unaffected by their environment. We are working within society, our culture, our immediate family, friends and relatives, and the political and economic system. We need to be aware of the conditions we are working in so that we can take advantage of opportunities and take appropriate action to avoid being affected by adverse conditions. This is a very different approach from that of the victim we mentioned above. There are numerous stories of people who become very successful during recessions and depressions, for example. Compare that to those who focus on the problems rather than looking for opportunities.

Awareness of your environment means you can take positive action based on conscious choices. Ignoring conditions because they are negative makes you powerless to act and prevent them from harming you or causing problems for you. If you turn your back on a train speeding towards you it will run you down – face it and you can see it coming and move out of its way. Being aware of what is happening in the world around you gives you the power to act – knowledge is power, applied knowledge makes you powerful and provides the means to achieve your dreams.

✘ *Jan Moore – The Success Alchemist, is a Spiritual Empowerment and Intuitive Success Coach. She delivers practical life and business strategies plus intuitive guidance, sprinkled with spiritual and metaphysical principles so you can create unstoppable success in life and business. Get your FREE copy of her [Dream Achievers Success Kit](#) or apply for a complimentary [Unstoppable Success Strategy Session](#)*