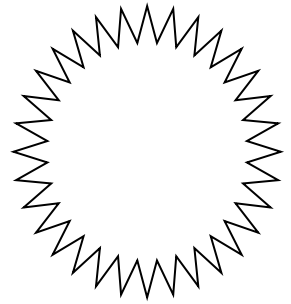


Challenge 10



Personal Power

Developing self-confidence helps us to get through those times that are challenging. If we learn to appreciate who we are as we progress through life, we will become more empowered to succeed. Everyone experiences both success and failure, but what we learn from these moments teaches us to prepare for the next obstacle ahead.

Each one of us can be a leader. Nothing holds us back more than an inability to see our self-worth. So, it is time to face the person in the mirror and begin to believe that you are everything and more than you could hope. That faith in yourself becomes your own personal truth.

Name someone in history whom you think showed positive power. Include the impact that he/she made on others.

Teens are the most influential generation that will make an impact in the world. It's time to prepare for that opportunity right now. It begins with taking charge of each day and making it the best possible.

It's important to not only acknowledge what we do well but to achieve the most that we can, never taking for granted that every person has abilities to offer the world.

Determining what values are most important to us will be the criteria behind making future decisions. Are we committed to truth, loyalty, courage, strength? Do we have a work ethic that is tireless and committed? Are we invested in change or do we just talk about it?

We each have a personal choice to determine the rules that we will live by, and the expectations that we have of others in relationship to our personal values. Knowing that you have the capacity to create positive change is an empowering thought.

What difference are you going to make in the world? How will you make it better?

What will you use to measure your personal success? Will it be a career, fame, fortune, where you live, who are your friends, the positive change that you have made in the world?

Personal Power

You have power over the choices that you make in your life. Begin with accepting responsibility for who you are and what you are choosing to do with every decision that you make. It doesn't matter who your parents are, where you were born, or how you were raised. You have the power to control your own destiny, and no one can take that away from you unless you allow them.

How do I give my power away?

1. If you allow someone else to make you feel uncertain, weak, unstable, unloved, or unwanted, you have given them a piece of your power. No one has the right to control you or decide whether you have personal value. It is just a form of manipulation that others use over those who are less confident. Don't let anyone make decisions for you.
2. If you allow something or someone to change your lifestyle, your value system, your friendships, and family connections, you have given your power away to that "thing" or person. Each of us needs to guard our personal power because it is the force that gets us through life.
3. If you are obsessed with being with the "right" people, in terms of prestige or popularity as opposed to friendship, integrity and character, then you have given your control over to another person or group that is a temporary relationship.
4. If you are only into "buying, buying, and more buying", then you believe that things will bring you success and happiness and you have chosen to attach your power to how much you have. What you will find is that "things" become boring, carry little value, and are replaceable, unlike great relationships.
5. Priorities should be centered on building community awareness and personal responsibility. We all want to have the basics in life. We also want to have fun and celebrate life. But our greatest strength comes from the focus and appreciation that we extend to others, especially those who are suffering, hungry or in need. Our efforts will bring not only satisfaction but a sense of personal empowerment.
6. Avoid using the word "try." If you walk through life with an "I'll try" attitude instead of "I will do this," you will most likely have LESS of a chance of succeeding. The word "try" is second in terms of power.

What things in life do most people think will make them happy but often times, fail?

You can make it happen.

You have control.

You need to find the way to make it work.

You need to feel your own sense of power.

7. Quit worrying. It doesn't do you any good. It's like replaying the same song over and over and over. You know the words by heart, but the lyrics get old and it starts sounding meaningless. Worrying accomplishes absolutely nothing.
8. Plan. Deal with your problems in a logical way. If it is a problem that you can do something about, do it. Quit waiting. It may mean that you need to apologize to someone. It may mean that you need to get your life together and start working for your goals. It may mean that you have to sacrifice your time and commit to change.
9. Most importantly, if you can't control or fix the situation, then you probably should let it go. Start thinking about those things that you can accomplish. Seek out those people who will welcome you and the life you have chosen. I

***In reality, our power is our own truth.
It is not to be used by others.
It enables us to lead lives that are free.***

Why is it important for each of us to believe that we have personal power in our lives?

How can teens use their power in day-to-day life?

Personal power comes from within. It is how we choose to believe in the promise of each day and the value in each person. It's time to talk about your own power. What do you see is your greatest strength? How can you share it with others?

Give examples of committed, empowered people in your family, neighborhood or school whom you admire.

What kinds of qualities do empowered leaders need? Explain.

Whom do you know who has overcome great challenges and is an example of personal empowerment every day of his/her life?

Special needs individuals are some of the most heroic people in the world. Tell us about a person you know or have read about. What did this person teach you?

Write this person a letter, telling them how they have inspired you.
