

5 ways to reclaim your **PERSONAL POWER**



If you feel undervalued, overworked or simply dissatisfied, chances are you are giving away your personal power. SUE LESTER shows you how to define and reclaim your personal power for greater clarity, confidence and motivation.

Women like you who live in their personal power are calm, confident and centred. You know and like who you are. You have a clear sense of direction, and absolute faith in your ability to get there. You know you will be able to attract the right resources, people, education, and whatever else you need for the next step. You value your health, time and self-worth, so you aren't afraid to say "No" as needed, even to your partner.

If this doesn't quite sound like you, yet, read on to discover the five ways you can reclaim your personal power.



1. INTERNAL SOURCE - The only person who can live your life is you. Happiness and love start from inside you, so stop waiting for someone else to do it for you. All your answers are inside, under your fears. Taking action despite your fears super-charges your self-worth. The more you learn to trust yourself the more you step into your power. You cannot control the economy but you can control your reaction to it.

2. FULL RESPONSIBILITY - Personal power is about taking full responsibility for your life, which can be scary, with no one else to blame. It is also incredibly liberating because no one can 'make' you unhappy ever again. You only take full responsibility for your own thoughts, feelings, actions, inactions and the meaning you give to events, for example, you take responsibility for the words you use, your tone, timing, and intention and for communicating effectively, but not for how the other person chooses to respond.

3. RESULTS - Forget the reasons and excuses, if you don't like the results you are getting, work out what to do differently so you do. Do you need to stop being a solopreneur and hire an expert?

4. BE PRESENT - The only moment that is real is now. What you choose to think, feel and do now creates your future. The past and future only exist in your imagination but your body feels the emotion of your imagined event as if it is real. If you feel anxious, stop imagining the worst by asking yourself, "What if it doesn't happen like that? How would that feel?" Absolutely, have a plan for your future but live in the present where your loved ones are.

5. SELF-AWARENESS - Awareness is the first step to change. Monitor your self-talk. If you don't believe in yourself, no one else will!

Remember, there is no such thing as a perfect human. We are designed to continue to learn, grow and evolve. Forgive yourself for not being superwoman, and get on with living a life you love, now. ■

How fresh are your skincare products?

Hi, I'm Tristan and I've been on a journey to unlock the secret to naturally beautiful, youthful, radiant skin.



What I have discovered, is that just like our food, our skincare products are best when fresh. There is much scientific evidence to support the effectiveness of natural ingredients - whether for nourishing, moisturising, healing or anti-aging - and of the harm that harsh chemicals can do to our skin and our bodies.

So we've created Rubifresh - a range of high performance, all natural face and body products using some of nature's most potent and well-



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researched ingredients at their freshest. No preservatives, no parabens, no alcohol and no other nasties. Our ingredients are purchased in small quantities, and products made to order, to ensure our skincare is delivered at the height of its freshness and potency.

From pampering scrubs, to high performance anti-aging creams and serums, Rubifresh products are guaranteed fresh and natural, and always beautiful to use.

Go to www.rubifresh.com.au and register using CODE: WNAADV1 for a chance to win one of 4 trial packs containing a small version of each women's product in the range. A trial pack will be given away each month between June and Sept, so register now to win! For more information about fresh skincare, call Tristan on +61 (0) 412 583 917

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