

# **P R O T E C T** **YOUR** **PERSONAL POWER**



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# Foreword

Knowing and learning on how to value and love yourself is one of the salient factors that you should consider to attain a Personal Power Perfection. According to researches, loving yourself enough to protect your personal power plays a vital role in obtaining your dreams and goals in life. Self empowerment and self love will serve as your guide and key in reaching the breed of life that you deserve to have. The key objective of Personal Power Perfection is to teach you on how to perfectly love yourself to protect your personal power effectively. All the valuable information that you need about the mentioned topic are all present within this book. All you have to do is to merely read the succeeding chapter of this book that will greatly help you to explore the real world of Personal Power Perfection.

***Protect Your Personal Power***

# **Chapter 1:**

## ***Loving Yourself Basics***

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### **Synopsis**

In order for you to attain the real essence of personal power perfection, the first thing that you should learn and consider is to know how to love yourself selflessly.

Loving yourself is considered as one of the most important factors that you must know and possess. Just like what the bible says “love your neighbors as you love yourself”. In this phrase, you can understand that you need to love everything around you including yourself.

The following are some of the basics on how to start loving your own self to attain the significance of personal power perfection.

## **The Basics on How to Start Loving Yourself**

In order to start loving yourself, there are various factors that you should consider to make sure that you will attain the personal power perfection that you deserve to receive. Here are some of the valuable factors that you should follow in order for you to start loving yourself:

### **Wash out the Anger and Grief**

According to most researches, this is the first factor that you need to follow. In order for you to surpass the first step, you are required to make a journal that contains all the important lists such as:

- Things that you don't like admire about yourself
- Things that you don't admire to those individuals who are close to you particularly with those persons to whom you show and boast bitter feelings
- Create a list for those things that you don't admire about your life

In this way, you can easily wash out the anger and grief that you are feeling inside. This kind of process is also known as catharis. When you hear the term "catharis", it simply means that you want to purify yourself until you are completely pure. It is a kind of cleansing process that is highly recommended to clean your soul's dirt.

### **Forgive**

The next step that you should do is to forgive yourself for all the things that you have done wrong. When you completely forgive yourself, it is the perfect time to forgive other people for the things that they also done to you. In order for you to completely forgive yourself, you need to let go all

the bad memories that hurts you in the past and continue a brighter life in the future.

### **Build Positive Experiences**

To completely start loving yourself, every single day of your life, you are required to make use of your journal. However, at this point of time, you need to write positive things that you admire about yourself. You can also write down good things that you admire with those people who become part of your life. In this kind of journal, you don't need to write down negative thoughts about yourself, only the positive one are allowed. Then, after you go to bed, try to read all the positive things that you admire about yourself as well as with those persons that you value most. In this way, you will feel peace, pure joy and grateful about your achievements.

These factors to keep in mind on how to love yourself will serve as your guide in order to obtain the real meaning of personal power perfection.



# **Chapter 2:**

## ***Treating others with Love and Respect***

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### **Synopsis**

According to great saying, “respect yourself will guide your morals and treating others with love and respect will guide your manners”. It is true that relationship with thy self is considered as one of the salient relationships that you need to have.

If you love and respect yourself, you will not find a hard time and difficulty to treat others with love and respect too. In order for you to protect your personal power, you need to love yourself, as well as, it is also important that you also know how to treat others with love and respect that they ought to receive.

The following are some of the useful suggestions that you should ponder on to make sure that you will obtain the personal power perfection and the significance of treating others with love and respect.

## **Useful Suggestions in Treating others with Love and Respect**

In order for you to easily treat other with love and respect that they deserve to receive, you are recommended to follow these useful suggestions that are stated below. To enable yourself to treat others with love and respect, the most important thing that you need to ponder on is treat yourself in a better way. Learn more about some of the suggestions that are proven effective and work well for you to easily attain the love and respect that you also deserve to have.

### **Catch Yourself**

It is not advisable to catch yourself with negative thoughts especially when bad things happen. It is much important to bear in mind that you did your best in fulfilling a certain challenge in life. You don't need to pressure or blame yourself for unexpected incidents that might come. You need to remember that it is part of life and nothing is impossible if you associate it with passion, perseverance and dedication.

### **Forgive Yourself**

As a human being, it is very normal to commit mistakes since you are not perfect. The best thing that you need to do is to accept if you are wrong and learn from your mistakes. Don't allow that your mistakes to become your internal hatred as much as possible and forget all regrets you have in the past. If you do this, you can be sure that you can easily treat others with love and respect that they deserve.

## **Accept Yourself**

Before you can treat other with love and respect, you need to accept yourself in a form of recognizing your inner beauty as well as the way who you are. Your life will not be completely happy if you don't accept yourself and appreciate your existence in the world. Life has a purpose; all you have to do is to determine the purpose of your life in order for you to protect your personal power effectively.

The useful suggestions on how to treat others with love and respect as well as the valuable factors to foresee the essence of life that are mentioned above will greatly help you to completely attain your personal power perfection and to protect your personal power by simply loving yourself unconditionally.

# Chapter 3:

## *Being Grateful*

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### **Synopsis**

Being grateful is one of the great factors that you should ponder on in obtaining your personal power perfection. There are individuals who already forget to give gratitude for all the things that they obtain in their entire life.

Being grateful must be highly considered in the field of personal power perfection. When it comes to loving category, you also need to be thankful for those persons who love you all through these years since without them; you will not have a solid understanding on how to extend your gratitude to other people.

The following are some of the potential benefits that gratitude can offer:

## **Potential Benefits of Gratitude**

Gratitude will also offer you with valuable benefits that you can make use in your entire life. It is not enough to say the word “thank you” for someone who did something good to you. It is more important that you show them how you really appreciate the things that they have done for you. However, gratitude will also provide you with unique benefits that you will surely love.

### **Better Moods and Less Stress**

According to a research, most of the grateful people are happier than those people who are not. It is also true that grateful thinking has the ability to improve the mood of a certain person. Gratitude reduces depression and anxiety. In order for you to enhance your better moods and eliminate those unwanted stress, you can also engage with gratitude exercises that are associated with clinical psychology.

### **More Gain, Less Pain**

Being grateful will also help you obtain a wide variety of health benefits that include a strong immune system, lower the level of your blood pressure and reduce the possible risks of disease symptoms.

### **Better sleep**

A better sleep is one of the things that you need to be thankful since not everyone experience complete hours of sleep. In order for you to attain the personal power perfection, you need to be grateful even for those simple things that come into your life.

## **Stronger Relationships**

Expressing gratefulness to your close friend or partner has the ability to enhance your communal strength. Gratitude has a unique predictive power especially when it comes to relationship promotion. When your partner is extending his or her patience just to understand your attitude, you need to appreciate it. Gratitude will also help you foresee the actual situation and it has the ability to lessen the panic and open up your thinking to come up with great solutions.

In order to protect your personal power, being grateful to every single thing that comes into your life is really important. The potential benefits of gratitude that are stated above can greatly help you in appreciating the real and revealing aspects of personal power perfection.

# **Chapter 4:**

## ***Expressing Yourself***

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### **Synopsis**

To easily obtain personal power perfection, it is very important to know the proper way on how you will express yourself to people who surround you. Most of the individuals nowadays find a hard time and difficulty to express themselves as well as their feelings and emotions.

It is a fact that loving and expressing yourself plays a vital role in protecting your personal power. If you are one of those individuals who find difficulties in expressing themselves, the following are some of the helpful ways on how to express yourself.

## **Helpful Ways on How to Express Yourself**

Expressing yourself is one of the things that most individuals are frightened to encounter. According to studies, expressing yourself requires daily practice, time, dedication and effort. Here are some of the helpful ways that will greatly help you to easily express yourself freely and confidently.

### **Engage with Music**

When it comes to music, there are various things that you can do in order to express yourself. You can play different instruments and write songs. It is a fact that music is considered as one of the powerful tools that has the ability to help you in expressing your feelings and connect it with your emotions. Listening to your desired music will help you boost yourself expression. In order for you to express yourself with the help of music, you can create playlists songs that will suit your mood then allow the music to speak with you.

### **Create Art**

Art comes in different forms and it can be scrapbooking, drawing, baking, cooking and painting. With the help of art, you can easily express your artistic expression that you have dreamed of. When you exert your full effort with your daily practice, you can be sure that you can easily express yourself in a short period of time. This is the perfect time for you to show your creativeness.



## **Spend Ample Time with Nature**

The real and revealing beauty of tall mountains, the great sound of ocean waves and the cool fresh air is absolutely nature healing. You can express yourself with the help of nature. If you prefer, you can watch the awesome sunset in the mid afternoon, go fishing or even walk at the seashore. These are one of the nature activities that will greatly help you express yourself in no time.

## **Meditate**

Meditating has the ability to give you with enough space and time to build inner silence and stillness. You can perform meditating anywhere, all you have to do is to pause for a while, take a deep breath and try to meditate.

## **Get Physica**

Any kind of physical activity has the potential to help you to express yourself. You can try weight lifting, running, hiking, yoga and dancing. In this way, you can easily determine your strength and weaknesses.

## **Build New Hobby**

If you are feeling bored with your hobby, this is the right time for you to build new hobby that will keep you active and busy. It is true that new hobby also has the ability to express yourself. You can also try jewelry making and cake decorating if you prefer.

# **Chapter 5:**

## ***Get Out of the Past***

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### **Synopsis**

To completely protect your personal power and attain the personal power perfection, you are also required to get out of your past. Let the past remain in the past. When you hear the term “past”, it simply means that it is absolutely over.

It is not advisable to go back in your past since it is already done. The best thing that you need to consider is to focus with your present and future life. What matters most is to continue your journey in the present and be ready to face the upcoming trials and challenges that might come in the future.

The following are the effective ways to easily get rid of your past:

## **Effective Ways on how to Get Rid of your Past**

There are individuals who find a hard time and difficulty to get rid of their past. It is true that forgetting the past is considered as one of the difficult situations that you will always encounter in your life. However, it is very important to get out of the memories of the past, think about today and continue your journey in the future. If you are one of those persons who find a difficulty in forgetting their past life, here are some of the effective ways that will greatly help you to completely move on and get out of your past.

### **Remove Negative Thoughts**

In order for you to easily get rid of your past, the first thing that you should do is to remove your negative thoughts. You need to bear in mind that those negative thoughts will not help you move on from your past but, it will serve as your hindrance to continue your journey in life. To easily get out from your past and obtain the personal power perfection, the best thing that you can do is to hang out with people with a positive outlook in life. In this way, they will serve as your source of motivation and encouragement to get out of your past in a short period of time.

### **Engage with Physical Activities**

Engaging with physical activities will also help you to get rid of your past since most of the physical activities will keep your mind and body busy. In this way, you will forget some of the unwanted memories that you have encountered in the past. By doing this, you are one step closer in reaching your set goals in life.

**Focus with your Healthy Diet**

Instead of thinking about the things that you encounter in the past, the best thing that you can do is to focus your attention to your eating habits. You must have a regular healthy diet. Most of the individuals who are suffering from unwanted situation from their past whether with their personal life and romance usually spend more time with their diet. In this way, you can be sure that you can easily get out of your past in no time.

# Chapter 6:

## *Forgiveness for Yourself and Others*

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### **Synopsis**

If you really want to obtain personal power perfection and protect your personal power, forgiving for yourself and those people who hurt or do something wrong against you is the first thing that you need to consider.

In order for you to attain personal power perfection, the first thing that you should do is to forgive yourself and others. Forgiving yourself for all the things that you have done wrong in the past is considered as one of the salient factors that you need to do.

The following are some of the simple ways and tips on how to attain self forgiveness and forgiving others.

## **Simple Ways and Tips on how to Attain Self-Forgiveness and Forgiving Others**

If you are one of those individuals who made mistake from your past, this is the perfect time for you to forgive yourself. It is true that you cannot forgive other people if you don't forgive yourself first. In order to easily forgive yourself, here are some of the simple ways and tips that you need to follow to completely forgive yourself:

- Business mistakes, family problems and failed relationships are just one of the usual areas that most people want to deal on. To easily get rid of these mistakes, the first thing that you should do is to create a list of those persons who got hurt because of you in the past.
- Creating a list is considered as one of the toughest situation especially when it comes to self forgiveness since you need to go back with those stressful memories that you encounter in the past
- The best thing that you can do is to give yourself ample time in creating your list. Be honest in making your list to make sure that you will include everything that you are searching for.
- When you completely create your list, take a look with every name of the person from your list then think about the scenario and validate the respective circumstances.
- Finally, it is the best time to forgive yourself for all the bad things that you have done from all the persons that is included in your list.
- When you do this, you will feel extreme relief that you deserve to receive.

- When you finally forgive yourself, the next step that you should do is to ask for apology to other people you hurt in the past.
- After forgiving yourself, the next thing that you need to ponder on is to forgive others that hurt you in the past. It is not advisable to allow yourself suffering from the hurtful memories in the past. As a human being, you also need to forgive others. In this way, you will greatly feel the real essence of relief that you ought to receive.

# **Chapter 7:**

## ***Being Positive***

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### **Synopsis**

If one of your main goals is to attain financial success, team building, athletic performance, career advancement, happiness, longevity and enhanced health, all you have to do is to be positive all the time.

Being positive is also one of the great factors that you need to possess to easily reach personal power perfection and to protect your personal power by simple loving yourself despite the things you have encountered in your entire life.

It is a fact that being positive will also provide you with amazing benefits that you will surely love. The following are some of the useful benefits of being positive that you need to know and learn.



## **Useful Benefits of Being Positive**

Being positive is considered as one of the great factors that you need to possess to obtain personal power perfection. Nowadays, most people are negative thinker and they easily give up on a certain situation without trying it first.

As a human being, it is very important that you always look at the brighter side of life since it will greatly help you in reaching your set goals in life without hassle and difficulties.

Even though, bad things happen, you need to bear in mind that you don't need to lose hope since at the end of the dawn, a new beginning will follow. Here are some of the useful benefits of being positive all the time.

- Most positive people have the ability to live longer. When you regularly express positive feelings and emotions, you have the chance to live a long and happy life.
- If you belong to a negative working environment, being positive has the potential to transform into a positive one.
- Most of the positive sales people have the ability to sell more compared to those sales people who easily give up with their assigned job.
- Being positive will give you the ability to come up with wise decision even if you are under pressure.

- A positive person who usually express their positive emotions and feelings are more flexible when facing adversity, challenges and stress.
- Being positive will give you the potential to easily identify the correct solution to a certain problem.

Being positive is the first thing that you need to possess in your life since it will greatly help you in making all your dreams come true. As much as possible, surround yourself with those positive people who will encourage and motivate you to stay positive whatever trials and challenges that might come.

Engaging with positive people will greatly help you remain focused on your set goals and at the same time, love yourself to protect your personal power. The useful benefits of being positive that are stated above will serve as your guide and key in obtaining your set goals in life as well as the personal power perfection that you are looking for.

# **Chapter 8:**

## ***Affirming Yourself***

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### **Synopsis**

Self affirmations can be defined as self scripts or positive statements that have the ability to condition your mind and develop positive perception. Affirmations will greatly help you transform your harmful behaviors into a positive one.

Most affirmations are quite easy to use and make; all you have to do is to exert effort and dedication to let them work. If you are not familiar with affirmations, this is the perfect time for you to have a clear and better understanding on how affirmation works in your daily life.

Affirming yourself with positive statements will help you boost your positivity and confidence in facing the real life battle. The following are some of the valuable facts that you need to know about affirming yourself with the use of affirmations.

## **Valuable Facts about Affirming Yourself with the use of Affirmations**

It is a fact that affirmations really do work however, if you really want to make a change with your life, you need to let go of your past and accept change. In this way, you can be sure that affirmations will really work for you. If you are feeling down, affirming yourself with positive statements will let you feel enlightened and relieved.

Affirmations have the potential to reprogram the thought patterns and transform the way you feel and think into positive one. Positive change will come naturally and easily. When you decided to engage with affirmations, you will immediately notice that there are affirmations that you will love and enjoy saying.

If you encounter this kind of scenario, it simply means that these affirmations are effective to you. When you are still wondering if affirmations will really help you, the definite answer is yes.

It does not matter on what aspect you are dealing with since affirmations are proven effective to let you feel enhanced and better about your life and with yourself. If you make use of affirmations correctly, it has the ability to manifest genuine change that you are searching for.

Affirming yourself is also considered as one of the salient factors that will help you in obtaining the personal power perfection. The existence of effective affirmations will allow you to reach the kind of life you want.

# Chapter 9:

## *Get Rid of Past Thinking*

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### **Synopsis**

Aside from loving yourself to protect your personal power, get rid of past thinking plays a vital role in reaching the personal power perfection. It is very important to eliminate those negative thoughts that are present in your mind since it will not help you in reaching your set goals in life.

In order for you to get rid of past thinking, there are useful things that you can do to easily eliminate those negative thoughts in coming your way. The following are some of the useful things that will greatly help you in getting rid of thinking about your past in no time.

## **Useful Things to Eliminate Negative Thoughts**

Getting rid of negative thoughts and past thinking is considered as one of the important things that you need to eliminate in your life. It is true that negative thinking will not help you attain your goals in life. Instead, it will serve as a great hindrance in reaching your key objective in life. In order for you to easily get rid of past thinking, here are some of the useful things that you need to do to immediately overcome your negative thoughts.

### **Do Yoga or Meditate**

To easily overcome your negative thoughts, engaging with yoga class will greatly help you take away your past thinking. It is true that yoga has the ability to keep your mind and body relaxed and free from worries.

### **Engage with Positive Individuals**

If you are experiencing trials and challenges, the best thing that you can do is to be with optimistic persons who can give you pieces of valuable advice that will help you to easily get rid of past thinking.

### **Smile**

A simple smile in your face has the ability to relieve your stress and change your bad mood. Instead of frowning, make it a habit to smile since it is proven effective to easily get rid of past thinking. It is one of the best habits that you need to possess especially when you are encountering negative thoughts.

## **Read Positive Quotations**

In order to immediately eliminate your negative thoughts, you are recommended to read positive quotations that will remind you to remain positive despite the negative thoughts that you experience in the past.

## **Always be Grateful**

Being grateful can also help you eliminate your negative thoughts and past thinking. For every simple thing that happens to your life, you need to be grateful for it since every trials and challenges that comes into your life has a significant purpose. In this way, you can be sure that you will completely attain the personal power perfection that you are searching for.

# **Chapter 10:**

## ***Benefits of Power Thinking***

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### **Synopsis**

There are power thinking benefits that you will surely gain once you gained personal power perfection successfully. Positive thinking and optimism will provide you with huge benefits that will help you in transforming your set goals into a real one. If you are not familiar with the benefits of power thinking but you want to know some of them, this is the right time for you to know more about the amazing benefits of power thinking. The following are some of the excellent benefits of power thinking that are worth searching for:



## **Excellent Benefits of Power Thinking**

Power thinking or positive thinking will provide you with exceptional benefits that you will surely love. Being a positive thinker will greatly help you in reaching your goals in life. Despite the challenges, hindrances and trials that you encounter, being positive must be your top priority. If you always look at life on the brighter side, you will have a great chance to completely reach the personal power perfection. Here are some of the excellent benefits of power thinking that you need to know and consider:

- **Most of the positive people has the ability cope up with stress.** According to researches, a positive person can easily deal with frustration and disappointment. They also have the potential to immediately resolve their problem since positive people usually ask for advice, guidance and assistance to other people. This is one of the powers of positive thinking that you need to know and learn more.
- **Optimism and power thinking can enhance your immunity.** When you hear the term “immunity”, it simply means that it is an area where the attitudes and thoughts are being influenced by your body. Being positive will also influence your mind and body since power thinking is proven effective on your health.
- **Power thinking can make you Resilient.** Resilience can be defined as a powerful ability to easily cope up with problems. It is a fact that most of the resilient people have the potential to face trauma and crisis with strength. If you are dealing with trials and challenges in life, all you have to do is to look for possible solutions to get rid of your problems.

- Apart from this excellent benefits of power thinking, being positive can also benefit your health that include increase your life span, lower the rate of your depression, lower the level of your distress, better physical and psychological well being, reduce the risk of cardiovascular disease and death issues.
- This is one of the reasons why most positive people are happy and contented with their life since they know the excellent things that they need to do to easily get rid of their problems without experiencing stress and frustration.

To successfully obtain the real personal power perfection, it is very important that you need an apparent and superior understanding especially when it comes to loving yourself enough to completely protect your personal power that are worth searching for.