

# Power Mantra Guide



Whole happy free

A Step by Step Solution



We step into our power in relationships when we are clear about BOTH what we want, and what we don't want. Often, when we are in pain, we don't know what we want- we just don't want THIS.

When we get clear about what we want and don't want, and we express it clearly and kindly, we give others the chance to show us if they are able and willing to honor our needs. Additionally, we give our brain what it needs to identify and catalog the information it is gathering from the actions of another.

This is powerful because it helps us feel grounded in our role, enabling us to take full accountability for our responsibilities while respecting the accountability of others. This clarity frees us from the need to control outcomes, allowing us to focus on simply gathering the necessary information.

This guide is here to help you do just that. We hope it brings you the clarity and direction you need to confidently step into your power. You've got this!

Tonya & Natasha





I know what I want  
I know what I don't  
want

I express myself  
clearly and kindly,  
and let go of the  
outcome



# Step 1

## Know what you want

Get clear on what it is that you *do* want. What would it look like if you were observing from outside of yourself and witnessing yourself receiving what it is you want? What would it feel like? How would you know? What action will you take in your life in regards to this relationship if you receive what you want?

**I know what I want:**



## Step 2

# Know what you don't want

Get clear on what it is that is unacceptable to you. What would it look like if you were observing from outside of yourself and witnessing yourself receiving what it is you do not want? What would it feel like? How would you know? What action will you take in your life in regards to this relationship if you receive what you do not want?

**I know what I don't want:**



## Step 3

### State this clearly and kindly

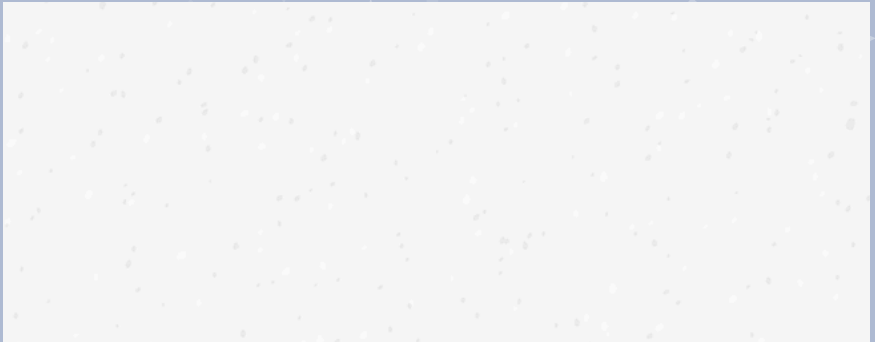
Remember, this is not about convincing someone that it is acceptable, right, reasonable, or fair for you to feel the way you do. It is about making a clear statement, and doing so kindly.

“Clear is kind.” Brene Brown

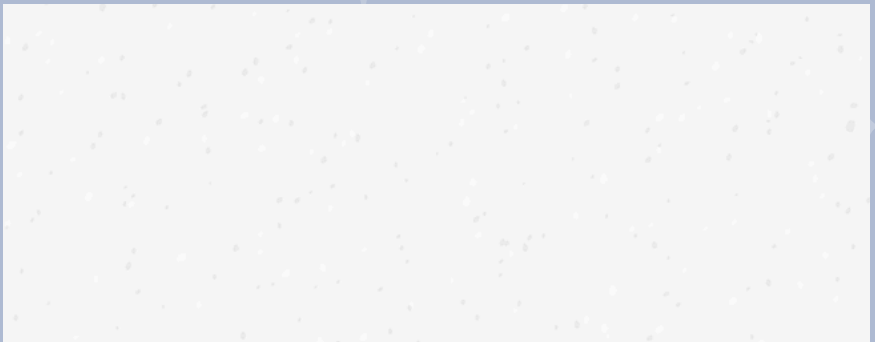
It gives others the opportunity, if they take it, to see your needs and choose how to respond.

Clarify your statement below:

**I know what I want:**



**I know what I don't want:**



## Step 4

# Let go of the outcome

### Let go of the outcome

When we are clear, we can know that the other person's response is information about what they want and how they desire/are able to show up rather than a response to miscommunication. Knowing this helps us to give responsibility fully to them, and then choose what we are going to do about it. We can let go of the outcome because the outcome is outside of our control.

Create a list of tools to help you navigate the emotions of grief when receiving what you don't want, and to honor and celebrate the joy of receiving what you do want.

