

# 10 POWER PRINCIPLES

## Empowering You To Achieve Your True Potential

Hosted by Andy Hall

This series of lessons will transform how you achieve your goals and dreams. They will shift your old, traditional beliefs and remove any fears you have that you don't deserve, or that you can't achieve, your true desires. They will enhance your vision of the success that can be yours and give you the tools with which to take action.

Each principle will open the door to a new awareness.

In order for us to learn anything, it requires a certain degree of confidence:

- if we have too little confidence, we think you cannot learn
- if we have too much confidence, we think you don't have to learn.

To learn we need to be open minded, willing and receiving.

Don't let your programming and conditioning sabotage your thinking with a 'no, but ...'. It needs a 'yes, and ...'

Our learning models are based on three things:

1. our level of ***awareness of our potential***
  - the awareness of the opportunities right in front of us
2. our **current level of belief**
  - what we really believe we are capable of achieving in our life
3. our decision to **take action**
  - in order for us to achieve success in life, we need to step forward

### How we do anything, is how we do everything

When we expand our awareness of our true potential, when we challenge the convictions of our old limiting beliefs and replace them with new empowering beliefs, when we gain a true understanding of who we are and, more importantly, what we are, and apply the Power Principles in our lives, we will never again be held in the field of limitation of what we currently have and see for our lives.

**We only get one chance here on Earth ... this is not a dress rehearsal.**

**Believe in yourself and believe in your ability to achieve.**

**Maximise Your Potential**

### Power Principle 6: Courage

Long-term personal transformation requires the courage to face our fears, anxieties, and to move ahead outside of our comfort zone and our safety net.

Courage is an essential principle for living the life we deserve. Courage and risk-taking is not only necessary for achieving success; it is necessary for sustaining success. Bravery is for those who conquer someone or something else; courage is for those who conquer their own fears.

Courage is about the quality of mind or spirit that enables a person to face change, difficulty, danger or pain, including their ability to do what must be done in spite of their internal resistance of fear.

Courage is the willingness to act in spite of your fears and reservations:  
"Don't go where the path may lead; go where there is no path and leave a trail."

Courage allows you to act in the face of doubts and fears. It is the ability to go into any situation and show up authentically and express yourself from your heart.

"It's not the magnitude of the task that matters; it's the magnitude of our courage."  
So, be courageous as you go and grow forward.

**1. Consider the areas of your life where you've been really successful. How much has this Principle been applied in that area?**

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**2. What is the learning that you've taken from this Lesson - learning that allows you to reevaluate, make the necessary adjustments, and then take the next step forward in your life?**

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**3. What we give attention to grows. What we think, we become. So, how are you going to apply this Principle? To what areas of your life?**

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