

Workshop Created By: DARCIE HARRIS



As women we want to be seen as understanding, compassionate and fair. Powerful? Don't go there. Fearful of perceptions and stereotypes, even the strongest women sometimes perceive power as being negative. Anxious about being labeled as demanding or hard to please, we often feel hesitant to embrace appropriate power. The result? We may give away our legitimate power in ways we can't even see. We struggle with saying "no," setting limits and self-care.

With the help of metaphors from the equine world, we can rethink our perceptions of power and:

- Face the fears that cause us to play small
- Develop the confidence to embrace our full potential
- Stop the behavior that might be holding us back from creating the happier life we really want to live
- Connect the dots between our beliefs and our fulfillment in roles like friend, neighbor, daughter, employee, business owner, mother, wife
- Become a force of goodness in the world.

Part Four



“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

- Ralph Waldo Emerson

OUTLINE:

- Finding your purpose, power and passion
- A life that reflects your convictions is a powerful life
- There is power in our passions
- Clues from childhood about your potential
- Discovering your true passions
- Exploring your unique purpose
- Building your personal mission statement
- Connecting with the grace of passion, power and purpose
- Embracing your full potential

A LIFE THAT REFLECTS YOUR CONVICTIONS IS A POWERFUL LIFE

With freedom and opportunity come difficult choices.

All the more reason to know ourselves, to be authentic and live with intention.

Every woman has to be true to herself.

There is an immeasurable depth of spirit that comes from knowing who you are, what you believe in, what you love and what your life is about.

Finding that clarity is a journey, like a pilgrimage.

It doesn't always happen in a singular moment. That journey is a lot about noticing, about self reflection.

One of the cornerstones to legitimate, honorable power is clarity, knowing your unique purpose, your passions and living with intention instead of being on auto pilot.

DO YOU WANT IT ALL?

“Personally I don't want it all. Just works better for me.”

- Lynn Roberts

“Depends on your definition of ‘all’...Of course I believe I can have everything that matters.”

- Karen Kurtz

“I'm in the process of defining what ‘all’ means and discovering what key decisions and relationships will make it happen. For me, if I have it all, it means that I do not lose focus on what is MOST important to me and pay a price that I will regret.”

- Dawna Blue

“I do not think we can have it all, because that is different from time to time in our lives, or even day to day. I just want to have ‘enough’ and realize what enough really is.”

- Sue Oldham Loftis

“When I walked in the door that day, I knew what I needed to do. I decided to leave corporate America and stay home with my children. My stomach was in knots and I wanted to throw up. I wasn't sure what people were going to say. Especially the women who worked under me and always saw a ‘strong female’ in the workplace. I had always made known that I'd never NOT work. I'd never ‘stay home.’ How would I survive? I felt almost guilty for resigning. And guilty for not being the perfect stay at home mom. After 6 years of "working from home," I realize women can have it all, just not maybe all at the same time. My definition of women in power is so different now, and that is OK.”

- Ali Taylor Clark

“I do believe women can have it all – but it may come in stages – over a period of time. I raised 3 children. I asked each of them at the age of 17 how I would be remembered. In essence, each of them told me I was there when they needed me. I purposely chose positions that would give me flexibility because I knew I was going to be at the games, involved in the scouting programs, and available to drive guys and gals to competitions/events. Looking back, I wouldn't change that decision. You do not get ‘overs’ with your children. If you miss their Christmas program, winning touchdown, spelling competition, art show, field day – there are no replays.”

- Kay Pacheco Stout

“The important thing is to know what ‘all’ means. No one can have it ‘all.’ But somehow on the road to women's rights we bought the fairy tale that we could and should and ought to bloody well prove we had what it took to have it ‘all.’ Having it all means having balance and saying no to the right things, people, and expectations at the right time.”

- Cynthia Archiniaco

THERE IS POWER IN OUR PASSIONS

Authenticity is one of the cornerstones to embracing your personal power.

Researchers tell us that we commonly have a time in our lives, typically before puberty, where we have an authentic experience of where our passion lies. At that age, we may be our most authentic selves. We have not yet been affected by the peer pressure that comes with teenage years, and are less influenced by family pressures to “be” a certain way or to follow a particular road in life.

This time, whether it’s a singular memory or generalized recollection of a period of time, gave us a window into our most authentic selves.

If we can remember and identify this earliest awareness, it can help us connect with our most authentic sense of self and our true personal power, before being influenced by all the “shoulds” and “oughts” that come as we grow older. This time can serve as a launching point to living a genuine, authentic life.

MINING THE PAST FOR CLUES TO YOUR FUTURE

What is your memory? This is not necessarily an unpleasant or uncomfortable memory. We’re not really looking for repressed, traumatic events. It’s simply a memory that, for some inexplicable reason, has stayed with you. Don’t over think this. Just go easily with the questions.

THINK OF A TIME FROM YOUR CHILDHOOD OR ADOLESCENCE WHEN YOU HAD AN EPIPHANY ABOUT YOUR OWN POTENTIAL, WHO YOU REALLY ARE IN A POWERFULLY POSITIVE SENSE.

RECALL A TIME FROM YOUR CHILDHOOD, YOUTH OR TEEN YEARS WHEN YOU FELT A DEEP SENSE OF CONNECTION TO OTHERS OR TO NATURE

WHAT CAN YOU INTERPRET FROM THOSE MEMORIES ABOUT WHO YOU ARE, AS YOUR MOST AUTHENTIC SELF?

For some, these memories will come quickly and easily. For others, if it does not spring to mind right away, just place the questions in the back of your mind and let them percolate.

Sooner or later, something will pop up, most likely, when you are not thinking about the questions. It may happen when you’re walking, gardening, in the shower, just before you go to sleep or just as you wake up. All you need to do is notice. Then come back to this journal and jot down your thoughts.

YOUR UNIQUE PURPOSE

Imagine that your life has a unique purpose -- fulfilled through what you do, your relationships and the way you live.

One step to embracing your authentic power is to discover and define that core purpose, as one reflection of your aspirations.

The more clarity we have about our unique purpose, the more we can express that purpose in everything we do, regardless of our title (or lack of title!).

The more we are aligned with our unique purpose, the more energy we feel. The more we use that energy to live out our unique purpose, the more authentic we are, creating trust, credibility and yes, power.

The more faithful we are to our true selves, the more faithful we can be to others.

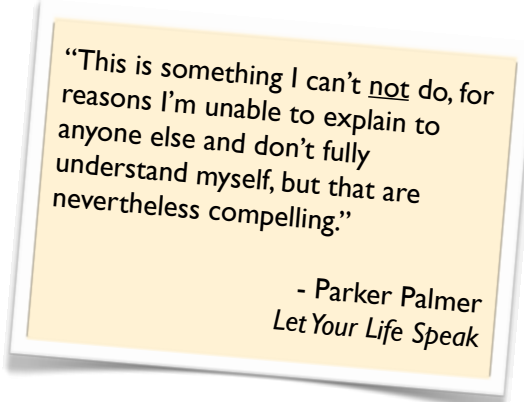
RECALL A TIME WHEN YOU FELT SO COMPLETELY IN THE FLOW AND ABSORBED WITH WHAT YOU WERE DOING THAT TIME STOPPED

RECALL A TIME WHEN YOU WERE SO DEEPLY ENGAGED WITH WHAT YOU WERE DOING THAT YOU FELT A RUSH OF ENERGY OR PEACE, OR BOTH

RECALL THE MOST MEANINGFUL THING YOU DID IN THE LAST WEEK, EVEN IF IT IS SOMETHING THAT SEEMS SMALL

RE-EXPERIENCE WHAT YOU FELT AT THE TIME AND DESCRIBE YOUR FEELINGS

WHAT MADE THIS EXPERIENCE SO MEANINGFUL FOR YOU?



“This is something I can’t not do, for reasons I’m unable to explain to anyone else and don’t fully understand myself, but that are nevertheless compelling.”

- Parker Palmer
Let Your Life Speak

WHY IS WHAT YOU JUST DESCRIBED SO IMPORTANT TO YOU?

WHY IS THAT SO IMPORTANT TO YOU?

GO DEEPER AND DEEPER, ASKING “WHY THAT IS SO IMPORTANT TO YOU,” UNTIL YOU CAN DESCRIBE WHAT IS IMPORTANT IN ONE WORD:

That word, if you dig below possible negative reasons such as fear, or external reasons, such as money, represents one quality of your essence, yourself. When you see what that word is – Love, Communication, Wisdom, Peace, Joy, Service, Fun, Energy – you will see how that has already been a guiding force in your life.

Look at that one word as a quality that represents you at the core. Consider how that quality has operated in your life. See how often it has figured in your various experiences. Remember crises and turning points and see how this quality figured in these events.

WHAT IS THE CORE THEME IN YOUR LIFE -- THE CONNECTING THREAD -- THAT YOU “CAN NOT NOT DO?”

COMPLETE THE FOLLOWING SENTENCE: MY UNIQUE PURPOSE IS...

- Keep your unique purpose visible to you.
- Be present to it as much as possible, and see how it changes your intentions.
- Notice how this quality, this unique purpose expresses itself in all that you do.
- Notice when you feel energy.
- Notice when you feel drained and pay attention to whether, in that situation or your response, you brought forth your unique purpose.
- If you focus on your unique purpose, you will discover the power in your passions and your purpose.
- Life will become more meaningful to you.
- Decisions about what to do and not do will become easier.
- When you live from your authentic, central core, you can embrace your full potential and discover your version of success.
- You will embrace your own feminine power.

“Ask me whether what I have done is my life.”

- William Stafford
Ask Me

YOUR GUIDING COMPASS: A PERSONAL MISSION STATEMENT

A Personal Mission Statement is the beginning of personal leadership.

It sets guidelines for life.

It defines the convictions by which you live your life.

A Personal Mission Statement helps us live our lives intentionally, rather than being on “automatic pilot.”

Our mission becomes the reason we exist; it can define the core principles, values, beliefs and priorities from which we make decisions.

It can help us judge important issues as they arise and make decisions about the allocation of our resources: time, energy, and money.

A Personal Mission Statement sets an overall purpose for our life. It answers questions like:

- What do I want from my life?
- What do I value?
- What are my priorities?
- What are my talents?
- What qualities of character do I wish to have?
- At the end of my life what do I want to have accomplished?

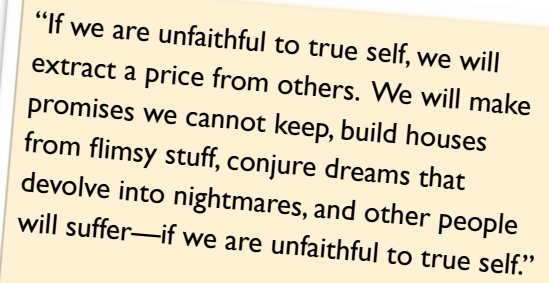
A Personal Mission Statement often includes a set of personal beliefs and clarifies our priorities.

Writing a Personal Mission Statement is as much an act of discovery as an act of creation.

When we write our mission statement, our job is not to write what is true about ourselves at the time of the writing. It is to write what we want to be true as we live out what we have written.

Like the compass, your mission statement can guide you toward living an intentional life.

Like the North Star, it can serve as your navigation when you have choices to make and don't want to lose your way.



“If we are unfaithful to true self, we will extract a price from others. We will make promises we cannot keep, build houses from flimsy stuff, conjure dreams that devolve into nightmares, and other people will suffer—if we are unfaithful to true self.”

- Parker Palmer
Let Your Life Speak

PREPARATION

“If we can see the path ahead laid out for us, there is a good chance it is not OUR path, it is probably someone else’s we have substituted for our own.”

- David Whyte
The Heart Aroused

QUICKLY MAKE A LIST OF WHAT YOU DON’T WANT IN YOUR LIFE.

Now, think carefully about each item and circle those that trigger the strongest negative emotion.

QUICKLY MAKE A LIST OF WHAT YOU DO WANT IN YOUR LIFE (AVOID MATERIAL THINGS AND MONEY).

Think carefully about each item and circle those that have the strongest attraction or positive feeling. Circle six at the most.

NOW PRIORITIZE YOUR LIST OF WANTS.

WRITE DOWN WHAT GETS IN THE WAY OF EACH ITEM.

NOW IDENTIFY YOUR SELF-IMPOSED LIMITATIONS.

WHEN DO YOU FEEL THE MOST FREE?

WHAT ARE YOUR DAYDREAMS ABOUT?

WHEN YOU FIND YOURSELF WISHING FOR SOMETHING, WHAT IS IT?

WHAT MOTIVATES YOU TO PERFORM ABOVE AND BEYOND THE CALL OF DUTY?

WHAT GIVES YOU THE GREATEST SENSE OF FULFILLMENT?

WHAT KIND OF LIFESTYLE DO YOU WANT TO CREATE?

WHAT PERSONAL DREAMS WOULD YOU LIKE TO REALIZE?

WHAT WOULD YOU LIKE TO LEARN DURING YOUR LIFE- INTELLECTUALLY, SPIRITUALLY, PHYSICALLY, RELATIONALLY?

THE ALPHA MARE: EMBRACING THE GRACE OF POWER

IF YOU COULD BE EXACTLY THE TYPE OF PERSON YOU WANTED, WHAT WOULD YOUR QUALITIES OF CHARACTER BE?

WHAT TYPES OF RELATIONSHIPS WOULD YOU LIKE TO HAVE WITH FRIENDS, FAMILY AND OTHERS?

WHAT IS YOUR DESIRE FOR HEALTH, FITNESS, ATHLETICS AND ANYTHING TO DO WITH YOUR BODY?

WHAT EXPERIENCES DO YOU WANT TO HAVE IN YOUR LIFETIME?

AT THE END OF YOUR LIFE WHAT DO YOU WANT TO HAVE ACCOMPLISHED?

WHAT VALUES DO YOU WANT YOUR LIFE TO STAND FOR?

WHAT VISION DO YOU HAVE FOR THE FUTURE?

HOW WOULD YOU LIKE TO BE REMEMBERED?

WHAT ELSE, IN ANY OTHER ARENA OF YOUR LIFE, WOULD YOU LIKE TO CREATE?

DEFINING WHO YOU WANT TO BECOME- BEGIN WITH THE END IN MIND

Now it's time to write your own personal mission statement.

When you write your personal mission statement, write in the first person, in the present tense. For example, "I am a loyal friend," or "I am sensitive to the needs of those who are struggling."

Writing the present tense has the powerful psychological effect of making your mission statement come alive now. It's not something you "will do...someday" or something you will "strive" to do.

MY PERSONAL MISSION STATEMENT

CONNECTING WITH THE GRACE OF PASSION, POWER AND PURPOSE

We've taken an incredible journey together.

- From redefining power as positive, to seeing Alpha Mares as a metaphor to encourage us to embrace our power and use it for the greater good.
- From looking at the ways you give away, abdicate or avoid your power to embracing your shadows and projections into a whole, authentic woman.
- From allowing your stories to create self-limiting beliefs to reframing your assumptions and conclusions and reclaiming your full potential.
- From allowing yourself to be controlled by fear to discovering your passions, your unique purpose and creating a personal mission statement as your North Star.

"The more true we are to our own creative gifts, the less there is any outer reassurance or help at the beginning. The more we are on the path, the deeper the silence."

- David Whyte
The Heart Aroused

EMBRACE THE GRACE OF YOUR POWER

You may want to change the world.

You may simply want to change YOUR world.

Either way, the world needs all the passion, authenticity and goodness in you.

MY HOPE FOR YOU IS THAT YOU WILL BE AN ALPHA MARE.

“Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our Light and not our darkness that most frightens us.
We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented and fabulous?’
Actually, who are you not to be?
You are a child of God.
Your playing small doesn’t serve the world.
There’s nothing enlightened about shrinking so that other people won’t feel insecure around you.”

- Marianne Williamson

KEYS TO MAINTAINING YOUR PASSION, POWER AND PURPOSE

- Shift your personal perception of power from negative to positive
- Accept and embrace our personal power as a gift, a talent, an honor
- Be authentic. Know yourself; know where your passion lies
- Be clear about your boundaries and expectations
- Let go of your fear of what others think of you
- Accept responsibility for your choices and transcend the victim role
- Be humble – let go of your ego and your need to be right – give others the credit they deserve
- Be affirming and encouraging of other women – don’t hold women to a higher standard than men
- Understand your shadow and projections
- Become aware of the stories we tell yourself – the assumptions and conclusions you’ve drawn -- and reframe them
- Find your authentic voice
- Know that the world needs your best talents and gifts
- Use your power for the greater good

RESOURCES

Let Your Life Speak by Parker Palmer, *The Heart Aroused* by David Whyte, *The Highest Goal* by Michael Ray, *The Power Principle: Influence With Honor* by Blaine Lee, *Why Women Should Rule the World* by Dee Dee Myers

About the Presenter



Photograph by Tina Brannon

Darcie Harris is a champion for female entrepreneurs and leaders.

Known for her warmth and wisdom, Darcie has helped countless women realize their professional dreams.

Recognized as a thought-provoking international speaker and trainer, Darcie is CEO and founder of EWF International, a company offering peer advisory groups, coaching and consulting for women business owners and executives. Through the Alpha Mare Academy™, she offers her knowledge and tools to female entrepreneurs worldwide through the web.

Darcie is a respected media resource on women's entrepreneurship and leadership issues.

Business coach, consultant, mentor and advocate for women worldwide, Darcie finds the fulfillment of her own dreams by encouraging women to think big, pursue their passions and achieve their personal best.

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