

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

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

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

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

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.

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