

# 7 Simple Ways to Embrace Your Power ... NOW

By Jenny Fenig

*"Our deepest fear is not that we're inadequate. Our deepest fear is that we are powerful beyond measure. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be?"*

- Marianne Williamson

Ready to use your power to think big, break the shackles of fear and doubt, and achieve wild success?

There's never been a better time to take control of your career, your life, and your financial future. With the U.S. economy suffering, a New Economy is emerging. Who is in charge this time around? Women (read: YOU!). Are you ready for the adventure of a lifetime?

Stop, take a deep breath, and prepare yourself for the change you've been looking for (hint: the change is YOU being fully you, fully powerful, fully releasing fear and doubt).

Blaze a new trail forward with these 7 simple ways to embrace your power. Take control of your future today. The world needs you!

Ready, set, go.

## 1. Be intentional

If you don't know where you're going, any road will take you there. Be clear and intentional about what you want in every situation in your life. Your intentions will assist you in taking greater control of your life.

Here's how:

- Write down exactly what you want.
- Share your intention with an accountability partner.
- Demonstrate your commitment to your intention by taking action today.
- Acknowledge that you did what you said you would and then, take the next step.

By setting an intention, you make it clear to yourself and others just what you plan to do. Live with vision!



## 2. Turn up the heat

When negative thoughts and feelings sap your energy, tap into the yogic concept of tapas, which is using intense effort to burn through life's distractions. Tapas implies a self-discipline willingly expended both in restraining physical urges and in actively pursuing a higher purpose in life.

The fire of your focus can burn through obstacles, leaving only ease and lightness.



Tapas reminds you about what is most important... and gives you the motivation to stick with your practice through thick and thin.

Two quick ways to put tapas in action:

- Be disciplined in creating a life that you love. How fiery is your focus?
- The next time you're sweating, think about what you're "burning" out of your system. Powerful stuff.

### **3. Don't worry about what other people think of you**

This simple concept will change your life. Too many women spend their days worried about what others (i.e. your mother-in-law, boss, coffee shop barista, random person on street) think of them. They make up stories in their minds about what so-and-so must be thinking right now. I know - I've done it, too. How can you really know? And what does it matter? One of my favorite ways to STOP this pointless and powerless thinking is to live by this idea: "what other people think of me is none of my business" (say it to yourself right now).

Free up your energy for more powerful pursuits. See the world through compassionate, loving eyes.

### **4. Let people down (with grace)**

Disappointing people is one of the most challenging, yet most important, components to living a powerful life. "No" is a dirty word to many women who believe "martyr" is their middle name. How many times have you agreed to something you did NOT want to do because you were too afraid to say no? How often have you resented saying yes? Whose life are you living anyway?

Practice saying "no, thanks" (do it now!). It gets easier with time. If it's challenging to say that 2-letter word, buy time with the magical phrase: "Let me think about it and get back to you."

Powerful women know how to let people down with compassion, kindness and grace.

### **5. Choose your words wisely**

Thoughts become things. Your words dictate your reality. Watch your language, and think before you speak. Words are powerful - use them for good.

#### **Shifts to consider:**

I can't ==> I choose not to

I should ==> I want to

I need to ==> I want to

I'm unattractive, overweight, blah, blah, blah ==> I am BEAUTIFUL

Here's a little mental checklist to run through BEFORE communicating. Try it on for size and see if it saves you from unnecessary stress and drama.

- Is this true?
- Is this kind?
- Is this necessary?

### **6. Act as if**

Want something (a new job, a life partner, to lose weight, financial abundance, a baby) really bad? Act like you have it already. That's right, "act as if" this thing/person is in your life.

Dress for the job you want, not the one you have. Spend time in places where your ideal partner would be. Treat yourself how you want to be treated. Be generous with money. Imagine a life being nurtured by you.

That's the trick: pretend! Pretend just like you did when you were a kid. Try it now. Just do it.

## **7. Focus on Your Breath: Stay in the NOW**

Breath is life. The quality of your breath = the quality of your mind. When you bring awareness to your breath, you do something magical: focus on the NOW.

Take deep, juicy breaths as often as you can (especially when you get up in the morning, during challenging situations, and before going to bed).

In yoga, a common type is ujjayi breath ... in through the nose, out through the nose. You'll hear an ocean sound and feel the air swirling around your throat. It's powerful!

Another one of my favorites is a conscious counting of the breath and a longer exhale, which brings a calming energy. Example: Inhale for a count of 3, hold for 3, exhale for 6. Notice the pause (perhaps you feel like you're floating?), notice the longer exhale. As you inhale, breath in new life and possibilities, as you exhale, blow out all that you've outgrown ... all that you are leaving behind.

Is fear holding you back? Try lion's breath. Take a deep inhale through the nose. On the exhale, stick out your tongue, bug out your eyes, and let out the air. Confront your fear with this funny, scary face.

Happy breathing, happy living!

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## **7 Tips, 7 Days: Take-Action Challenge**

Ready to embrace your power? You've certainly got the tools to take action.

So what are you waiting for? Stop living in fear, playing the "what if" game, spinning your wheels, selling yourself short. A life that you LOVE is yours for the taking (and the making!).

Over the next week, I encourage you to try one approach a day and see what happens. 7 tips, 7 days. Simple. Powerful. You.

Get excited. Powerful shifts are ahead. I'm rooting for you.

### **Pre-Action Review**

What approach am I most excited about trying this week? Why?

Of the 7 tips, which tip am I resisting the most? What is the source of my resistance?  
Where might this approach come in handy this week to help me create a more powerful life?

### **After-Action Review**

What did I learn about myself by trying these tips?

What new possibilities about my life did I discover?

Which tip resonates the most with me? How will I make this approach a regular part of my life?

On a scale of 1 - 10, how powerful do I feel right now? What can I do to increase this number this week?

Final thoughts ...

## About the Author: Jenny Fenig, ACC



As a certified life/career coach, I unleash the peaceful power of women to create inspired lives. Working with successful professionals, busy moms and passionate entrepreneurs is my specialty.

Leveraging my unique blend of yoga-inspired coaching, I guide people to redesign their outlook, clearly articulate their desires, release fear, and take action. Through my coaching, workshops and support groups, I have empowered hundreds of people to achieve continuous improvement in all aspects of life.

Before launching my coaching business, I worked in Corporate America for 10 years as a public relations executive and conference producer. I had the amazing opportunity to work with visionaries including peak performance expert Tony Robbins, soccer star Pele, former Secretary of State Colin Powell, management guru Tom Peters, Tour de France champion Lance Armstrong, and best-selling author Malcolm Gladwell. From them, I learned the importance of passion and confidence.

I left the corporate world to make full use of my talents and love of inspiring others to embrace their power and live their best life. I launched Jenny Fenig Coaching in 2008 and haven't looked back. In addition to working with my amazing clients, I also write for my blog "Zen Jenny" and lead moms support groups in Manhattan in partnership with babybites.

I graduated summa cum laude from the University of Florida with a degree in public relations and a minor in business administration. I received my coaching certification from the renowned Institute for Professional Excellence in Coaching (iPEC). I am a member of the International Coach Federation (ICF) and have received my Associate Certified Coach (ACC) credential.

I earned my yoga teaching certification from Sonic Yoga's Center for Yoga Studies, have spent time at an ashram, and have studied with top yoga teachers and scholars Seane Corn, Dharma Mittra, Shiva Rea, David Swenson, Natasha Rizopoulos, Gurmukh Kaur Khalsa and Graham Schweig.

I live in New York City with my husband Steven, son Sean and cats Cricket, Cali and Jezebel.

### Ready to get moving?

How helpful would it be to have a thinking partner who doesn't give advice, but rather guides you to find your personal path to fulfillment? I will be your guide, your sounding board, and the person who believes that you can do anything you set your mind to.

Contact me at [jenny@jennyfenig.com](mailto:jenny@jennyfenig.com) for a complimentary "get focused" session.

### Visit me online:

My site: [www.jennyfenig.com](http://www.jennyfenig.com)

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*\*I invite you to subscribe to my monthly newsletter and my weekly blog posts for regular insight on unleashing your peaceful power\**

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