

KNOW YOURSELF

Who am I?

Who Do I WANT to be?

How do I use my resources to get
where I want to go?





Powerful-Latinas.com is a company that is all about “***Latina women working together in an evolving Latino culture to create a better world.***”

The company offers online programs and services to meet this goal, such as webinars, videos, an interview series, and informational products and services. The idea is to share courage, strength and wisdom among Latina women through our stories.

The company started with an interview series, and to date, there are nearly 70 interviews of amazing Latina women offered on the website.

To see bios of all Powerful Latinas interviewees, go to:

<http://www.powerfullatinas.com/previous-guests>

In addition to a community of women that interact with each other online – such as through the PowerfulLatinas Facebook group or via comments on the website postings – there are a number of contributing bloggers to the site on topics as diverse as health, money, jobs, writing, myth and culture, and Latino sexuality. Check out the most recent blog posts at:

www.PowerfulLatinas.com/blog and all are welcome to sign up for the semi-weekly newsletter on the homepage at www.PowerfulLatinas.com

The Latina Personal Power Program was developed to compile the wisdom from the dozens of interviews and offer women a practical way to implement these lessons in their lives.

The program takes one key POWER IDEA each month and unpacks the concept, sharing inspirational quotes from interviewees, and urging participants to ask the right questions unique to them so they can figure out how this power can infuse their daily lives.

To know ourselves really well means being breath-takingly honest, opening ourselves to questioning and looking for answers to the questions of:

What drives us?

How does our history influence who we are today? Do we like the influence, or is there something to heal and change?

What innate characteristics, skills and gifts were we born with? How do we use them naturally in our daily lives, and how can we develop them?

Do we care for ourselves well? Are we tender and gentle with ourselves, and allow ourselves to be “cherished and adored,” or do we expect (and accept!) less than the best from those around us?

And perhaps most importantly, who do we WANT to be? We can CREATE this...

During the course of this month I will ask you to reflect on these questions, do the exercises suggested, and share the outcomes with the members of your Power Group.

Ask for feedback, if it’s helpful, from those “Loving Mirrors” around you and start to dig deeper, know yourself better and gather information for the journey ahead of you in getting where you want to go.

As you know, your Latina sisters are around you to support and anchor you, and we’re all rooting for you!

So go deep, ask the questions, look at the answers and learn from them. You don’t want ANYTHING holding you back from your goals, and you WANT to use all your resources to your advantage.

So let’s get started!





Who are your top
THREE role models?
Why?

NOTES





Why are YOU here?
Write your top THREE goals
Write three gifts you bring

NOTES





How do YOU want to influence Latino Culture?

NOTES





Write your “theme”
and
a little about why you picked it

NOTES





“Dare to be Cherished and Adored”
On a scale of 1-10, how well do you
take care of yourself?

NOTES





For you individually,
why is it important
to know yourself?

NOTES





“The most important things are time and potential.”

~Vickie Jimenez.

Do you agree? Why or why not?

NOTES





Who are your “Loving Mirrors”?

NOTES





List three of your key character attributes
For later: write a story exemplifying these traits

NOTES





History defines us –

One key influencer for which you'd like to change its affect on you

NOTES





What are your top three goals?

Why do you want to achieve these goals?

What will they bring you when you do?

NOTES





What have others said (or suggested) about who you are that did not ring true to YOU?

NOTES





Who has stated things about who you are, or who they think you should be, that you have not appreciated? Are they still in your life?

NOTES





How do you see yourself differently today than 5 years ago?

Than 10 years ago? 15?

NOTES





What boundaries do you have?
Who crosses these boundaries?
When? Why?

NOTES





“Strong fences make good neighbors.”

Clarity helps. This is NOT intended to keep you from getting close to people...

NOTES





Your Next Steps...

NOTES





How might you tend to be unkind to yourself in the “getting to know me” process?
What can you do to guard against this?

NOTES





Who do I have to BE to meet my goals?

Where am I now?

What is the differential?

NOTES





Songs, Poems, Artwork, Activities that will keep these ideas front and center for me this month.

NOTES





PROGRAM

Latina

PERSONAL POWER

To learn about Latina Personal Power Program visit:

www.PowerfulLatinas.com/PowerProgram