**12 LEADERSHIP POWERS FOR SUCCESSFUL WOMEN**

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**Dedication**

* (1) To my mom who showed me that there is no greater power than unconditional love.

**THE POWER OF TOTAL ALIGNMENT**

* (7) “I align my brain for success and my life with my purpose.”
* (7) Alignment is created by directed different things toward the same endpoint or focus, arranging things in straight line. Alignment is also known to create more strengths, brightness, and power.
* (8) Another area of misalignment is our own inner values.
* (9) …financial dependence… health and fitness…
* (10) It’s very easy to see conflicts and misalignment arise between these different roles.

**Your Instant Insights…**

* (11) Know that resistance, struggles, and lack of desired results are indicators of lack of alignment.
* (11) Trust that when you do your inner alignment work between your conscious and subconscious mind, your inner values and your active roles, your outer life will mirror your inner alignment.
* (11) Lead from alignment among all of your parts, and enjoy seeing yourself reaping results beyond what seemed possible before.

**THE POWER OF PURPOSE**

* (13) “I focus on my biggest ‘Why’ at all time”.
* (13) Motivation comes from movement.
* (13) …two human drivers: away from pain and toward pleasure.
* (14) For big changes and big goals in life, you need resilience and stamina.
* (14) …stepping again and again out of your comfort zone must become a daily practice.
* (15)… Steve Jobs … we can’t connect the dots of our life looking forward into our future, yet we can when we look back and analyze our past.
* (15) When you have a burning passion and commitment for your purpose it becomes easy to set boundaries and stop the epidemic of a woman’s curse to attempt to please everyone.

**Your Instant Insights…**

* (17) Know: People focus too much on the “what,” worry too much about the “how,” and forget their big “why .”
* (17) Lead by starting each day with connecting to your big “why,” which ensures positive attitude, clarity of direction, and motivation to act.

**THE POWER OF FREE ATTENTION**

* (19) “I am my word and keep my integrity strong.”
* (20) “We are where our attention is.”
* (21) Attention comes in two different forms: neutral and charged. Neutral attention… free and under your control…two impulses in our brain: desire… or repulsion

**Your Instant Insights…**

* (24) What you give attention, grows.
* (24) Lead with free attention, and you will have more energy to produce your desired results.

**THE POWER OF EGO-LOVE**

* (25) “Team with my ego and turn my fear into fuel.”
* (26)… the ego is the part of your subconscious mind committed to your safety and survival.
* (26) The ego ensures your survival.
* (27)…your ego is not your enemy. Your ego is your most powerful ally to keep you safe and alive.

**Your Instant Insights…**

* (29) Your ego is your committed servant to keep you alive and safe.

**THE POWER OF ACKNOWLEDGEMENT**

* (31) “I let go of resistance and drop all drama.”
* (31) Jiddu Krishnamurti… “the ability to observe without evaluating is the highest form of intelligence.”
* (33) Stay neutral. Stay grounded. When you make a mistake, simply acknowledge it, clean up, and move on… talk neutrally about it without emotional charge.

**Your Instant Insights…**

* (34) The highest form of human intelligence is observation without judgment.
* (34) Tell it like it is, and all drama evaporates.

**THE POWER OF SELF-CARE**

* (35) “I love my body, nurture my inner child, rest and play daily.”
* (35) How will you lead with power, clarity, and grace when you are sleep-deprived, irritable, and low on energy?
* (36) Committed to functioning in an inhumane world- women pushed themselves beyond the limits of what is healthy for their bodies, minds, and spirits.
* (37) Allowing yourself to do one silly thing daily makes her happy.
* (38) They don´t want to think or feel they are selfish or guilty of vanity.

**Your Instant Insights…**

* (40) A fit, healthy leader is a vibrant charismatic leader who draws people and resources to her and produces bigger results.
* (40) Self-care is like putting the oxygen mask on yourself first. It’s not a luxury it’s a necessity!
* (40) Lead with exquisite self-care for yourself as your highest priority so that you can then be your best for everyone else.

**THE POWER OF PROJECTION**

* (41) “I joyfully claim 100% responsibility as a creative being.”
* (42) Memory is fluid; it changes over time inside your subconscious mind.

**Your Instant Insights…**

* (46) There is not one objective world. There are as many worlds as there are observers.
* (46) You co-create your world moment by moment by moment.

**THE POWER OF COMMITMENT**

* (47) “I trust my decisions and receive the support of the universe.”
* (47) When you are tired or stressed, your subconscious behavioral patterns will always win!
* (48) Common decision-making resistance patterns:
  + **Codependency**: take on too much responsibility for people in her environment, which is not hers to take on
  + **People pleasing**: makes the decision more difficult and complex as she tries to please a lot of people with opposing interests
  + **Perfectionism**: fails to act when she can’t be 100 percent certain it will be perfect, which is rarely the case
  + **Control issues**: the layers of unknown around the decision process and its consequences are too many and her fear of losing control stops her.
  + **Fear of failure**: believes that failure will have unbearable consequences, like losing control or approval.
  + **Fear of success**: could be loyalty issues around outshining someone or the fear of visibility, which undermines their safety.
* Gain the power of commitment with these five steps:

1. Be honest about your own decision-making pattern.

2. Get professional help.

3. Use a “commitment journal” to write down how you feel before you make an important decision, while you make it, and afterwards.

4. Take note of what happens in the hours and days after you make a commitment!

5. After you make a decision, train yourself to stay away from self-doubt.

**Your Instant Insights…**

* (51) Indecisiveness is self-torture.
* (51) Honesty is the key that unveils the decision you already made.
* (51) Lead by committing fully, which will move providence in your favor.

**THE POWER OF EMOTIONAL MANAGEMENT**

* (53) “I honor my emotions by choosing how to feel.”
* (53) People think there is a cause-and-effect connection between external situations and how they feel.
* (55) …anger, humor, embarrassment, and cynicism to romantically aroused.
* (55)… releasing what you feel, simply letting go of it
* (56) When you don’t interfere with the process by reacting to it, judging what you feel, and then expressing or suppressing it, the whole creation is over in just a few moments.

**Your Instant Insights…**

* (57) Emotions are not good nor bad- they simply are.
* (57) Lead powerfully by managing your own emotions and orchestrating the emotions of others.

**THE POWER OF THE SPOKEN WORD**

* (59) “I change my story, stop hiding, and share my truth.”
* (59) “A woman has to be attractive yet not heard”… “when men speak, a woman has to stay quiet.”
* (60) … to break the old stereotypes and cultivate a fair and equal perception of men and women’s performances.
* (61) Confidence- strengthening habits:

1. Allow themselves to interrupt others when their passion or the situation demands it without feeling guilty.

2. Claim their own ideas and do not allow men to run with them under false pretense.

3. Work on their full belly breathing and voice volume to project strongly and loudly when speaking to groups.

4. Ground themselves more often by standing with their feet shoulder width apart, toes pointing outwards, imagining growing roots into the earth from under their feet, laying their hands briefly on their belly/the solar-plexus, and imagining to speak from there versus just from their throat.

5. Embrace numbers and facts to underline their stories.

6. Stop waiting to speak up until they have 80 percent of the proof that they are right, and be inspired by men who voice their opinion already with only 20 percent of the proof.

7. Stop any negative self- dialogue and become the biggest internal cheerleader they can be.

8. Imprint themselves with the belief “I’m enough”.

9. Stop comparing themselves with men or other women and create alliances and collaborations with other powerful women, lifting each other up.

10. Celebrate the sensual joy of feeling powerful when speaking their truth.

**Your Instant Insights…**

(63) Hiding hurts yourself and others.

(63) You have a voice and a message the world needs to hear.

**THE POWER OF INTUITION**

* (65) “I’m a clean channel for divine guidance. I receive, trust, and act.”
* (68)…indicators that distinguish your inner wise voice from all the other voices talking to you:
  + It calms you down.
  + It soothes you.
  + It encourages you.
  + It is optimistic.
  + It strengthens you.
  + It speaks highly of you.
  + It empowers you.
  + It speaks gently.
  + It is patient.
  + It is compassionate.
  + It is sometimes metaphorical.
  + It is sometimes mystical.
  + It makes you feel better when you hear it.

**Your Instant Insights…**

* (70) … the quality of your questions define the quality of the answers you get.
* (70) Lead your team with your own personal advisor: your own trusted and trained intuition

**THE POWER OF UNCONDITIONAL LOVE**

* (71) “I know my essence is love, peace, and freedom.”
* (72) Love is a conscious, creative act you choose.
  + You choose to love.
  + You choose to love yourself.
  + You choose to love what you are doing in any given moment, independent of how you think that activity makes you feel.
  + You choose to love the person in front of you, independent of how you think this person makes you feel.
* (72)… self image: you consider yourself a free, fully responsible, peace-seeking woman and not a victim or an irresponsible woman addicted to drama.

**Your Instant Insights…**

* (74) Love is a conscious, creative act for you to choose
* (74) Lead with unconditional love and reap results that feel like magic

**Acknowledgements**

* (75) No one understand me better than you do.

**About the Author**

* (77) “have it all”…without sacrificing their health, themselves, or their love lives.