

# THE POWER OF YOU

The guided experience in this video is designed to illuminate how influence is communicated long before a single word is spoken. As you follow the steps below, you're invited to explore the powerful role of exuding purpose, presence, and energy to connect, inspire, and lead. When influence is grounded internally, it becomes consistent, authentic, and felt, setting the tone for leading with confidence while creating meaningful engagement and collective excellence.

## **Step 1: Create Stillness**

Create a quiet moment, close your eyes, and allow yourself to feel grounded.

## **Step 2: Anchor in the Heart**

Put your hands on your heart and deeply breathe as if your heart is a third lung.

## **Step 3: Activate Purpose**

Recreate a memory of a time when you were deeply moved by meaning and purpose.

## **Step 4: Sustain and Expand Your Presence**

As you continue breathing, sustain the memory and imagine your energy expanding all around you.

## **Step 5: Re-enter with Intention**

Open your eyes while sustaining this internal alignment. Carry this state forward into your interactions, decisions, and leadership moments.



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