

Discover the 3 Keys to Empowered Living

(and confidence isn't one of them!)



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Welcome!

Do you feel stuck in a rut, spinning your wheels, going nowhere in a hurry and simply pulling out your hair (which is turning grey with worry)?

Are you afraid that you've spent your whole life living somebody else's life and now it's too late to live your own in a way that makes sense to you?

Then you've come to the right place.

You see, for many years, the roles of wife, mother and home maker were the main focus of my life. Everything else took a back seat... until it felt like I had disappeared, and I felt like I was lost in the woods of life, chasing shadows. That was thoroughly exhausting.

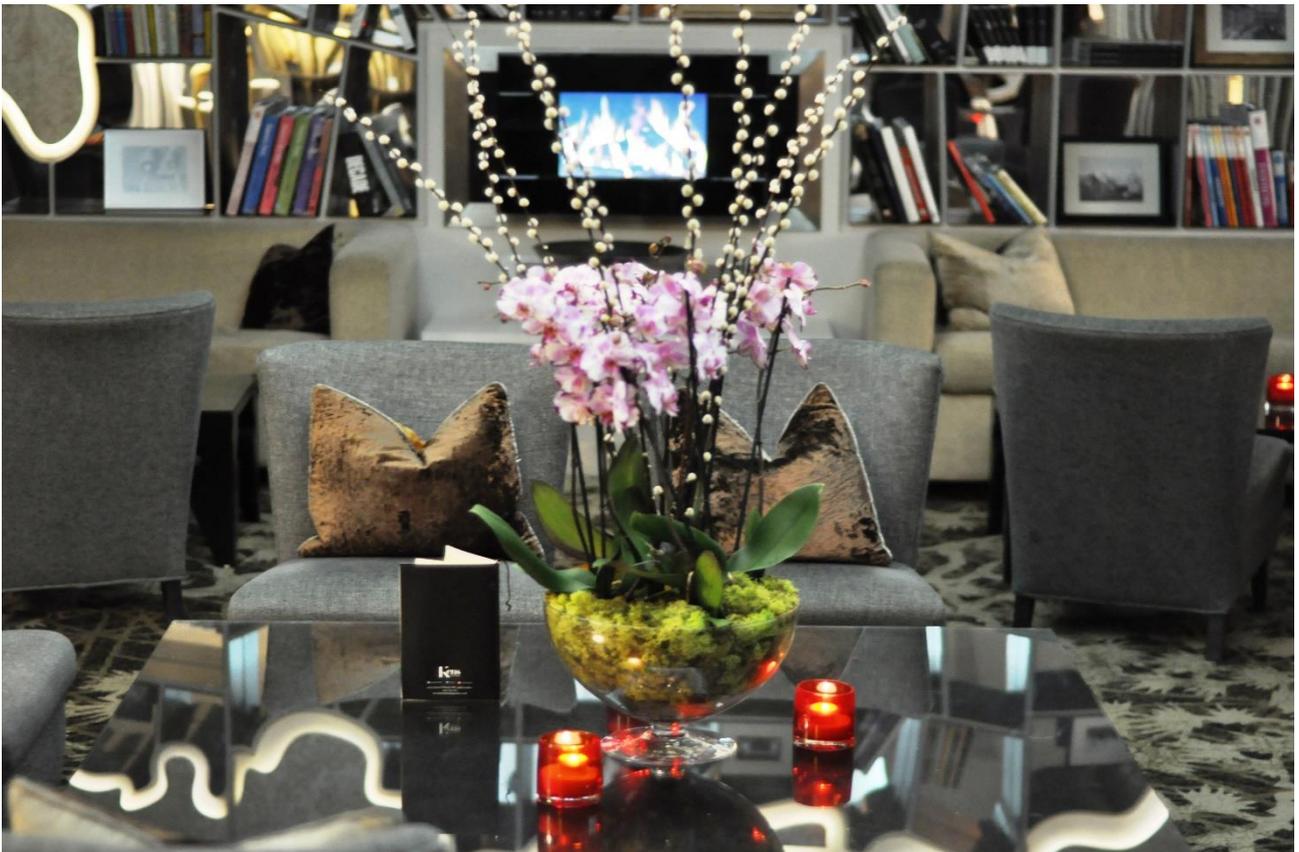
The more lost I felt, the more I craved love and affirmation from others. And when that wasn't forthcoming, when what I had more often was judgement, I gradually adjusted my expectations to accommodate the judgements, and to ultimately accept them as my own. I sat down in that 'chamber of judgement' and gradually, by my inertia and lethargy built a

castle that closed me in; believing that all that was necessary was for me to become free, happy and fulfilled was to remain patient and kind, and hopefully, one day, a knight in shining armour will come and rescue me.

That didn't happen.

What did happen was a gradual realisation that I did have a choice.

It was my deciding to act on those choices that gradually took me out of the darkness of fear, despondency and despair into recovering my voice, reconnecting with my childhood dream of writing a novel, raising my children from a position of strength and finally choosing to nurture back to light, those who need that extra bit of support to rediscover their paths on the journey of life.



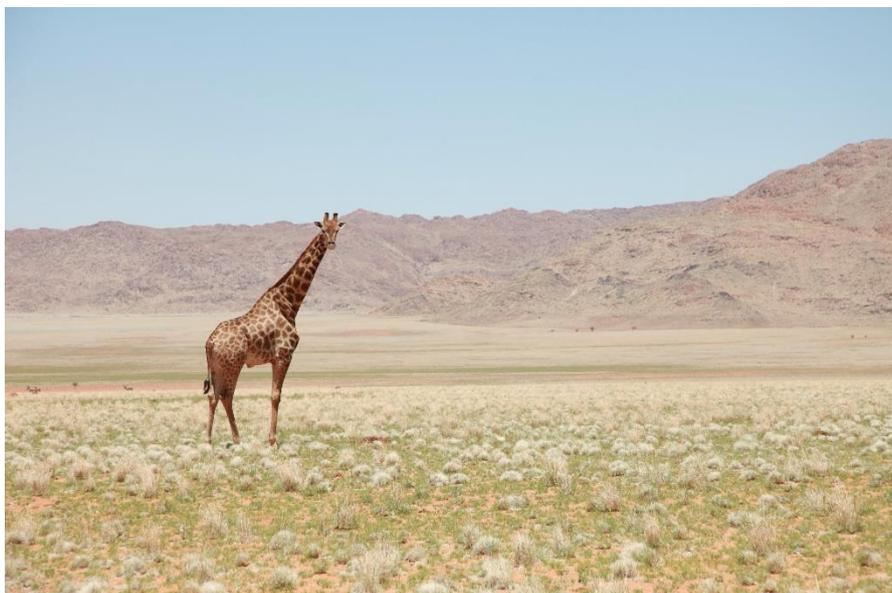
Stop Press!

Before we go any further, let's pause to have quick look at what empowered living is not.

Empowered living is not attempting to live your life by 'ruling and reigning' over somebody else's. It's not attempting to project how smart you are by bending the law till breaking point, and being proud of your achievements because you didn't get caught. Empowered living isn't making fun of somebody else, making a joke at their expense and/or running them down in public and/or in private.

Empowered living isn't intimidating somebody else, withholding communication from them, separating them from supportive communities, isolating them and treating them like your personal possession.

Empowered living isn't allowing yourself to be walked all over for whatever mistaken ideas of peace and quiet that you may have imbibed. It isn't shutting up when you should be speaking up; nor is it denying your thoughts and feelings for fear of enraging somebody else.



Empowered living isn't all about constantly saying 'yes' and being resentful because you really wanted to say 'no' sometimes. And then hating yourself for being weak and resentful.

Empowered Living isn't taking the blame for everything that goes wrong and refusing to accept compliments that are rightfully yours.

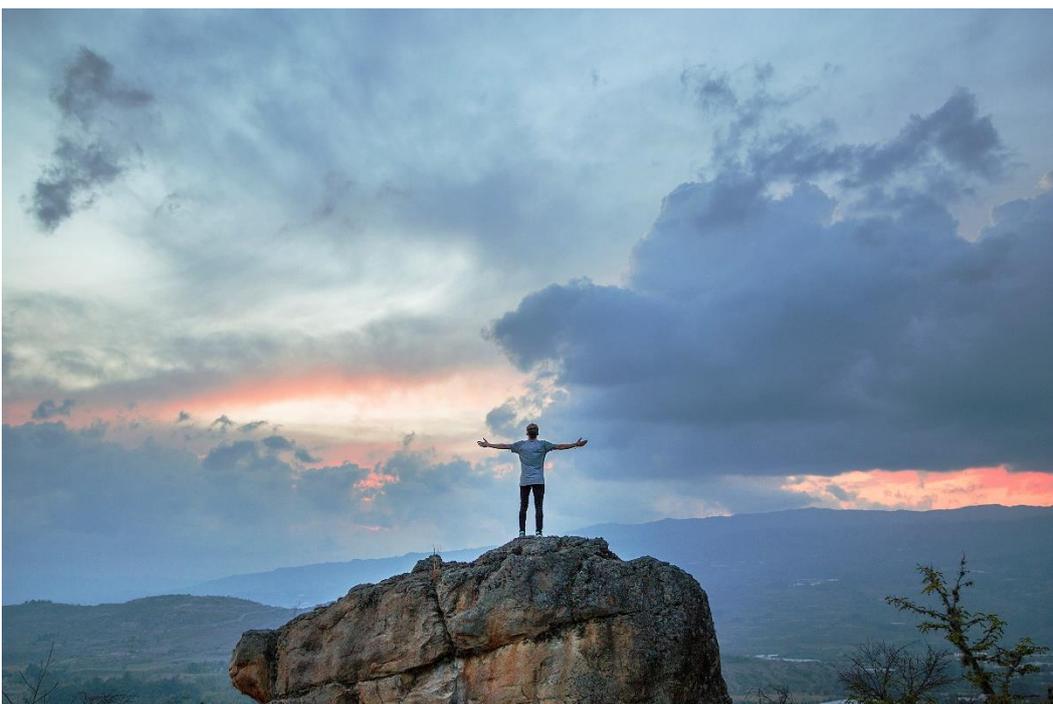
Nah, none of that is Empowered Living.

What it is?

Empowered Living is taking responsibility for your life, actions and boundaries.

Empowered Living is treating yourself and everyone else with respect and dignity.

It is being the final authority in your life and walking in that place of authority.



So, let's imagine that your life is a car (any car of your choice). You are the driver. So, you get in your car, to drive to a destination. You pop that destination into your satnav. The satnav tells you to go straight for 6 miles. Along the way you meet a traffic light that goes red. It is your responsibility to stop at the red sign. If you don't and you run through that light, you are responsible for that traffic offence and you cannot blame your satnav for it – the satnav was directing you, yes, but you, the driver, you have the final authority!

While on the same journey, imagine you stopped at the light but the car behind you carried on and ran into you. That collision is the other driver's fault, not yours.

Playing the martyr and apologising for somebody else's error isn't empowering.

Playing the victim and blaming somebody else for your own shortcomings isn't empowering.

Empowered living is taking responsibility for your life, actions and boundaries.

Why live empowered? What's the point?

Really? You can't be asking me this?!

But, since you ask, I'll answer: taking responsibility for your life is the key to getting out of that place of feeling stuck, yuck and stuck; that place in the shadows where you are shuffling around and downcast most of the time... to that place of freedom and contentment, where you begin to walk, to stride with your head held high, because you are now in touch

with yourself as a person, your sense of significance, of purpose, of direction.

Because once you realise that you are the captain of your own life, you become open to endless possibilities; you begin to enjoy your liberation; and you become deliberate in going about leaving your mark on the earth; you can choose to hitch your wagon to something that is bigger than you – or you may choose not to, and that would be ok, because that would be your choice.

In short: Choosing to live an empowered life puts you on course for living your life to its fullest potential.



How?

Here are the three keys to empowered living: **clarity**, **courage** and **choice**.

✓ **Key 1: Clarity**

When you are in that place of 'yuck and stuck' you will find that you are confused about so many things. You are confused about who you are, what you want, what you are experiencing. You are confused about what you think, how you feel and how best to express yourself. You suffer with self-doubt and find it increasingly difficult to make up your mind about the simplest of issues, let alone the more complex ones. And this confusion keeps you stuck. And being stuck makes you feel even more yuck, which again keeps you stuck and so it goes on.

Clarity is the key you need to unlock this door of confusion.

✓ **Key 2: Courage**

Fear is a companion to confusion: fear of getting it wrong, fear of being judged, of being rejected and/or abandoned, fear of ... (fill in the blank spaces as appropriate to you).

The anti-dote to fear isn't confidence. It's *courage*.

**Courage is not the
absence of fear but
rather the assessment
that something else is
more important**

- Franklin D Roosevelt

Nelson Mandela throws some more light when he stated: “I learned that courage was not the absence of fear, but the triumph over it. The brave man is not the one who does not feel afraid, but he who conquers that fear”.

Choosing to live in fabulous freedom is more important than any number of fears ...You can deal with it by feeling the fear and choosing courage, choosing to be brave and taking necessary actions, however scared you might be.

✓ **Key 3: Choice**

Being overwhelmed by fear and held in captivity by confusion, you will find that you have become pretty much lethargic. You feel unable and/or unwilling to do anything about your situation, because it's too much effort, and “what difference would it make anyway?” you wonder.

Gradually to get to the place where you camp out there, in that castle of lethargy, with confusion and fear as your constant companions. The key to unlocking this door and sustaining your journey to freedom is *Choice*.

No matter how dark the night, how deep the cave, how loud the noise, you always have a choice, even if it's just in your thoughts and in your reactions to your situation in your mind.

Connecting with your 'choice power' is a vital key to Empowered Living.



When?

You can begin to unlock your prison doors right now. You don't have to put it off till tomorrow. Right this minute, you can choose to begin to awaken from the coma of confusion and lethargy; you can choose to become open to possibilities; you can choose to take courageous action in your own behalf, one step at a time. You can choose vigour and vitality in your life; you can choose to no longer compromise your core values and your core desires but to go after them and live your life in a way that makes sense to you – that is what living 'fab and free' is about!

You can choose any or all of this in your mind in the first place as you begin to work out strategically what practical actions you need to take and when...You can start with a simple intention: to live empowered!

What Next?

1. Well, first of all, give yourself a pat on the shoulder for making the choice to take responsibility for your life and circumstances.
2. If you haven't done so yet, download my free pdf: [Here's Why You Continue To Be A Doormat And What You Can Do To Stand Up For Yourself And Go After What You Really Really Want!](#)
3. If you would like to find out how I could support you as you journey from 'yuck and stuck' to 'fab and free' [click here](#) to schedule your free [consultation](#) now.

