



## 9 Ways Power Tune-Up and Journal

Here's your power tune-up for the New Year! I created these questions based on my book, *No Excuses: 9 Ways Women Can Change How We Think About Power*, to spark your thoughts about how the 9 Ways Power Tools can make your life better in 2011. I hope they'll give you useful insights and tips to help you lead and live without limits.

Use any or all of these questions when you need them in your work, civic or activist life, or personal relationships. It might be valuable to write your answers down, using them as a journal you can refer back to throughout the year, or as a framework for talks with your friends or book club. I invite you to share how you've used this journal and power tune-up by posting your thoughts, suggestions, or questions on the [9 Ways Blog](#) any time you are so moved.

With all my best and No Excuses,

*Gloria*

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**Chapter 1~Understand: You've Come a Long Way, Maybe.** Have you ever: waited politely to speak during a meeting only to hear a male colleague offer the very idea you had planned to suggest? Found out that a man with the same qualifications holding the same job as you started at a higher salary because he asked for it and you didn't? Taken on the major burden of household duties because you know it'll get done—and then you felt resentful? What did you do about it? What do you wish you had done?

***power tool #1: know your history and you can create the future of your choice.** Of all the leadership lessons from Margaret Sanger which one resonates with you the most? What other women leaders have you learned from and how have they helped you in other situations?*

**Chapter 2~Define: Not Power Over, Power To.** What would the world be like if women held most of the positions of power and leadership? What do you think would be different? What do you think would be the same? If you ran the world, how would you define power? How does “power-over” feel different to you from “power-to”?

***power tool #2: define your own terms.** Can you think of a time when you chose consciously to exercise your power-to as a leader instead of a more traditional and oppressive power-over? How did you? What did you accomplish and what did you learn?*

**Chapter 3~Unblock: Power Unused Is Power Useless.** What is your vision of what you want to happen as the next step in your professional or personal life? What are the power blocks that are standing in your way? What are some steps you can take using your power to make your vision happen?

***power tool #3: use what you've got.** To effectively use what you've got, you have to know your value, be willing to toot your own horn, and not be afraid to give yourself the occasional whack on the head. Can you think of a time when you've gone through this process to get what you want? If not, can you imagine a future situation in your life when you will use what you've got to realize what incredible power you have?*

**Chapter 4~Be Unafraid: Opt Out of Being Co-opted.** How do you get the “enemy in your head”(can't, don't, shouldn't, wrong, ugly, and other negative messages) out of your head when you find they are keeping you from moving forward?

***power tool #4: embrace controversy.** Can you think of a time during which you constructively embraced controversy? If not, check out the 7 "C's" of controversy (page 313). How can controversy serve you in the future?*

**Chapter 5~Unfetter: Secure £500 and a Womb of Your Own.** What is your relationship to money? Define it. How has it intersected with sex and power in your life? How can you have money and use it as a power-to, rather than a power-over?

***power tool #5: carpe the chaos.** Today's changing gender roles and economic turbulence may feel chaotic and confusing. But chaos also means boundaries become more fluid. How can you best carpe the chaos during this time when people are more open to new ways of thinking? What disruptors have you witnessed when the old rules no longer applied?*

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**Chapter 6~Unlimit Yourself: Stand in Power, Walk with Intention.** Anais Nin famously wrote, "...and the day came when the risk it took to remain in the bud was more painful than the risk it took to blossom." What are you ticked off enough about that you'll get politically involved? What would you like to see change, and how do you think that change should be accomplished?

***power tool #6: wear the shirt.*** *What's the difference between falling into a good job situation and actively seeking out a good situation? Is your passion your vocation? Why not?*

**Chapter 7~Unleash: Sister Courage.** Think about mentors you have had in your life. How did they influence your career, public service, or personal life choices? How can you, or have you mentored others?

***power tool #7: create a movement.*** *What makes you angry enough to take action? What makes you inspired enough to take action? How can you, in your own life, be a sister and have courage in order to use the principles of movement building to create change?*

**Chapter 8~Just Do It: Your Power Tools.** So what are you going to do about it?

***power tool #8: employ every medium.*** *How do you consume media? Where do you get your information? What percent of your media time is spent with traditional media versus social media and newer digital modes of media delivery? Why do you think women are such avid users of social media?*

**Epilogue: Don't follow Your Dream-Lead It.** Was there a moment in your life when you knew you had the power to (you fill in the blank)? If yes, what was it? And if not, was there a process or some other way you knew? And what did you do about it?

***power tool#9: tell your story.*** *What stories do you tell yourself and others about yourself? How do they enhance or limit you? Where do you want to go from here, and how will you get there?*

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Thanks for checking out this 9 Ways Journal and Power Tune-up. I hope it's been helpful. Tell me [here](#) how it you used it and how it can be improved.

# the 9 ways to embrace your power

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