

7 PRINCIPLES

POWER OF AGENCY



CONTROL STIMULI

Managing your exposure to external stimuli increases the quality of your thinking, the quality of your judgment, and the quality of your life overall.

ASSOCIATE SELECTIVELY

Surrounding yourself with empathetic, optimistic, open-minded people and weeding out those with the opposite qualities boosts your mood, helps you achieve your goals, and improves your overall health.



MOVE

Physical movement, along with proper rest and nutrition, puts your body and mind into balance, giving you greater motivation, strength, and stamina to move forward in your life.

POSITION YOURSELF AS A LEARNER

Actively questioning, listening, and learning as part of your daily routine gives you a deeper understanding of the world around you, expands your capabilities and improves your decision-making.

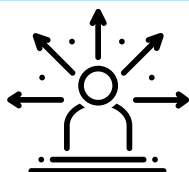


MANAGE YOUR EMOTIONS AND BELIEFS

Increasing your awareness of how your emotions and beliefs drive your thinking, influence your behavior, and affect your judgment helps you navigate through life with confidence.

CHECK YOUR INTUITION

Accessing your intuition and using it wisely, enhances creativity and provides valuable guidance as you make your way through challenges.



DELIBERATE, THEN ACT

Using a clearly defined deliberation process allows you to identify and weigh your options logically, make effective decisions and take appropriate action.

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