

## Exploring Personal Power: Part II - BBUUC Journey Circle— June 2025

### Chalice Lighting

May we know once again that we are not isolated beings, but  
connected, in mystery and miracle,  
to the universe, to this community and to each other.

**Check-in:** What is most on your mind today?

### **Opening Readings:**

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

— **Ralph Waldo Emerson**

“Our power lies in our small daily choices, one after another, to create eternal ripples of a life well lived.”

— **Mollie Marti**

“You never know how strong you are until being strong is your only choice.”

— **Bob Marley**

“Don’t ask what the world needs. Ask what makes you come alive ,and go do it. Because what the world needs is people who have come alive.”

— **Howard Thurman**

### **Definition and Topic Exploration:**

Today, we’ll continue our discussion about *Personal Power*—not the kind that dominates or controls, but the kind that grounds us, fuels meaningful action, and helps us live in alignment with our truest selves. Personal power isn’t about titles or authority—it’s about confidence, resilience, emotional clarity, and the quiet strength to act with purpose. In this session, we’ll explore six key aspects of personal power: our inner qualities, the way we influence others, our ability to take initiative, our resilience, emotional intelligence, and authenticity. Through discussion and reflection, we hope to consider how these elements show up in our lives—and how we might cultivate them more intentionally.

Please review the attached document “*Aspects of Personal Power*”.

### **Discussion: Reflection Questions:**

#### **1. Intrinsic Qualities**

In our previous workshop, we talked about how it’s possible to learn and strengthen certain inner qualities that can enhance our feeling of personal power.

- Is there an intrinsic quality (*confidence, attitude, self-awareness, talent, skills, wisdom*) in yourself you’ve recently come to appreciate more? How so?
- or
- Which intrinsic quality would you most like to strengthen?

## 2. Influence and Impact

- When has your influence and impact on others influenced your sense of Personal Power?  
or
- Who has influenced you deeply—and what did they teach you about power?

## 3. Action and Initiative

- Name a time when your ability or inability to make things happen has influenced your sense of Personal Power.  
or
- How do you motivate yourself into action when the outcome feels uncertain?

## 4. Self-Reliance and Resilience

- What inner resource do you turn to in hard times?  
or
- How do you maintain self-trust, especially when external validation is absent?

## 5. Emotional Intelligence

- Do you have an example when being in touch with another person's emotional outlook has benefitted your own sense of Personal Power?  
or
- What does being emotionally “grounded” look and feel like for you?

## 6. Authenticity

- When have you felt most authentic in your life and how did it influence your sense of Personal Power?  
or
- Have you ever compromised your authenticity to fit in? What did you learn?

### Closing reading:

**“Our Deepest Fear” (Excerpt): by Marianne Williamson**

“Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’

Actually, who are you not to be?”

“We are all meant to shine, as children do.

We were born to make manifest the glory of the universe that is within us.

It's not just in some of us; it's in everyone.”

**Checkout and reflections on today's session:** Please express any closing thoughts on today's session.

### **Extinguish the Chalice**

We extinguish this flame, but not the light of truth, the warmth of community, or the fire of commitment. These we carry in our hearts until we are together again.

# ASPECTS OF PERSONAL POWER

**Intrinsic qualities:**  
Confidence, attitude, self-awareness, talent, skills, and wisdom are all important elements

**Influence and impact:**  
The ability to inspire change in others' perspectives and decisions, and to create positive impact.

**Action and initiative:**  
Taking the steps to make things happen, rather than waiting for external forces.

**Self-reliance and resilience:** Trusting inner strength, not validation. Bouncing back from challenges

**Emotional Intelligence:**  
Managing emotions compassionately; empathizing with others; setting healthy boundaries

**Authenticity:**  
Being true to yourself, your values and your sense of purpose which inspires trust and respect from others.