

5 Steps for Reclaiming Your Power

Getting back in the driver's seat of your life!





Hi —

My name is Lisa Ulshafer. I help people who are allowing their fears to eat away at their self-confidence, self-perception and overall outlook on life.

I help them shift their self-perspective and life view to bring greater awareness, clarity, and focus so they can overcome ANY challenge while achieving more love, more meaning, and more freedom in their lives.

Lisa Ulshafer

Where did your power go?

You gave it to your ego! Your ego is how you identify yourself in the world. It influences you to look or act in a socially acceptable way in order to fit in. Because you have aspects of yourself that you judge or deem socially unacceptable, it creates a façade as a way to hide those aspects in order to be accepted. It's like a controlling parent in public who's trying to get their child to behave. If the child isn't at its best behavior then the parent becomes uncomfortable, embarrassed, controlling, and may even try to hide what's happening, or leave the situation altogether.

The ego tries to repress, ignore or avoid those unacceptable aspects because that's what it thinks it's job is – to protect you from the pain and discomfort it thinks you would receive from the outside world if those aspects were ever revealed. Yet, behind closed doors, it can be punishing and abusive to you and to others.

An extreme example of this would be the portrayal of Joan Crawford in the movie *Mommie Dearest*, the tagline description being, *A star... a legend... and a mother...* The illusion of perfection. Crawford is portrayed as desperately trying to hold together a perfect front to the world while she was abusive and destructive to herself and her child in trying to uphold this perfect façade.

The need to be perfect, to never make a mistake, to never fail, to never look ugly or unacceptable is prevalent in today's society. In trying to uphold this façade created by the ego, you begin to crumble from within as feelings of inferiority, not good enough, unworthy and self-doubt creep in and spread throughout your psyche. This is the paradox of the ego. It's trying to protect you, and yet at the same time, it's destroying you.

If you don't keep your ego in check, it will continue to create a distorted perception of self. Your ego is always trying to get more of your power and control in order to feel safe. The irony is, the more power and control you give it, the less safe it feels.

You're going to have your ego with you for the remainder of your life journey, but you don't have to let it be the driving force in your life. Read on to learn the 5 steps to remove your ego from the driver's seat so you can reclaim your power!





Do you feel like you have to uphold a certain appearance?

Your ego likes to create a façade in your life by wearing different masks, trying to be what you think others want you to be. You feel like you're trying to fit in or to live up to other's expectations. You start this early in life when you're trying to please your parents as you seek their love and acceptance.

Own and heal those parts of you that live in shame and embarrassment. Remove those masks and be who you truly are. And if you've been wearing the masks for so long that you don't know who that is, then it's time to discover the truth of who you are!

"Lisa really helped me to live an authentic and transparent life. Being true to myself and to others has been one of the most liberating feelings of all. She showed me how to be comfortable in my own skin and to express myself the way that I am. I no longer feel like I have to pretend to be someone that I am not."

~ Dr. Julie Quan

1 *Live authentically ...*



2 Simplify your life ...

How much complexity do you have in your life?

How about your relationships, your finances, your career or business, or your health? Do you feel like you've created a maze or even prison-like experience in which you feel trapped or stuck in? You might feel depleted as it takes a lot of energy to maintain a complicated life.

Wherever there's simplicity - there's freedom.

As you simplify your life, you make your way out of the maze and pull yourself out of the quicksand of complexity. When you've created a lot of complexity in your life, it's important to use care as you unwind it, so use love and understanding.

If you think of a ball of yarn that has been batted around as a toy for a cat, if you just start pulling on that yarn to unwind it, you'll only make things that much harder for yourself as the entanglement becomes even tighter. It takes patience and a gentle hand to unwind the entangled yarn, and the same is true when unwinding the complexity that's been created in your life.



3 Be more courageous ...

Are you controlled by your fear?

Do you have a fear of getting hurt, making mistakes, being judged, or not being good enough? The ego is all about having more and more control and uses fear as a way to maintain that control by keeping you firmly in your comfort zone, which would be more aptly named the familiar zone, as it isn't all that comfortable.

Did you know we're the only species that lives in a perpetual state of stress (which is mostly induced by fear). And yet, stress is a necessary part of life.

In nature, if a zebra comes across a hungry lion, it's going to go into a high state of stress and run away in order to survive. Once it's safe, it doesn't hold on to all that stress, it lets it go and returns back to it's natural state of being. People, however, act as if there's a hungry lion following them around by the way they rush through their day!

It's important to remember...

Most of what you're afraid of isn't even real, it's the story you're telling yourself in your head. You'll feel your power when you stop letting your fears run the show.



4 Be more connected ...

Do you feel separate from others and the outside world?

The ego sees the world as a dangerous place that you're to shelter and protect yourself from. You may even feel like you're the only one in the world that feels like you do.

Allow yourself to feel vulnerable with the significant people in your life. One way in which you keep yourself from creating deeper connections with others is to live a safe distance from anything that might feel uncomfortable.

Vulnerability isn't comfortable.

And yet, if you're going to create deep and meaningful relationships in your life, you can't get there without vulnerability. You might live more at the surface by avoiding deeper conversations, because in that depth lies discomfort and all those things your ego's been desperately trying to hide. But once you tap into that courage we talked about in step 3, as you go deeper, you'll also find connection and a sense of unification; that we really are all connected and that you aren't alone in this big wide world.



5 Be more accepting ...

Judgment is used extensively by the ego.

Judgment is ingrained in our humanity, toward others and ourselves. Just as the key to a prison door locks in what is perceived as bad or wrong, the same is true for judgment. What you perceive to be bad or wrong is locked into place the more you judge it.

Can you accept others just the way they are?

Acceptance does not mean you condone bad behavior, it means you accept it for what it is. How often have you expected someone to show up differently after they've shown you time and time again the way they are?

If someone is behaving badly and they aren't harming you or violating your boundaries, can you allow them to be the way they need to be? If not, it will only create conflict within you.

Can you accept yourself?

How much energy do you expend looking for others to accept you? People can only love and accept you to the degree that you love and accept yourself. Anything more and you'll push it away.

Time to power up!



***Are you ready to
reclaim your power?***

Are you done with wearing the masks, living in complexity, letting your fears rule the roost, feeling separate, and with the ongoing self-judgment?

Are you ready to...

...live authentically, simplify your life, be more courageous, connected, and accepting?

If so, then I invite you to contact me because everything I just described is *EXACTLY* what I help people to achieve!

Find out more...

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