

*Dance*

into your

**POWER**

A Woman's Journey to Powerful Presence

**My Journal**

# Preface

*Dance into Your Power* gives you the road map to identify access and claim your own power.

This kind of power allows you to defeat any obstacle, overcome the most difficult odds and withstand the most oppressive circumstances.

This kind of power creates heroes out of ordinary people. Stepping into power like this affects you at the deepest level. It transforms you—and everything around you.

To get the full benefits of this power, you have to take your own Journey to it. This Journal will help you to map your progress so you can stay on course.

*Dance into Your Power* gives you everything you need to be successful—in your own time and in your own way. Taking the time to journal your progress as you read through it and complete the exercises will transform your life.

Although my Journey helped me create the map, the women (and some exceptional men) who have taken this Journey over the last several years have proven that every Journey is as unique as the person who takes it. Every Journey is a unique experience, whether it's your first time or your tenth. Since this is an e-journal, you can create a new one for yourself anytime you want to—and you'll be amazed at what you'll discover when you compare each journey you take over the years.

As I traveled on my own Journey, there were times when I walked it. Other times I crawled or trudged or ran. I've climbed it and I've flown it. Then I learned to dance it. You can travel this journey in your own way—and I hope you will allow yourself the benefit of every form of travel. Dancing is a learned skill—and every other way of traveling can still move you forward and teach you valuable lessons for the road ahead. Your "first time" and "perfection" never happen on the same occasion!

Once I learned to dance my Journey, I discovered that a deep kind of joy happens when you move in this way. The more I learned to dance with everything I encountered on my Journey, the more powerful I became and the smoother the Journey became. The same is true for you: the more you practice, the easier it becomes. All you need to do to be successful is to start wherever you are—and keep moving.

*Dance into Your Power* is a book about power ... and taking the time to record your progress in a journal will show you how to dance!

# Part One

# Chapter 1

## What is Powerful Presence?

*Powerful Presence is the ability to act effectively  
in any situation  
in a way that inspires trust from other people.*

If Powerful Presence is the ability to act effectively in any situation in a way that inspires trust from other people, what kind of impact do you think it will have on your ability to create the results you want in your life?

The strategies you'll find in *Dance into Your Power* are the result of a Journey that took me almost forty years to complete. The good news is that you can take your own Journey in a fraction of that time.

*This Journal is the record of YOUR Journey.*

# Part Two



**Take Action:**

Take some time alone in a quiet place where you'll be undisturbed and consider your intentions for this Journey. Capture your thoughts here.

*Ingredient Two: Create Your Itinerary***Your Itinerary**

Use this template to have a conversation with someone you trust

<b>The Questions</b>	<b>Your Answers</b>
1. Where in your life do you want to have more Powerful Presence.  <i>This gives you your unique destination.</i>	
2. What will accomplishing that do for you?  <i>This gives you your motivation for #1</i>	
3. What having will that do for you?  <i>This gives you your motivation for #2, so you can see what's at stake for you to accomplish #1</i>	
The next questions relate to your answer in question #1	
4. What do you already do well (in regards to #1, in any context in your life)  <i>This gives you the vehicle to travel in/ the strengths to build on.</i>	
5. What stops you from (#1) what challenges do you face?  <i>These are the challenges that this journey will help you to overcome.</i>	



<p>6. If you had Unlimited Cosmic Power and you knew you could not fail, what would be true about you when you accomplish #1?</p> <p><i>This is the clearest embodiment of who your Soul is calling you to be as a result of this journey—you can judge your progress along the way by checking your decisions each day: are you getting closer to this ideal or farther away?</i></p>	
<p>7. What do you want to avoid in this process?</p> <p><i>This will give you your road signs: when you see these things coming up along the journey, they are indicators to turn around and take another path to your destination.</i></p>	
<p><b>Bonus Question:</b> What was the most useful discovery you made while working through this itinerary?</p> <p><i>This is your Soul talking ...</i></p>	

# Chapter 6

## Your Essential Travel Accessory

### Take Action:

Journal the top three things you want to remember about the Three Gears.

# Part Three

# Chapter 8

## A Few Words about Beliefs

### Take Action:

In the space below, write down ten beliefs you hold—about anything. Feel free to use the list you find on page 74 to help you get started.

**Take Action:**

Create your own list of the beliefs you hold about yourself. Use the list on pages 75 and 76 to help you get started, or jump right in below!

**Take Action:**

Map out your experience with beliefs in your own life. Where do your current beliefs come from?

- External sources?

- Internal sources?

- Combination of both?

# Chapter 9

## Command Central for Your Experience Starts in Your Brain

### Take Action:

Think about the last car you bought. Had you ever noticed how many of them there were on the road before you bought one? Now you see them everywhere!

Here's how you can watch your RAS at work without having to spend a dime: Think of your dream car—the one you'd buy if money was no object. Get a picture of your dream car out of a magazine or off the internet and hang it up in your office or in your home somewhere where you can see it. I guarantee you that within twenty-four hours you'll see that car *everywhere*.

Capture your experience of this practice right here.

**Take Action:**

What do you think about what you just read about the RAS on pages 81-88? Capture your thoughts here.



# Chapter 11

## Belief #1: You Bring About What You Think About

### Take Action:

Before you read any further, take a moment to digest what you've just read on pages 99-108.

Capture the thoughts and feelings you are having right now. They will be an important indicator of your progress as you travel further on your Journey.

**Take Action:**

Record your progress as you claim three of the empowering beliefs from pages 106–108 and play with them for the next thirty days.

First, identify the negative beliefs you have that have prevented you from using these beliefs before now, and then create your own version of the process you saw in the book:

1. Negative belief:

2. Qualifying questions:

3. New empowering belief:

1. Negative belief:

2. Qualifying questions:

3. New empowering belief:

1. Negative belief:

2. Qualifying questions:

3. New empowering belief:

1. Negative belief:
2. Qualifying questions:
3. New empowering belief:

1. Negative belief:
2. Qualifying questions:
3. New empowering belief:

1. Negative belief:
2. Qualifying questions:
3. New empowering belief:

1. Negative belief:
2. Qualifying questions:
3. New empowering belief:

# Chapter 12

## Belief #2: You Have What It Takes

### Take Action:

After reading pages 121–123, take a moment and record any experience you remember that involved your breaking through some fear or mental barrier in a way that surprised you when you did it.

**Take Action:**

After reading pages 124-126, take a moment and record your thoughts about what keeps you chained right now.

**Mary Kay Ash taught me this: *Comparison is a lie.***

**Take Action:**

Take a few moments to capture your thoughts about comparisons.

In what ways do you compare yourself to others?

How could you begin to put the idea that comparison is a lie into practice?

**My garden taught me this:** *There's a difference between desire and experience.*

**Take Action:**

Take a few moments to capture your thoughts about this.

Do you expect your desire to be enough to accomplish what you want to?

How could you begin to put the idea that you need to develop your experience into practice?

**Dr. Holt taught me this:** *The truest measure of yourself comes from inside.*

**Take Action:**

Take a few moments to capture your thoughts about this.

Do you use other people's yardsticks to measure yourself?

How could you begin to put into practice the idea that your own yardstick is the best measure of your worth?



## Chapter 13

### Belief #3: Every Obstacle Brings a Gift

#### Take Action:

Take a moment now to look back over the obstacles and difficulties you've faced over the last ten or twenty years.

What gifts do you think those experiences have brought you? Capture your thoughts here:

**Take Action:**

From 1st Gear, journal your thoughts about what you just read on pages 143–148 about Belief #3.  
What was easy for you?

What was difficult?

Now look back on the itinerary you created in Part Two and decide what action you want to take with Belief #3 to move yourself closer to the destination you've chosen.

Congratulations! You've now completed Part Three. You've learned a lot about beliefs—something that required a great deal of work on your part. We're more than a third of the way into our Journey and you've done a wonderful job.

I hope you'll take a moment now to congratulate yourself on your accomplishments. At this part of the Journey, it's time to take a moment to celebrate yourself.

No journey can be taken without time for rest and relaxation, even if it's simply to gather your strength for the next part of the road.

Before you read any further, close *Dance into Your Power* and do something really nice for yourself.

Celebrate! What will you do? Record it here:

Wait at least twenty-four hours before you start Part Four.

# Part Four



**Take Action:**

Find some time in your schedule for three one-hour blocks of time in the next week to ten days. Take a look at the three questions below and investigate only one of them in each of your hour-long blocks of time.

Refrain from deciding anything about the data you collect as you record it. Take no action on your discoveries until you've completed all the work in this chapter.

1. Who are you when nobody's looking?

2. If money were no object, what would you be doing?



3. What is the most important thing in the world to you?

*Step 2: Decide*

**Take Action:**

Take just a moment before you read any further and consider your own experience with deciding.

What makes it easy for you?

What makes it difficult?

If you're skilled at deciding, *how* do you do it?

*Strategy #1: Developing Criteria*

**Take Action:**

Make a list of 10 Things That You Want and 10 Things That You Don't Want.

**10 things I Want**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

## 10 things I Don't Want

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Now make another list of 10 Things That You Like and 10 Things That You Don't Like.

### 10 Things I Like

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## 10 Things I Don't Like

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What did you discover?

These are some of your standards—your criteria—and they're all in 1st Gear.

*Decision Grids***Take Action:**

If you have a decision to make that you've been unable to work through, take the time to work it through now using the decision grid below.

First list the benefits of both and then the costs of both; take as long as you need to, to list everything for both sides. Once you've filled everything in, then look at your results.

DO	NOT DO
Benefits	Benefits
Costs	Costs





What did you discover? Record that here.

*Strategy #3: Create the 10 Commandments for Your Life*

**Take Action:**

Go back to pages in your journal in which you listed the Things You Like and Don't Like and the Things You Want and Don't Want. Use them to create your own 10 Commandments.

**My 10 Commandments**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

What did you discover? Are your yeses congruent with your 10 Commandments?

If they are—that's great. If they're not, don't worry. Now you have the perfect evidence you need to take action. *(Now that you've explored what it takes to investigate and what it takes to decide, all that's left to do is act.)*

# Chapter 16

## Ability #2: Relate to Others

### Take Action:

List all the things you do well as a communicator.

What did you discover? What trends and patterns did you find?



What did you discover? What trends and patterns did you find?

***Strategy #1: Focus Your Attention***

**Take Action:**

Over the next several days, pay attention to where you're focusing your Attention.

- What results are you getting?
- Where do you naturally place your Attention?
- What happens when you shift it?
- Look for patterns and trends.

Day 1

Day 2

Day 3



Day 4

Day 5

What did you discover? What trends and patterns did you find?

*Strategy #2: Matching Anyone's Communication Style*

**Take Action:**

Think about the speed preference of the people you like the most. Does their speed match yours?

Now think about the speed preference of the people who are the most challenging for you. Are they more quick than you—or more careful?

What did you discover?

**Take Action:**

Think about the process preference of the people you like the most. Does their process—task-focused or relationship-focused—match yours?

Now think about the process preferences of the people who are the most challenging for you. Are they more task-focused than you are—or more relationship-focused than you are?

What did you discover?

**Take Action:**

Look at the symptoms of a BEPPUMOID infestation below and check all those you commonly experience.

- Bored
- Emotional
- Physically tired
- Preoccupied
- Uninterested
- Mentally tired
- Organizing your thoughts for a reply
- Interrupting
- Distracted

What did you discover?

*All of these symptoms occur in 1st Gear, with your Attention on yourself.*

So each symptom is the truth for you, and your Attention on yourself prevents you from getting any input from anyone else.

**Take Action:**

Let's stop here for a moment so you can take in all of your surroundings. We've been using the three Gears throughout our Journey—and now you've discovered the power of your *Attention*.

Can you see the connection between those two and listening? Does it make sense that a BEPPUMOID infestation makes it harder for you to match the speed and process of those whose speed and process are different from yours?

Making the connection between the three *Gears*, your *Attention*, *matching speed and process*, and *listening* is one of the ways you can increase your Powerful Presence because you're getting even more conscious of your actions and your impact.

Think about the way these distinctions, structures, and strategies can affect your current relationships. Record your thoughts here.

**Take Action:**

Pick someone in your personal or professional life with whom you want relate more effectively.

Use everything you've learned in this chapter to improve the communication between the two of you.

Record your progress here:

**Who is it?** Name her or him and describe your relationship (friend, boss, parent, co-worker, sibling, whatever)

**What gets in the way of your communication?**

**What are you going to do about it?**

Actions Taken	Effect





*Step 1: Investigate the Kind of Dancer You Are*

**Take Action:**

What do you need to do to identify your dancing strengths?

- What kind of dancing calls to you?
  
  
  
  
  
  
  
  
  
  
- What would it take for you to sign up for some classes or lessons?
  
  
  
  
  
  
  
  
  
  
- Set a date for yourself and investigate. Report your progress here.

*Step 2: Decide That Dancing is an Option*

**Take Action:**

Surround yourself with dancing until you're ready to choose it for yourself. Once you do, report your decision here.

What will help me to choose dancing as an option is...

Here's what I'm doing about it:

*Step 3: Dance at Every Opportunity*

**Take Action:**

Pay attention to your dancing opportunities. Have some fun with this—approach every situation with the idea that it's an invitation to dance.

Record your findings here as they occur.

*Strategy #1: Say "Yes... and"*

**Take Action:**

When can you say "Yes ... and" to dance with a situation you currently face? Try it—and note your results here.

*Strategy #2: Pretend*

**Take Action:**

What situation are you facing right now that you've pretended is a disaster?

What else could you pretend is true about it now?

Remember that *you bring about what you think about*, so choose something positive to pretend. See what happens when you do and record your findings here.

# Chapter 18

## The Dancer's Treasure

### Take Action:

Catch yourself being in the present moment.

- Go back and look through the entries you've made in your journal.
- Look for the times when you were present based on the hallmarks on page 207–208.
- What did you find? Capture your impressions here.

*Source #1: Getting Stuck in the Past*

**Take Action:**

When was the last time you got stuck in the past?

What happened? Map it out using the “release the past” strategy on pages 209–214.

1. Where was your Attention?

2. Did you have any BEPPUMOIDS? What were they?

3. What Gear were you in?

What did you discover? What do you need to do to release that past experience?

Do what you need to do and record your progress here.



Source #2: Getting Stuck in the Future

Take Action: When was the last time you got stuck in the future? What happened? Map it out using the strategy from pages 215-218.

1. Where was your Attention?
2. Did you have any BEPPUMOIDS? What were they?
3. What Gear were you in?

What did you discover?

What do you need to do to prepare for the future you want?

Do what you need to do to adjust your vision of your future and record your progress here.

*Source #3: Mistaking Things You Have No Power Over for Things You Do Have Power Over*

**Take Action:**

Consider a situation in your life that's frustrating you so much that you can't dance with it.

Into which of the four categories on page 219 does it fall?

What's one action you could take about it right now that would help you dance into your power? Capture your thoughts here and take that action.

*The Dancer in You*

We've almost completed our Journey together. Now that you're here, I hope you'll take the time to celebrate your accomplishments.

Look back over your journal and see how far you've come. What did you discover?

As always, no great journey happens without periods of rest and relaxation. We're almost at the end of our time together, so I hope you'll take the time now to savor where we've been.

Do something really nice for yourself, and wait at least twenty-four hours before you start Part Five.

How are you going to Celebrate?

# Part Five

# Chapter 20

## Action #1: Use What You've Learned

Take Action: Take a moment and reflect on your thoughts about what you've read in this chapter (pages 227–232).

What can you do to create a bull's-eye of your own that will help you *use what you've learned* on this Journey?

Capture your thoughts here and take one action in the next twenty-four hours that will help you dance into your power.

What did you discover?

What action will you take?

# Chapter 21

## Action #2: Share What You Know

The best way to *share what you know* is to live it. Live it in such a way that other people notice the difference and want to know what you're up to!

What action can you take on a regular basis that will invite conversation about your Journey to Powerful Presence with others in your life?

What did you discover?

What action will you take?

# Chapter 22

## Action #3: Create Something New

Let me assure you that—like Gwen—I believe with all my heart that someone is waiting in your future to hear what only you can share, see what only you can show, and experience what only you can take them through.

Keep recording your progress and your destiny will reveal itself to you.

What thoughts do you have about your Journey right now? What actions will help you use what you've learned to create something that is uniquely yours? Record your thoughts here.

What did you discover?

What actions will you take?



As you continue to develop your Powerful Presence, time and circumstances will bring you together with your destiny—exactly as time and circumstances have brought you and me together.

Until that time, I wish you every illumination on your Journey.

I hope our paths cross again.

Maia Beatty

# Powerful Presence Resources

## The Books That Shaped My Journey and Deepened My Learning

Reading has been a passion of mine since I learned to read at age six; it's always been a great source of learning for me, especially when I had no other teachers or mentors. I have to admit I'm voracious about it! There are so many books that have helped me on my way that I've forgotten more titles than I can count.

There are some books that I will never forget and never let go of; they've had such a profound effect on me that I will keep them forever. The books on the list below are those kinds of books. If you're looking for a window into the ideas that helped me formulate the distinctions, structures, and strategies of Powerful Presence, these books will give you a great start.

### I. Early books: my first teachers and role models

William S. Baring-Gould, Editor: *The Annotated Sherlock Holmes*

Ram Das: *Be Here Now*

Viktor Frankl: *Man's Search for Meaning*

Louise L. Hay: *You Can Heal Your Life*

Richard Hittleman: *Richard Hittleman's Yoga: 28 Day Exercise Plan*

C.S. Lewis: *Till We Have Faces*

J. R. R. Tolkien: *The Lord of the Rings*

### II. Books that helped me on my way

Richard Bandler and John Grinder: *Frogs into Princes*

Madelyn Burley-Allen: *Listening: The Forgotten Skill*

Richard Bach: *Illusions*

Joseph Campbell: *The Hero with a Thousand Faces*

Joseph Campbell with Bill Moyers: *The Power of Myth*

James Hillman: *The Soul's Code*

Rokelle Lerner: *Affirmations for Adult Children of Alcoholics*

Dan Millman: *The Way of the Peaceful Warrior*

Thomas Moore: *Care of the Soul*

Clarissa Pinkola Estes, PhD: *Women Who Run with the Wolves*

Bill Plotkin: *Soulcraft*

Jean Shinoda-Bolen: *Goddesses in Every Woman*

Bill Watterson: *There's Treasure Everywhere* (and all the Calvin and Hobbes books)

Marianne Williamson: *Return to Love*

Gary Zukav: *The Seat of the Soul*

III. Books that continue the message of Powerful Presence and deepen my learning

Rosina-Fawzia Al-Rawi and Monique Arav: *Grandmothers Secrets: The Ancient Rituals and Healing Power of Belly Dancing*

Richard Bandler: *Get the Life You Want*

His Holiness the Dalai Lama: *The Art of Happiness*

Warren Grossman: *To Be Healed by the Earth*

Peter Senge, C. Otto Scharmer, Joseph Jaworski and Betty Sue Flowers: *Presence: An Exploration of Profound Change in People, Organizations and Society*

Marci Shimoff: *Love for No Reason*

Kathleen Ragan: *Fearless Girls, Wise Women and Beloved Sisters*

IV. The books I've written as a result of all that inspiration

*Bootstrap Words: Pull Yourself UP!* (1995)

*Pizza and the Art of Life Management* (1996)

*The Trainer's Cookbook: Designing Learner-focused, Performance-based Training* (2004)

*The Traveler's Pocket Guide to the Journey to Powerful Presence* (2012)

## About The Author

Maia Beatty is The Powerful Presence Trainer and Coach and the principal of Discover Your Powerful Presence, a division of Maia Beatty & Associates, Inc., in Akron, Ohio.

Her mission is to help people identify, access, and claim their Powerful Presence.

Maia is the creator of over forty motivational keynote presentations and learner-focused, performance-based training programs, including the twelve-week program: *Dance into Your Power on the Journey to Powerful Presence*, the six-week *Advanced Classes*, and *PowerSpeak!: The Art & Science of Confident Speaking*.

She is a Master Trainer. Maia has been training adults since 1982, and training trainers since 1999, across the US as well as in Canada, the UK and Australia. Her specialty is providing the environment that allows her learners to identify, access, and use their incomparable power so they can increase their skills and apply what they learn immediately.

Maia is an international keynote speaker who has been using her warm and inspiring style since 1987 to connect her audiences with their own Powerful Presence and authentic self. She has spoken across the US and Canada, as well as in the UK and the Dominican Republic.

She is a speaking coach. With her original program, *PowerSpeak!*, Maia has had a 100 percent success rate in increasing the speaking confidence and skill of her clients since 1999. She is also a co-active coach, helping her clients transform their circumstances and develop their unique Powerful Presence since 2004.

Maia has a BA in psychology from Texas A&M, Corpus Christi. She is an NLP practitioner and a graduate of the Coaches Training Institute, with certificates in coaching, business development, and leadership. She is a veteran of the U.S. Navy.

Maia is the winner of the 2011 Connector's Choice Award for "Best Speaker/Facilitator in Northeast Ohio."

She lives in Bath, Ohio, with her beloved husband, Chuck Beatty, and their two eccentric cats, Fionn MacCool and Isis Marie.

Maia is currently working on her next book.

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