

TRANSFORMATIVE SERIES



A MINDSET BOOKLET

---

PERSONAL  
POWER

THE PLATFORM FOR THRIVING

---

Kimble Greene, PhD

*Personal Power: The Platform for Thriving*

Transformative Series  
A Mindset Booklet

© Copyright 2022 Dr. Kimble Greene LLC

---

Excerpt from – *The Power To Thrive: When Surviving Is No Longer Enough*

© Copyright 2020 Dr. Kimble Greene LLC

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, digital scanning, or other electronic or mechanical methods, without the prior written permission of Dr. Kimble Greene.

**Contact:**

[kimble@drkimblegreene.com](mailto:kimble@drkimblegreene.com)  
[www.drkimblegreene.com](http://www.drkimblegreene.com)

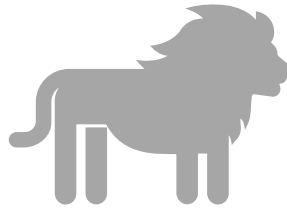
# **Personal Power**

*The Platform for Thriving*

Kimble Greene, PhD

“True power is the power to empower others.”

Unknown



**H**ow often have you felt a sense of powerlessness when it comes to making changes, solving problems, achieving goals, or in creating the circumstances or life you desire? Unfortunately, this sense of powerlessness is all too common. When feeling powerless or without influence, it's not unusual to attempt to control the people, things, and conditions in your life.

We've become a nation of outside-in individuals, of people desperate to achieve happiness, wellbeing, and success by following someone else's rules, expectations, standards, and by attempting to control our circumstances and outcomes. Many people have become obsessed with material gain, physical beauty, financial wealth, and other standards in the hope these externals will fill the internal well.

Yet, with all that external outside-in control and manipulation, we remain discouraged, addicted, stressed, unwell, and self-doubting individuals who have yet to achieve the goals and life we desire. Ultimately, control is temporary and outside-in approaches are neither effective nor sustainable.

Control and power are very different concepts. Control is limited, power is limitless. Control is an outside-in survival tactic for creating inner fulfillment. Power is an inside-

out foundation for sustainable thriving. For leaders (self leading and/or other leading), maintaining a consistent connection to your inner personal power is essential for successful and influential leadership. As the paradigm for leadership across the globe, in this 21<sup>st</sup> century, is shifting from transactional to transformative; from directorial to collaborative; from impersonal to personal; leading from the inside-out, from your inner point of power, is imperative.

## **CONTROL**

Most of us have been taught (directly and indirectly) and now believe that controlling our external world (people, things, circumstance) will lead to success (ours or someone else), and will attain happiness via relationship, job, health, etc. We also believe it will restore our sense of internal power. You think having control will make things less stressful, that it will get you what you want - whether it's a feeling, person, situation, thing, or a circumstance. Unfortunately, this couldn't be further from the truth.

The more you control, the more out-of-control things become, and the more exhausted, depleted, and stressed you continue to feel. That's because the effort and energy of controlling means you are in survival mode and this state of mind and being is not designed for long-term gain or thriving. (More about the limitations and dangers of living in survival mode in my booklet, *The Power To Thrive: Surviving Isn't Enough.*)

For decades society has taught us that inner satisfaction and personal/professional success comes from managing and controlling the people (including ourselves) and circumstances in our lives. Society has also established expectations for each of us depending upon our age, race, gender, nationality, social status, and more. All of this – the rules, the expectations, the control – gives a false impression of power, sustainability, and wellbeing (physical, mental, and emotional).

The need to exert control, both internally and externally, is one of the most pervasive and challenging aspects for adults to overcome. When you are controlling, you're usually reacting from a place of misperception, outdated beliefs, and fear - a non-accepting, non-natural, and non-powering state of imbalance. Control is an 'outside-in' survival state of protection which is depleting, limited, and ultimately unsustainable.

The truth is control is futile - it's a waste of energy. Furthermore, it contributes to depletion, anxiety, depression, anger, and more, all of which lead to ill health - physically, mentally,

and emotionally. Control is equivalent to being in ‘survival’ protection mode which is designed for emergencies because it uses vast amounts of inner resources and energy and inhibits growth and thriving. Pioneering biologist, Bruce Lipton, PhD, emphasizes, “Nature intends for us to use protection [survival] behaviors as little as possible. That’s because, while protection provides life-saving responses, it also consumes massive wealth and compromises the system’s life-sustaining [thrival] growth processes.”

It’s important not to confuse control with power. Control is the external, outside-in effort to manipulate things, circumstances, people, or outcomes for what we perceive as our physical, mental, emotional, professional, financial, relationship, etc. survival. The effectiveness and influence of control is superficial and short-lived. While you may be able to change some of the immediate details of your life using control, the fabric and energy of your world will remain unchanged. In fact, what you don’t see is the decline in your physical and mental health that accompanies the high level of stress control creates. Therefore, the more you control, the more you feel the need to control to achieve the desired results and the more depleted you become – energetically, emotionally, mentally, and physically.

Authentic self-expression is also diminished when you control, whereas the greatest expression of your authentic self, which also leads to optimal wellbeing, success, and thriving arises from your inner point of power.

## **POWER**

Personal power is the internal ability to create, influence, and respond to your circumstances in any way, shape, or form you desire. Power is internal and shifts the energy within and around you. It’s how you create the experiences you want, thereby drawing to you the energy, events, and circumstances that support your health, desires, and dreams. Power is an ‘inside-out’ growth mode of living, which is fulfilling, restorative, and limitless.

Personal power leads to success in all areas of life. Success is setting a goal and achieving that goal. A goal may be as simple as getting out of bed in the morning or as complex as becoming President of the United States and anywhere in between. Each day you have multiple successes just as you have unlimited successes over the course of your lifetime.

You already are successful and have been since birth. If your goal is to expand your success, it's essential you begin to identify with your personal power and shift the (outdated) beliefs which limit you. With updated core beliefs in place, you can effectively use the gifts and skills you already possess to achieve your highest goals successfully. This is personal power. Power is your inner capacity to influence everything within and around you, it's a state of growth and thriving - it is limitless.

The importance of knowing and believing in your personal power is unrivaled. You are the creator of your world, you are the mastermind, the virtuoso behind the masterpiece that is your life. Until you experience it firsthand, you'll simply have to believe this is true.

Have faith precious soul, for the world is awaiting your unique imprint and presence. You are more powerful than you realize, you are powerful beyond measure.

Dr. Kimble Greene has been transforming lives and empowering leaders for 35+ years. She holds a PhD in Psychology and expertise in agency administration, strategic consulting, and personal/leadership development. Kimble is internationally acclaimed for her game-changing approach to personal transformation and evolutionary leadership - *The Monarch Method*<sup>™</sup>. Kimble's globally recognized method along with her groundbreaking philosophies (The Catalyst Factor) are a unique blend of psychology, neuroscience, epigenetics, and quantum physics that takes her clients on an enriching journey of self-evolution and empowerment. Kimble's approaches, her expertise, and unassuming style makes her unique work with individuals and leaders transformative. She is the author of several books including the Amazon #1 bestseller - *You Are Not Broken*; *The Power to Thrive: When surviving is no longer enough*; *Powerful Beyond Measure: The pathway to evolutionary leadership*; *One: Embracing Life & Illuminating Your Spirit*; and *The Monarch Method*<sup>™</sup> 6-book series.