



5 STEPS TO POWER

YOUR NEXT LEVEL

POWER STORY™

GUIDE

The 5 Step Guide to

Affirming your life

and

finding your voice.

INTRO

In this eBook I'm giving you a 5 step guide to help you begin the journey of walking into your full self and owning your Power Story™.

We are constantly comparing ourselves to others. Whether we like it or not we are now in the 'Digital Era', where social media plays a major role in how we communicate and access information. Social Media offers the benefit of staying up to date with information, maintaining connections with friends and colleagues as well as learning about the stories of people all over the world. However, many of us fail to realize that social media captures moments and not the complete experience or story behind the images that we view. Comparing yourself to an image prevents you from seeing the true Power in your story.

This is why this eBook was created, I want to remind you of your Power and offer you a few steps to help you OWN IT!

Greetings!

**I'M DOBIJOKI EMANUELA
OF DOBIJOKI PERSONAL DEVELOPMENT**



STEP 1 : *Speak to Yourself with Kindness*

How often is it that you tell yourself 'I Love YOU?'

How often do you engage in negative self-talk?

For some reason we find it easier to negatively critique ourselves than we do to honour our strength, successes and overall existence.

THIS CHANGES NOW!

Think of 5 things that you love about yourself and write them down.

Read those 5 things to yourself in the morning and evening until it sits in your subconscious.

The Mind is the ALL.



STEP 2 : *Make Time for Self-Care*

We spend so much time surviving that we often forget to live. Living requires you to be conscious of what you do and what you do it for.

LIVING REQUIRES SELF-CARE!

Nourish your body, mind and soul with tenderness and care by creating a consistent schedule for self care.

Write down 3 things that you love to do, these things should make you feel relaxed or at least allow you to feel carefree.

Choose one of them and set up a time and date within the next 5 days to indulge!



STEP 3 : *Journal*

Journaling does not have to be done the traditional way. Journaling is really about creating the time to think through your thoughts and curating a space and platform to release those thoughts.

You can journal on paper, on audio or through video, it is all about capturing your mind in a state of expression and thought.

Think of how you want to release your thoughts and invest in a journal. This can be a journal to write, maybe some headphones to record audio through your phone, or a tripod so that you can station your camera to video record.

Choose your journaling method and set up a time within the next 5 days to release!



STEP 4 : *Work on Your Healing*

It does not matter where we grew up or what we look like, most of us living beings have experiences that require some level of healing.

We are human after all, we have feelings, emotions, triggers and traumas; and in order to be able to truly live our most fruitful life we must work on healing our hearts, minds, bodies and every other part of us that may be affected by our pain.

Healing can be in the form of therapy both formal and informal. When most of us think of therapy we often have the image of us being in a room one-on-one with a therapist/counsellor/psychologist. Yes, that is definitely therapy! However, therapy can be many things, you can connect with a group of your core friends for a chill night where you catch up with one another, and that could be therapy.

You can also take an online course that supports you in your healing journey and that can act as part of your therapy. **Be intentional about your healing journey** and find what is best to support you in overcoming.

STEP 5 : *Tell Your STORY!*

YOUR VOICE IS NECESSARY, AND YOUR STORY IS WORTH HEARING!

In order for you to OWN Your Power Story™ you must realize that your story is worth sharing and that it can offer great insight, inspiration and value to the people around you.

There is at least one person out there that will be moved by your strength, drive, tenacity, confidence, and commitment to yourself.

Write down one personal story of something that you've experienced and have overcome.

Call some of your core friends or family members, mentors or coaches and tell them that you have something to share. **SHARE IT!**

No, you are not going to burden or annoy anyone with your story, rather you will inspire them as you embrace your Power!



Affirmations

Repeat. Repeat. Repeat.

Affirm Your Life

1. I am the most beautiful person
I know

2. I am the foundation of my
success, everything begins with
me

3. I am everything I have always
dreamed of

4. I trust the process because I
created the process

5. I receive all that is meant for
me



About The Author



Dobijoki Emanuela

I support individuals, organizations and businesses to own their Power Stories™. I define Power Story™ as the use of personal life experiences as leverage in order to enhance one's quality of life. It is the ownership of life's journey through the valued power of storytelling. Nothing is more fulfilling than seeing my clients gain the confidence, trust and ownership of their Power and develop stronger relationships with themselves.

As a Personal and Professional development consultant with over 10 years of experience in the Social Service sector, I've had the pleasure of working with a number of non-profit organizations, individuals and community groups. I have had the pleasure of sharing my Power Story™ in a number of countries including; Switzerland, South Africa, Pakistan and the United States. I also facilitated an advocacy training for civil society organizations in Geneva, Switzerland and spoke on the Power Stories™ of Sudanese and South Sudanese women at the United Nations Human Rights Council in 2015, alongside many other great experiences.

I am here to help serve you! Ready to Work with me?

Find me HERE: www.dobijoki.com