

Your Self-empowerment GPS: Your Guide for Achieving Personal Greatness.

Dare to be You; Dare to Love Yourself

Introduction

You will find herein a guide for your personal journey of self-empowerment.

This guide is a companion to the book *Outside Eden's Gate: The Secrets of Self-empowerment*, written by Greg Pirio.

The down-to-earth activities contained in the guide will increase your understanding of your situation and enable you to leave behind habits and beliefs that limit you from creating a more fulfilled life of your own choosing. The guide is designed to help you realize the incredible creative potential that already exists within you. You have the ingredients for personal greatness; you are beautiful, brilliant, and worthy of love.

The accumulation of personal power should be at the core of everyone's life journey. It's a choice everyone has to make. We can choose to remain in self-limiting paradigms, or we can embrace attitudes, beliefs, and behaviors that are self-empowering and lead us to personal greatness.

We can use a variety of terms to describe personal power such as confidence, courage, and competence. People acquire these constructive and other qualities in the course of their personal development by leaving behind behaviors and attitudes they evolved as children and by acquiring healthier, more fulfilling life strategies. The Self-empowerment GPS will guide you on this journey of self-realization through the creation of new beliefs, thought patterns, and habits that will increase your personal greatness.

The Self-empowerment GPS asks you to "Dare to be You" and to "Dare to Love Yourself." As you will discover as you follow this course, the ultimate secret of personal empowerment is self-love. Being able to sense one's inner worthiness, brilliance, and beauty makes it easier to love oneself. This course is designed to make you realize the magnificence that is already you. Many good things will inevitably flow from this realization as you radiate your beauty, brilliance, and self-love into the world.

How to Use the Self-empowerment GPS

Each weekly exercise in this guide consists of a secret presented in the *Outside Eden's Gate: The Secrets of Self-empowerment* book followed by several questions and activities designed to encourage your adoption of more powerful beliefs and habits critical to self-empowerment.

You may reflect on the secrets and respond to the accompanying exercises at your own pace and in your own way. You may want to choose one secret a week during a nine-month period. During this period, you will become witness to the incubation of a more powerful and more centered you. If, at any time, you feel it is difficult to find the answers to the questions you will find, don't be concerned. Keep at the exercises, and you will inevitably see a more empowered you evolve.

The secrets and exercises are designed to reinforce your learning experience and to help you develop new skills and habits that create a more joy-filled and peaceful you. You will find different exercises will be repeating some of the core concepts in different ways. This is intentional, as your current state of habitual thinking took root in your psyche through the repetition of thoughts. It is likewise through repetition that you will learn to imbue yourself with new, more empowering habitual thoughts.

The design of a nine-month period for this activity is no accident. It is inspired symbolically by the time required for incubation of human life and suggests with patience and dedication you can give birth to a more empowered you. Oh, and be patient with the process. Over time, you will gain greater insights as a genuine and authentic you incubates.

You can follow the Self-empowerment GPS solo, that is, by yourself, or you may take it with trusted friends who can give you feedback, enhance your insights, and give you encouragement. In a group, everyone can discuss their responses to the questions and suggested activities.

If you are taking this journey solo or as a member in a group, it may be most helpful to write your responses in a journal, whether handwritten or digitized. And, don't hesitate to come back to an exercise and your written reflections during subsequent weeks. This will stimulate further discovery and understanding as you progress down your path of personal self-empowerment.

I guarantee you that at the end of nine months, if you hold course, you can return to the first secrets and see with incredible clarity the progress you have made. You will have an appreciation of what you have accomplished by letting go of self-limiting beliefs and behaviors. You will discover and embrace your personal power measured in terms of confidence, competence, courage, and compassion for self and others.

Accept this challenge, and **“dare to be you.”**