



**RECOVER
WOMAN'S**

POWER

From

WITHIN

BISHOP SOLLY LALAMANI

Philippians 4:8

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things.

INTRODUCTION

- **Don't Waste Time Feeling Sorry for Yourself**
- **Don't Give Away Your Power**
- **Don't Shy Away from Change**
- **Don't Focus on Things You Can't Control**
- **Don't Worry About Pleasing Everyone**
- **Don't Fear Taking Calculated Risks**
- **Don't Dwell on the Past**
- **Don't Make the Same Mistakes Over and Over**

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DON'T RESENT OTHER PEOPLE'S SUCCESS

**Resentment is like drinking poison and then hoping it will kill your
enemies**



WHAT'S HELPFUL

- **Creating your own definition of success**
- **Replacing negative thoughts that breed resentment with more rational thoughts**
- **Celebrating other people's accomplishments**
- **Focusing on your strengths**
- **Cooperating rather than competing with everyone**



WHAT'S NOT HELPFUL

- **Chasing after everyone else's dreams**
- **Imagining how much better everyone else's lives are**
- **Constantly comparing yourself to everyone around you**
- **Diminishing other people's achievements**
- **Treating everyone like they're your direct competition**



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**DON'T GIVE UP AFTER YOUR
FIRST FAILURE**

**Failure is part of the process of success. People who avoid failure
also avoid success.**

WHAT'S HELPFUL

- **Viewing failure as a learning opportunity**
- **Resolving to try again if your first attempt was not successful**
- **Facing your fear of failure**
- **Developing a new plan to increase your chance of success**
- **Identifying and replacing irrational thoughts about failure**
- **Focusing on improving your skills rather than showing them off**



WHAT'S NOT HELPFUL

- **Allowing failure to stop you from reaching your goals**
- **Considering future attempts to be a lost cause if your first attempt wasn't successful**
- **Quitting because you don't want to tolerate discomfort**
- **Defining a task as impossible because it didn't work the first time**
- **Allowing yourself to think that failure is worse than it is**
- **Refusing to participate in tasks where you are not likely to excel**



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DON'T FEAR ALONE TIME

**All man's miseries derive from not being able to sit quietly in a room
alone**



WHAT'S HELPFUL

- **Learning how to appreciate silence**
- **Taking a few minutes every day to be alone with your thoughts**
- **Scheduling a date with yourself at least one time a month**
- **Learning how to meditate to quiet your mind**
- **Practicing mindfulness skills to focus on one task at a time**
- **Journaling to sort out your emotions**
- **Reflecting on your progress and goals daily**

WHAT'S NOT HELPFUL

- **Keeping background noise on at all times**
- **Hurrying from one activity to the next and focusing on constantly producing something.**
- **Filling your calendar with social engagements without leaving any time for yourself.**
- **Believing that meditation couldn't possibly be helpful**
- **Multitasking and zoning out throughout the day**
- **Assuming that journaling is a waste of time**
- **Looking at your to-do list and judging each day's progress by how many things you've accomplished**



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**DON'T FEEL THE WORLD OWES
YOU ANYTHING**

Don't go around saying the world owes you a living. The world owes you nothing. It was here first.

WHAT'S HELPFUL

- **Developing healthy amounts of self-esteem**
- **Recognizing areas of your life where you believe you are superior**
- **Focusing on what you have to give, rather than what you want to take**
- **Giving back to other people in need**
- **Behaving like a team player**
- **Thinking about other people's feelings**

WHAT'S NOT HELPFUL

- **Becoming overconfident in yourself and your abilities**
- **Insisting you are better than most people at almost everything**
- **Keeping score about all the things you think you deserve in life**
- **Refusing to give to others because you think you don't have what you deserve**
- **Looking out for what's best for you all the time**
- **Only taking your own feelings into consideration**



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**DON'T EXPECT IMMEDIATE
RESULTS**

**Patience, persistence and perspiration make an unbeatable
combination for success.**



WHAT'S HELPFUL

- **Creating realistic expectations about how long it will take to reach your goal and how difficult it will be**
- **Finding accurate ways to measure your progress**
- **Celebrating milestones along your journey**
- **Coping with negative feelings in healthy ways**
- **Developing a plan to help you resist temptation**
- **Pacing yourself for the long haul**

WHAT'S NOT HELPFUL

- **Expecting that you'll see instant results**
- **Assuming that if things don't get better right away, you're not making progress**
- **Waiting until you get to the end of your journey to celebrate**
- **Allowing your frustration and impatience to affect your behavior**
- **Predicting that you have enough willpower to resist all forms of temptation**
- **Looking for shortcuts so you can avoid the work necessary to reach your goal**



Conclusion

- **Monitor Your Behavior**—Look for times when your behavior sabotages your efforts to build mental strength.
- **Regulate Your Emotions**—Be on the lookout for times when you're feeling sorry for yourself, fearing calculated risks, feeling like the world owes you something, fearing alone time, resenting other people's success, or worrying about pleasing everyone.
- **Think About Your Thoughts**—It takes some extra effort and energy to really evaluate your thoughts.