

Exercise the  
power to  
change  
your  
life!

# The Inner Power Workbook

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*Life-Changing Exercises & Master  
Keys for Positive, Radical Growth*

A holistic tool for adults, youth, leaders, families, and groups

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Antonia M, PhD



- Based on the Whole Growth Method™
- Features the Inner Power Mapping Technique™
- 12 Icebreaker games for workshops and retreats
- Tips for facilitators, mentors, and group leaders

## PRAISE FOR THE INNER POWER WORKBOOK

"Dr. M is brilliant. Her *Inner Power Workbook* really helped me connect to those places of blockage that seemed to prevent me from moving forward with certain aspects of my life. Her work really brings your underlying patterns to the surface so that you can address them in a profound and purposeful way! The *Inner Power Workbook* is a MUST HAVE for anyone who desires to stop clinging to excuses and start living their LIFE ON PURPOSE!"

—**Simone Turner, CEO**

Holistic Transformations Global Wellness Service, LLC  
Certified Holistic Health Counselor

"Dr. M...is able to strategically guide the willing sojourner to personal heights never imagined. Her ability to assist others in defining and focusing their efforts and potential is groundbreaking. Dr. M's work, particularly in the area of achieving breakthroughs, can be of tremendous benefit in corporate, non-profit, and community-based organizations, as well as for youth and gender-focused programs.

—**Anita Davis-DeFoe, Ph.D., President/CEO,**

The Afia Planning and Development Corporation  
Author, *Follow Her Lead: Leadership Lessons For Women*  
Author, *A Woman's Guide to Soulful Living*

"Anyone determined to make significant changes in their life, Dr. M provides steps with practical concepts to help you reach your fullest potential. She provides motivating exercises to give you the confidence to trust your abilities and confront your weaknesses by tracking your progress."

—**Terrance D. Richburg, Director**

Men's Initiative Youth Development

"The *Inner Power Workbook* is a wonderful book that continues to help me focus on establishing balance, order and peace, and in bringing out the best in myself. As a mentor...I have recommended the book to a Rites of Passage organization to assist the youth in learning how to be introspective at an earlier age. The workbook is an invaluable tool.. for healing, growth and positive development."

—**Sensei Veanda Simmons, President**

Dynamic Visions of Excellence

"In the *Inner Power Workbook*...you have a balanced combination of motivation and powerful practices to accomplish your mission. Go for It!!"

—**Manolo Cetina, Spiritual Leader**

Founder, Conexion Humana

**This is not just a book. This is a dare. Should you choose to accept it, you run the risk of embracing your greatness.**

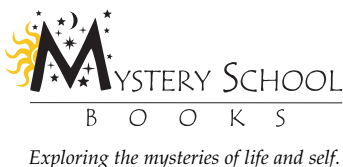
If the life you envision is not the life you are living, the *Inner Power Workbook* is your opportunity to change that. This book reveals some of the most essential wisdom every human being should possess to close the gap between who you think you are and who you have the power to be.

A holistic empowerment program in a book, the *Inner Power Workbook* is dynamic and interactive. It introduces you to several personal development techniques, including power journaling and Inner Power Mapping™, that help you transcend challenges; create positive, radical change; and accelerate growth in your life. The book contains fifty workshops that connect you with different aspects of your path, power, and purpose. The book's unique approach empowers you to make major breakthroughs in your personal, professional and spiritual life. The exercises and master keys reveal fundamental holistic principles and metaphysical strategies for breaking down your barriers while building yourself up. This book is an invaluable tool for strengthening teams, communities, families, relationships, and body-mind-spirit awareness.



"The Inner Power Doctor," Antonia M, PhD holds a doctorate in metaphysics and is pursuing a second in metaphysical psychology. A spiritual health professional and holistic program consultant, Dr. M draws upon a unique blend of eastern, western, and indigenous teachings and techniques, including energy medicine and the martial arts. She has been developing custom growth and spiritual rehabilitation programs for a diverse audience of adults and youth for nearly 15 years.

**Learn more and take courses at [www.InnerPowerment.com](http://www.InnerPowerment.com)**



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## ~ Power Journaling for Positive, Radical Growth ~

Under ordinary circumstances, a journal is just a memoir. Under extraordinary circumstances, a journal is an agent of change. If you have kept a journal for any length of time, look back at the entries you've made over the years. The names and places may have all changed, but has your internal reality remained the same? Have you written about the same things, had the same thoughts, gone through the same ups and downs over and over again? Have you vented your frustrations within the safe confines of the page while never confronting the issue directly in your everyday life? Have you recorded insights and bright ideas that you subsequently never pursued, never applied, or perhaps forgot about altogether? If your answer is yes to any of these questions, then you have not journaled consciously in an empowered way. The *Inner Power Workbook* introduces both the new and experienced journaler to a holistic journaling approach that simultaneously stimulates organic growth and transforms your inner and outer life.

For the mindful, a journal is an enlightened space where the power of the pen, the word, awareness, and intention meet for the unified purpose of educating and unfolding the Self. When done consciously, journaling becomes an interactive and dynamic vehicle for incubating your selfhood and humanity.

On the surface it may appear that keeping a journal is automatically a mindful practice. But from a metaphysical point of view, memorializing your experiences on paper is not in itself a mindful activity. What transforms journaling into an empowering and meditative process is its conscious use for alchemical change—the restructuring or reweaving of the fabric of your being.

Practiced consciously with introspection and purposefulness, power journaling is a tool for mastering mind, body and emotions, and becoming attuned to spirit. It lays a path for discovering personal truth and examining how best to demonstrate it in your life.

## ~ The Path of InnerPowerment™ ~

To begin a path of InnerPowerment™ is to take an important step toward true selfhood, life mastery, and destiny fulfillment. InnerPowerment™ is a combination of holistic empowerment, “inner education,” and purposeful transformation that guides you through an organic journey of self-development and healing from the inside out. The foundation of every journey is its beginning. Did you start at the “Beginning...” (page 1) or did you skip it? Did you skim through the chapter quickly without paying close attention to the message or did you take it to heart? How many false starts have you experienced in life because you bypassed the crucial beginning stages or lacked a fundamental piece of knowledge that would have made all the difference? Getting off to a proper start is the first step in this process.

“Beginning to Shift Your Inner Flow of Power,” prepares your mind for the work you are about to do in this workbook and the metamorphosis you will undergo. Like a first impression, the first step can influence the entire course of events that follows. If you have bypassed the “Beginning...” of this workbook, if you have bypassed the beginning of anything else in your life recently or have gotten off to a rocky start, then begin again on the right foot by building a proper foundation.

The *Inner Power Workbook* takes you through a series of thirteen InnerPowerment™ programs that help you begin again and lay a solid, internal foundation for growth. Each program explores a different path of growth and consists of one or more workshops to help you exercise the power to change your life in accordance with your vision and with the inner potential you have yet to discover. For those who are still seeking their life’s vision or mission, the exercises in the workbook help you to become clear about your life’s direction.

### **Program I: “Your Personal Renaissance” (Workshop #s 1 - 11)**

To see your life as a work of art is to recognize yourself as a source of beauty and inspiration, and to enjoy creative control over the symbolic and literal statement your life is making. “Your



Personal Renaissance” encourages you to sketch, sculpt, paint, and compose your greatest life’s work. The challenges of creating such a masterpiece are many. You may have no clue what picture to paint. You may be fearful or too inexperienced to paint the vision you see in your mind. Perhaps you lack the motivation, inspiration, resources, or support to complete the picture. Maybe you lack a clear spiritual, physical, mental, or emotional space in which to create what you want. After all is said and done, you may finally finish your masterpiece only to face the challenge of learning to treasure it and share it with others.

Through the activities in “Your Personal Renaissance,” you practice clarifying your life focus and getting out of your own way. You learn to recognize and use your hidden gifts and take the right action that will bring your hopes and dreams to fruition. The process is an initiation into a new dimension of self-discovery that leads to more authentic self-expression and purposeful living.

## **Program II: “Harnessing Your Inner Power”**

### **(Workshop #s 12 - 22)**

With every new level of self-discovery comes new power. Your ability to cultivate and sustain Right Power has a direct impact on your ability to realize the growth you want to see in your life. “Harnessing Your Inner Power”—and the wisdom that goes with it—empowers you to accomplish the impossible. For some, the struggle is to summon the power. For others the challenge is to keep or use it. For others still, the challenge is to claim their power fully as their own. Completing the activities in this program will move you beyond those struggles. You will exercise your power to connect with the right people; clear your space of negativity; do things for pleasure rather than approval; move forward without procrastination or fearful hesitation; and do what is really best to bring your dream to life.

## **Program III: “Choosing Your True Goal”**

### **(Workshop #23)**

With new power comes new responsibilities. “Choosing Your True Goal” encourages you to expand your horizons. False goals create false starts and false endings, and many people are unaware

that even their highest ideals can be unconsciously tempered by a limited sense of self. This program is an exercise in connecting with authentic goals that bring real fulfillment beyond your wildest dreams.

#### **Program IV: “Unfold Your Essential Nature” (Workshop #24)**

A strong connection with the core of who you are allows you to embrace your nature and understand where and how it fits into the grand scheme of things. “Unfold Your Essential Nature” is an exercise in discovering a new source of strength and connection to what goes on within and around you. It may not always be easy to find your place in the universe or your role in a particular situation. This workshop is a lesson in seeing the bigger picture, its natural balance, and your relationship to it.

#### **Program V: “Conquering the Mind of Doubt” (Workshop #25)**

There is no question that your life would be radically different if your choices were not influenced by doubt. “Conquering the Mind of Doubt” is an initiation into deep, grounded confidence. Belief in self or trust in others is a challenge for some. Yet sometimes disbelief and distrust are just the excuses one uses to avoid confronting the real reason for not moving forward. Through the activities in this workshop, you will learn to deal with doubt and the wedge it creates between you and what you want. You will also learn how to discover and remove the seeds of doubt so you can leap forward freely.

#### **Program VI: “Your Energetic Bottom Line” (Workshop #s 26 - 27)**

The ability to invest yourself wisely has a direct effect on how significant a return you will see from your endeavors and interactions with others. “Your Energetic Bottom Line” is an important lesson in protecting your self-investment and learning to live profitably from it. While the value of some investments may seem clear and straightforward, they can be significantly offset by hidden costs that can send you into spiritual, mental, emotional or materi-

al bankruptcy. The exercises and master keys in this program challenge you to take a deeper look at the energetic “portfolio” of your life to gain a deep and practical understanding of the full impact of your everyday decisions and interactions.

### **Program VII: “Relationships” (Workshop #s 28 - 33)**

Being able to resolve personal or professional relationship issues in a holistic way can make the difference between success and stagnation. The “Relationships” program is an exercise in how to rehabilitate dysfunctional relationships as well as create healthy, thriving, and meaningful ones that fulfill all parties involved. Relationship imbalances can challenge your stability, self-esteem, independence or identity. Even in a good relationship, your own issues of self-love, intimacy, commitment, or boundaries may still be triggered. The activities in this program help you confront your relationship issues and begin the process of undoing the damage they may have caused. You will practice recognizing and reshaping relationships that conflict with your priorities and life goals, as well as learn to recognize and nurture good relationships that uplift and celebrate your life.

### **Program VIII: “Letting Go of Conflict, Stress & Struggle” (Workshop #s 34 - 45)**

To easily handle a difficult situation, emotion, or person (including yourself) is a skill and an art. It can make the difference between life and death—both literally and metaphorically. “Letting Go of Conflict, Stress & Struggle” helps you develop a new approach to, attitude about, and perspective of the way you handle yourself. When the pressure is on (and even when it’s not), it can be a challenge to relax, be flexible, and adapt. For some, it can be a challenge to simply enjoy themselves. Particularly after an unexpected change or upset, it can be difficult to resettle and reclaim your inner space. The activities in this program help you deal with the cause and effects of a range of challenges, stressors, and struggles, from bruised egos and emotional disconnection to poor judgment, miscommunication, and mind games. This program will help you nip these common problems in the bud so you can blossom.

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