

# Episode 7 – Creating an Empowered Life

## Growing Stronger: Rising Beyond Fear Podcast



*“Every step beyond the comfort zone leads you on a path closer to discovering your ideal self.”*

**Les Price**

### Key Insights from this Episode

1. We must reclaim the power we have given to external forces
2. Creating an empowered life starts with a commitment to yourself
3. By learning to create boundaries we free ourselves from tolerations
4. There is a greater aspect of yourself that wants to call your spirit back
5. When we learn to claim our sovereignty then freedom enters our lives
6. Self-worth is the cornerstone of a healthy and vibrant life
7. There are 7 key patterns we must all overcome in order to be free



### Questions for Awakening

1. To whom or what have I chosen to give away my power?
2. What am I tolerating in life?
3. Where do I need to learn to say ‘no’?
4. How can I step more fully into my sovereignty in this moment?



### Core Message from this Episode

We are each being called to reclaim our personal power and authority. By becoming aware of the patterns that limit or drain your energy, you can learn to release them and create the freedom that your soul deserves. True sovereignty starts begins with a decision to call your spirit back.

**The one insight I’ll implement this week is ...**

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**START**