

# Mindset

## *Building Awareness, Growing Alignment, and Forming a Healthy Team*

### A Commitment: I Have Power to Act

People possess the ability to “self-steer” and be their own case managers. We can take positive action in our lives. Yes, circumstances can often be difficult—but we still have the ability to do something about it. After identifying what a life worth living would look like, we have the task as humans to collaborate in the business of our life’s improvement. If we want to make our lives better, we have the responsibility to participate, ask for support when needed, and ultimately take action. Every one of us, in fact, has that responsibility: to chart a pathway toward greater quality of life.

With that agency in mind, initial a personal commitment, affirming your power to act:

1. I have power to

*i.e. I have power to be myself and to show my true self to others.*

2. I have power to

3. I have power to

4. I have power to

5. I have power to

6. I have power to

7. I have power to

8. I have power to

9. I have power to

10. I have power to

The list could go on—we are powerful in many ways! Affirming a commitment to statements like these takes away a person’s ability to blame others in their group when things go wrong. It reminds each person what they are capable of doing.

