

Personal Power



Personal power is the emotional strength we have to get our needs met, and to make choices in our lives. It isn't about being physically strong, or about having power over other people. It's our inner strength – power for ourselves, not power against others.

The power itself is neutral. We can choose to use it in a positive way or a negative way. It is much easier to use our personal power well by making positive choices we have positive healthy self-esteem. Even if we are feeling low, when we remember our Personal Power and can manage to use it well to make choices that have good results, we will find we give our self-esteem a boost.

Encouraging children to use their personal power in a way of helping them learn to be respectful and thoughtful, towards others and also towards themselves. It isn't the same as letting them do whatever they want – being rude or irresponsible or refusing to help when asked/needed.