

**Weekly DETOX  
And Personal Accountability**

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**For Monthly Members**  
**July 15, 2013**  
*Improving your Power*

This week, it's important to see what you are doing with your power in a situation, sending the message that you have authority and know you are going to lead.

So try the Big Gorilla in the room exercise – “puffing” yourself up and building confidence through your stature, then walk into a room or a situation.

Try to select at least one time this week where you will use it.

Did you feel a difference in your stature? Do you feel your power-charisma was displayed? How can you make it more regular for you? How can you use it when you have a meeting that you are nervous about attending and making a good impression?

Lastly, as always, take some time to clear your head and set the intention for the week. For this upcoming week, my intention is:

(Could be a work-life balance intent, clarity in purpose, or personal effectiveness)

Reminder: Each week you will get a video and/or audio, and a detox template like this. Get into the habit of what works for holding yourself accountable to mentally focus on it. Be aware and comfortable with a pattern that works for you.