



I Own My
POWER!
Journal

**7 Mistakes Leaders Make in
Giving Away Power and How to
Breakthrough in 7 Days**

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Welcome



I'm absolutely thrilled that you've chosen to embark on a transformative journey of discovery and empowerment. Together, we'll explore the depths of personal growth and reflection, using the Journal with exercises to pave the way for a more confident and self-assured you.

During the **"I Own My POWER!: 7 Mistakes Leaders Make in Giving Away Power and How to Breakthrough in 7 Days"** course, you'll have to dig deep to discover what it takes to identify what are the factors in which you are giving away your power.

Power is a multidimensional, complex concept where some LEADERS are often uncomfortable with—and conflicted by—the use of power. Because of a limited definition of power, namely wealth, professional success, fame, physical strength, military might, and political control, most women shy away from power. But power is so much more.

At Poimena Consulting, we define **Power** as the ability for LEADRES to wisely influence the attitudes and behaviors of others to bring about win-win results and achieve desired goals.

With that in mind, why are you giving away your POWER?

Well, in the next 7 days, we'll explore the various ways you are giving away POWER and determine how to breakthrough.

So, let's get started!

Mistake #1

The first mistake that LEADERS make in giving away their power is:

Have you thought about what you want in your leadership role, your finances, your relationships, health and fitness, career, recreation, and so on. If you haven't NOW is a good time to explore, what is it that you really want.

IOMP Action Activity:

In this **I Own My POWER! Journal** write down what you want, specifically in your leadership role, career, and life. Just decide what you want. Don't take too long to think about it; just do. The bigger the dream and aspiration the better.

Do that now.

#1 Leadership:

#2 Career:

#3 Life:

Mistake #3

The third mistake that LEADERS make in giving away their power is:

IOMP Action Activity:

In this **I Own My POWER! Journal** think and write down about something you are wanting to ask for and map out a plan to ask for it. Here's a hint: think of something professional, personal, and fun. Now write those 3 things down.

#1 Professional

#2 Personal:

#3 Fun:

Mistake #4

The fourth mistake that LEADERS make in giving away their power is:

IOMP Action Activity:

In this **I Own My POWER! Journal**, write down over the next day at 3 times you get the opportunity to speak up and share your thoughts, **DO IT NOW!!!**

Take time to record those powerful moments in this journal and record how you felt.

#1

#2

#3

Mistake #5

The fifth mistake that LEADERS make in giving away their power is:

IOMP Action Activity:

Within this **I Own My POWER! Journal** begin to explore your passion, that is recognizing what you're good at. You are good at something, guaranteed. Maybe you have a way with numbers, or maybe you have an eye for design. One way or another, you have an ability that's probably untapped. Write down that list now and your biggest dream around that passion. It doesn't matter how big the dream, the bigger the better.

#1

#2

#3

Next, put some action into making your passion and dream into a reality. Don't worry if you fail, it's all a part of learning to be a great LEADER.

Share your notes on your fears of failure below. Send an email to Karlyn D. Henderson, M.A. (your IOMP Coach) to IOMP@poimena.com in how to move forward from the fear.

Mistake #6

The sixth mistake that LEADERS make in giving away their power is:

IOMP Action Activity:

Within your **I Own My POWER! Journal** write down the 3 things you can do to nurture your body, soul, and spirit. Do that now.

#1 Body

#2 Soul

#3 Spirit

Mistake #7

The seventh mistake that LEADERS make in giving away their power is:

IOMP Action Activity:

In this **I Own My POWER! Journal** and write down 3 activities you can do to strive to become a courageous, effective LEADER instead of putting yourself down. Don't forget to write the activity with self-acceptance.

#1

#2

#3

Congratulations 🎉 🎉 🎉

You have completed the **I Own My POWER! 7 Mistakes in Giving Away Your Power and How to Breakthrough in 7 Days** course and **I Own My POWER!** journal.

Wow, what a journey you've undertaken! I'm truly inspired by your dedication to self-discovery, personal growth, and professional success.

As you reflect on the pages filled with your insights, I want to emphasize that this is just the beginning. Your commitment to overcoming **Giving Away Your Power and How to Breakthrough in 7 Days** is remarkable, and the journey continues in your everyday life, at work, in your relationships, and while chasing your goals and dreams.

Here's to a future filled with unshakable confidence, courage, a mindset free from giving your POWER and the ability to embrace every challenge as an opportunity for growth.

You have the POWER to create a life that reflects your true potential.

I'm here cheering you on every step of the way! Keep believing in yourself and reaching for the stars.

Kindest regards,



Karlyn D. Henderson, M.A.
CEO, Poimena Consulting
Executive Leadership & Mental Toughness Coach | Speaker | Author



P.S. Share your stories of breakthrough with me at IMOP@Poimena.com. I'm looking forward to hearing your success story!

Women's LEADERSHIP Group Coaching Program



Ever wish you owned your POWER like other WOMEN, who seem to thrive and are extremely successful? Are you tired of feeling discouraged because you struggle to communicate and sell your ideas effectively? Do you long to make a meaningful impact in corporate America or with your clients in your business, but find yourself lacking the necessary tools and strategies in knowing what to do or say?

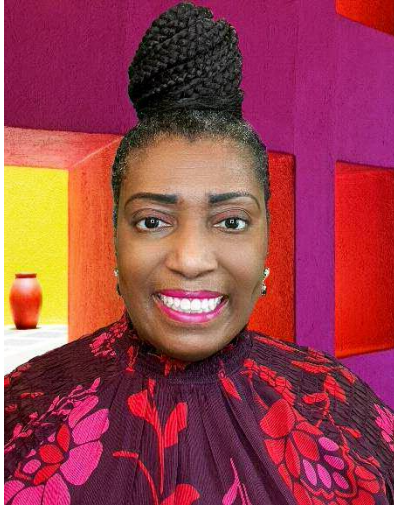
Well, the "**Be POWERful Beyond Measure**" **Group Coaching Intensive** can equip you with the skills and tools needed to communicate confidently, assert your ideas, and navigate the executive and leadership landscape with finesse to **OWN YOUR POWER!**

A six-week, transformative program, "**Be POWERful Beyond Measure**" is designed for **WOMEN LEADERS** to unlock the hidden potential within you and help you uncover the Power, both personally and professionally. This life-changing program delves into the reasons behind why some **WOMEN LEADERS** possess influence, status, and authority, while others are powerless and overwhelmed.

Discover the real secrets behind acquiring and sustaining power and learn how to leverage interpersonal and professional dynamics to your advantage. This Coaching Intensive will challenge you to break free from limitations, step into your authentic **PERSONAL POWER**, and boldly ask for what you deserve.

Enroll in our next cohort at www.BePOWERfulBeyondMeasure.com!

Meet Your Coach



As CEO and Founder of Poimena Consulting, **Karlyn D. Henderson, M.A.** is a highly sought after, powerhouse in guiding Organizational LEADERS towards leadership excellence and company profitability.

As the creator of the Leadership Advancement for Women of Color Initiative and author of the soon forth coming book: ***“The POWER Factor for Women in Leadership: The 5 Step Winning Formula to Overcome Powerlessness and Build a Life of Unlimited Power, Courage, and Grace”*** (releases 1Q2025).

Karlyn has a special focus and heart on empowering Women in Leadership; equipping them with the mindset, core competencies, tools, and strategies to become courageous and effective leaders who define success on their own terms.

Since 1997, Henderson has coached, mentored, and trained thousands of leadership professionals across various public and private sectors, helping them master the art of leadership and acquire transformative life skills for success.

Karlyn’s expertise has been featured by major and local media outlets. She is a certified Executive & Leadership Coach and Mental Toughness Coach. Miss Henderson earned her Master of Arts Degree from Regent University in Organizational Leadership and a Bachelor of Science Degree from Jackson State University in Computer Science.

As a Chicago native and a die-hard (NFL) Cowboys fan, Karlyn resides in Byram, Mississippi with her family.

Connect with Karlyn:

