



# Sage Powers Unleashed: Improve Your Mental Fitness



## 1. **EMPATHIZE POWER**

Visualize yourself or others as a child. This visualization is a reminder of the true essence of the being (yourself or others) that is worthy of unconditional caring and empathy.

### WHEN TO UTILIZE:

Most useful when you're experiencing emotional pain or difficulty. Can also be utilized in conflict resolution.



## 2. **EXPLORE POWER**

Practice observing what simply *is*, without any other influence over the situation. It's difficult to not judge, change, or try to control what is going on. Instead try to discover things exactly as they are without a selective filter.

### WHEN TO UTILIZE:

Most useful when you could benefit from a deeper understanding of a problem or situation or wish to learn from past failures.



## 3. **INNOVATE POWER**

Assume that everyone is at least 10% right. Follow each new idea by saying "Yes, what I love about that idea is... and..." With this approach every idea is appreciated rather than judged before the next thought is generated in reaction to it.

### WHEN TO UTILIZE:

Most helpful when old or more obvious ways of doing things doesn't work. Great activity for personal or team brainstorming.



## 4. **NAVIGATE POWER**

When faced with a fork in the road, imagine yourself at the end of your life looking back at the choices you are now facing. From that perspective, what do you wish you had chosen at this juncture?

### WHEN TO UTILIZE:

Best utilized when there are many paths/alternatives available, some more aligned to your highest values than others.



## 5. **ACTIVATE POWER**

Put yourself in the shoes of the Saboteurs & anticipate how they might try to sabotage your action. Once you're aware of the sabotage, you can intercept and release those thoughts in the middle of the action.

### WHEN TO UTILIZE:

This power allows you to have a laser focus on actions and not become derailed or distracted by Saboteurs.