

DAY THREE FIELD GUIDE

TAKING BACK YOUR POWER



GUIDING QUESTION

Who has my power?

TODAY'S INTENTION

Today, I will recognize that my response belongs to me, regardless of what someone else says or does.

BEFORE YOU BEGIN

For the first two days, you've learned to notice your reactions and recognize that there is a space before you respond. Today, you'll begin to understand something even more important.

When we react automatically, we often give our power away. We allow another person's words, actions, or behavior to determine how we feel and what we do next.

The pause isn't just about slowing down. It's about remembering that your response is always yours to choose. Today, pay attention to the moments when someone or something tries to pull you away from the person you want to be.

MORNING REFLECTION

1. What kinds of situations make me feel like someone else is controlling my emotions?

2. Who has the greatest ability to influence how I feel?

3. When I react automatically, what do I usually lose?

☐ My peace

☐ My confidence

☐ My focus

☐ My relationships

☐ My patience

☐ My self-control

☐ My joy

☐ Other: _____

TODAY'S MISSION

Today, notice every moment you feel someone or something trying to pull you into an automatic reaction.

Instead of asking, *"Why did they make me feel this way?"*

Ask yourself, **"What do I want to do with this moment?"**

Your power is found in your response - not in someone else's behavior.

POWER LOG

MOMENT 1 What happened? _____ What did I immediately want to do? _____	Did I choose my response or react automatically? ☐ I chose my response ☐ I reacted automatically What did I learn? _____
MOMENT 2 What happened? _____ What did I immediately want to do? _____	Did I choose my response or react automatically? ☐ I chose my response ☐ I reacted automatically What did I learn? _____
MOMENT 3 What happened? _____ What did I immediately want to do? _____	Did I choose my response or react automatically? ☐ I chose my response ☐ I reacted automatically What did I learn? _____

EVENING REFLECTION

When did I feel myself giving my power away today?

What helped me take it back?

How did choosing my response change the outcome?

What did I learn about my ability to choose?

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