

Five Strategies for Becoming the Subject of Your Own Story:

1. **Visualize your perfect world** – in positive terms – and then act and think as though that's the world in which we already live.
2. **Practice your personal sovereignty by taking responsibility for all of your time and activities.** CHOOSE what you will do and how, rather than feeling forced – your time is your own.
3. **Practice your personal sovereignty by minding your business** – if you want to do something, learn how others do it – find mentors and advisors. Rather than drifting through and hoping things will go well, learn the rules of the games you choose to play.
4. **Pay attention to power relationships** – they're everywhere! Notice your position in big power relationships (race, class, gender, etc.) and in smaller power relationships (family, school, work, etc.). Decide how you will relate to power – it may be different under different circumstances. Will you amass power, partner with power, or work to change power relationships? Every choice is up to you!
5. **Help others; be a positive influence.** Notice how those around you think and behave. You can't change others, but you can help them see their lives more clearly through your example. Our stories are connected – practice with love and gentleness toward all – especially yourself...

Go to kimberlydark.com and send an email about your progress! Your input will help others, too!

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