

Discovering the Power in Me™

Creating a Future of Strength and Hope



People suddenly facing the effects of a disability have two major battles to overcome early in their new lives: physical and mental. Currently the focus is on the physical battle, with limited assistance for the rehabilitation of the mind and spirit. A system of recovery that treats the *whole person*, one that integrates the rehabilitation of the *mind* and *spirit* along with the rehabilitation of the *body*, is paramount.

No longer able to do the things that one loves to do, and identify one's life with, is a challenge for people after a traumatic injury. Creating a mindset that encourages finding creative solutions and possibilities, while building a future of hope and resiliency, is essential to creating a new vision — a vision of increasing independence for the future.

For over 35 years, The Pacific Institute has been a world leader in empowering individuals to recognize their ability for growth and personal excellence. With *Discovering the Power in Me*, the Institute's education utilizes the best of applied cognitive psychology to provide people with disabilities, their families and others sharing their journey, with the necessary tools to develop the inner strength and resiliency required to reassert control over their lives. Recognizing that the process of adjustment is a lifelong journey, this program was developed in collaboration with those with disabilities, as well as with the expertise of professionals in the field.

By understanding how the human mind works, how current beliefs and attitudes shape expectations for the future, individuals discover that they are in control of the way they think, and can use that power to change the way they live their lives.

At any stage in the journey of recovery, *hope*, *belief in self* and *resiliency* are essential. Building these attributes is vital. The Pacific Institute's education provides the foundation upon which these attributes can be built. Translated into practical tools and techniques, participants easily understand and apply the Institute's concepts, thereby laying a strong foundation for growth, change, *Hope*, *Self-Worth* and *Inner Peace*.

"Creating change from within empowers people with something as valuable as hope – the ability to choose a happy, healthy, contributive future." – Lou Tice



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Learning Units

Discovering the Power in Me™ is a 12 unit, video-based program, which may be facilitated in a variety of implementations. Noted educator, Lou Tice, teaches The Pacific Institute's performance concepts in powerful segments, while bonus video segments feature audience members who share experiences, stories and questions. A participant manual, in either print or electronic format, is included along with additional education and reinforcement by Lou Tice in 14 powerful segments on audio CD.

Unit 1 I'm In Control

If we hold three specific thoughts in our minds, we can put ourselves into a downward spiral. The good news is we have tools to use to bring us out of it.

Unit 2 Essentials of My Life: Goals

Human beings are teleological; we focus on pictures. Once we set a goal, energy, creativity and awareness are expanded to help us reach our goals.

Unit 3 My Perception vs. Reality

We see what we expect to see, not necessarily what is really happening. We become selective perceivers and build blind spots to what we do not expect.

Unit 4 How My Mind Works

There are three distinct parts to the human thought process, and understanding how they work together to keep us acting like who we know we are is the first step toward changing our expectations for the future.

Unit 5 How My Beliefs are Formed

We think in words, which trigger pictures, causing an emotional response to the picture. This process is called "self-talk" and we talk to ourselves constantly.

Unit 6 The Power of My Self-Talk

Self-talk is a powerful tool to use in changing your perspective about yourself and the world around you. Take control of your self-talk, or it will control you.

Unit 7 Building a Stronger Me

You build your own image with your own thoughts, reinforced by your self-talk. As we raise our self-image, we go after bigger goals because we know we have the ability to discover the ways to reach them.

Unit 8 My Future in the Present Tense

We move toward what we think about, and our present thoughts determine our future. In order to move forward, we must concentrate on the future we want.

Unit 9 It's All About My Pictures

According to Gestalt psychology, we are always looking for order. We can use that energy to move us forward, by designing the pictures of the future we want.

Unit 10 Stretching My Comfort Zones

Comfort zones are good when they keep us safe, but they can also hold us back from where we need to go. Stretching comfort zones give us a bigger future to inhabit.

Unit 11 Keys to My Significant Future

There is a logical, step-by-step process we can use to move us into our desired future – affirmations and visualization are the keys in that process.

Unit 12 The Choices are Mine

We can be motivated by "have to's" or by "want to's." The choice is ours. It always has been. Choose to move toward your future because you want it.

Also included as a Bonus Extra is *More Than One Way*, an inspiring video production, courtesy of the Canadian Paraplegic Association (Alberta), and included with their kind permission.

