

## Dr. Nicole's 7 Power Principles

1. You already have what you need to achieve. Start from the inside out and you won't waste time looking for things that can't be found outside of yourself.
2. You have more than you give yourself credit for.
3. Your true power will only be realized when you embrace a willingness to choose yourself by seeing your value the way God does.
4. How you see and feel about yourself is a major factor and contributor in how you're experiencing your own life.
5. Your personal outlook, esteem, and ability to accomplish results is significantly impacted by the negative thoughts, attitudes, and beliefs you hold about what's possible.
6. You owe it to yourself to be more active at maintaining your own happiness.
7. Valuing your spiritual, emotional, and physical health is not just a priority, its a birthright – You must revere and hold it sacred.

