



## Drama or Empowerment?

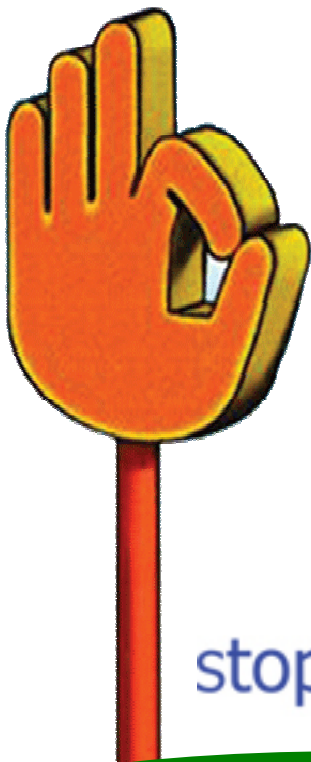
Did you know the Chinese symbol for crisis is the same symbol for opportunity? What if instead of looking at the current conditions as a recession you could reframe it as a reinvention? The 8 Steps of Empowerment applies the Stop Your Drama Methodology to facilitate change in your personal and professional life.

Marlene Chism, Founder of Stop Your Drama

# The 8 Steps of Empowerment

An overview of the Stop Your Drama Methodology for Reinvention

1. Clear the Fog
2. Identify the Gap
3. Tell Yourself the Truth
4. Reinvent and Realign
5. Stop Relationship Drama
6. Master Your Energy
7. Release Resistance
8. Become a Creator



stop *Your* drama ▼

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