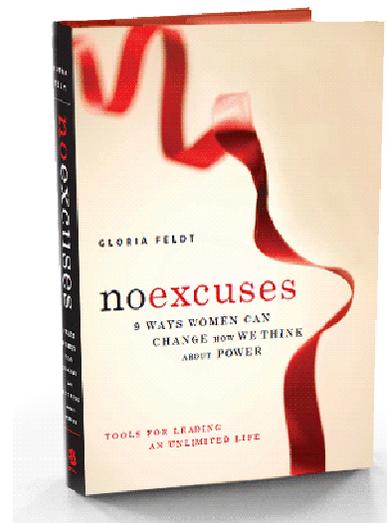


the 9 ways to embrace your power

...With No Excuses Power Tools

From the amazon.com leadership and feminist theory bestseller *No Excuses: 9 Ways Women Can Change How We Think About Power* by Gloria Feldt

- **Power Tool #1: Know your history** and you can create the future of your choice.
- **Power tool #2: Define your own terms—first, before anyone else does.**
Whoever sets the terms of the debate usually wins it. By redefining power not as *power-over* but as *power-to*, we shift from a culture of oppression to a culture of positive intention to make things better for everyone. Power to is leadership.
- **Power-to Tool #3: Use What You've Got.**
What you need is almost always there, if you can only see it and have the courage to use it. Remember, power unused is power useless.
- **Power Tool #4: Embrace Controversy.**
It gives you a platform. It nudges you to clarity. It is a teacher, a source of strength, and your friend, especially if you are trying to make change.
- **Power Tool #5: Carpe the Chaos.**
Change creates chaos. Today's changing gender roles and economic turbulence may feel chaotic and confusing. But chaos also means boundaries become more fluid. That's when people are open to new ways of thinking, to innovation, and to new roles for women. I say, *carpe* the chaos, for in chaos is opportunity.
- **Power Tool #6: Wear the shirt (of your convictions).**
What are your core values? What's your vision of what you want to happen? How can you make it happen? Go stand in your power and walk with intention to make it so.
- **Power Tool #7: Take Action; Create a Movement.**
Things don't just happen; people make them happen in a systematic way. Apply the three movement-building principles of Sister Courage, and you will realize your vision at work, at home, or in public life.
- **Power Tool #8: Employ every medium.**
Use personal, social, and traditional media every step of the way. Use the medium of your own voice. And think of each of the power tools as a medium to be pressed into the service of your power-to.
- **Power Tool #9: Tell your story.**
Your story is your truth; your truth is your power. Telling your story authentically helps you lead, not follow, your dreams and have an unlimited life.



Learn more, join the conversation, and connect with Gloria at www.GloriaFeldt.com
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