

TRANSFORMATIVE SERIES



A MINDSET BOOKLET

LIVING
INSIDE-OUT
YOUR POINT OF POWER

Kimble Greene, PhD

Living Inside-Out: Your Point of Power

Transformative Series
A Mindset Booklet

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Excerpt from – *The Power To Thrive: When Surviving Is No Longer Enough*

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**LIVING
INSIDE-OUT**

Your Point of Power

Kimble Greene, PhD

“Anytime your life is a function of someone else’s influence – emotionally, mentally, physically, or spiritually – you disempower yourself and empower that outside influence.”

Stephen Covey



You may have heard the relatively new phrase, “live your life from the inside-out’ – but what does that really mean? This is a particularly challenging concept when, for decades, we’ve been taught that our power, success, health, wealth, and wellbeing is attained through our interactions with the outside world or from the ‘outside-in’.

Frankly, if an outside-in approach were successful, the world would not be in this current state of chaos, witnessed by war, famine, ecological and economic devastation, along with increased violence, addiction, suicide, depression, anxiety, and more.

Let’s face it, life has felt increasingly chaotic and out-of-control in conjunction with human evolution. This begs the question – is the advancement of the human race causing the advancement of human extinction and global devastation? Though it may appear that way, my point of view is that life is hard, and humans have inadvertently opted to tackle those life challenges from their heads and not their hearts, from surviving not thriving, and from fear not trust.

Evolution, growth, and change are inevitable. If we want to shift how we evolve and experience those facts of life, we must have faith in our inherent capacities for protection and growth, for surviving and thriving, for our individual and collective

purpose here on earth – to contribute to the collective consciousness of all that exists, to add to the boundless nature of light, to trust that, at our core, humans are being of grace (read more about grace in my booklet, *G.R.A.C.E.: The Heart of Humanity*).

Being seen, for who you really are at your core, is one of the most essential aspects of living a well-balanced and joy filled life from the inside-out. It can also be one of the scariest. Why? Because we wear masks. We wear them to protect ourselves from...*insert your fear here*.

How often have you said or done something and then thought, “Why did I say/do that? That’s not really me, I’m not like that.” With enormous expectations from our families, cultures, workplaces, and society it’s hard not to want to put your best self forward even if that means creating a mask or inauthentic outside-in version of yourself.

It may seem like wearing this mask will eliminate the judgment, increase the likelihood for acceptance and even make the road to meeting expectations and achieving success easier. At the least, it seems like it makes you feel better.

Ultimately, this will work against you. When you show up in fear or a mask, you create an inner imbalance that only grows with each ‘mask’ you add on top of the last. More importantly, you deprive the world from the unique, important, gifted, and extraordinary being you are... underneath that mask.

We’ve been led to believe that wearing a mask or avoiding being ‘seen’ for who we really are keeps us safe from hurt and other emotional distress. This is an illusion. Another misperception is that ‘Vulnerability = Weakness’ and ‘Visibility = Hurt’. First, it’s nearly impossible to keep from feeling hurt. Whether you’re authentic or not, hurt is simply part of the human journey and there’s no hiding from it or burying it. Second, without hurt - along with other challenges and struggles - growth stagnates. When growth grinds to a halt you are living in survival mode, outside-in.

The key is not so much in avoiding hurt or vulnerability, it’s in creating an inner foundation that is built on self-value and self-respect. Then, when hurt or struggle comes your way, you’re able to move through it without being run over by it.

Visibility = Vulnerability = Courage

The good news is living ‘outside-in’ is reversible. The choice to begin living inside-out is yours and you can begin any moment. Living inside-out means you operate from your heart, not your head. It emphasizes inner power as opposed to outer control. Heart-centered living is based on love, connection/community, and thriving while head focused living is a function of fear, singularity/competition, and surviving. Author and healer, Anodea Judith wrote, “the rite of passage into the future is through an awakening of the global heart. If future generations are alive to tell the human story, it will only be because the best of humanity prevailed and pulled together with a love so profound that the seemingly impossible was achieved”.

The belief that you have control over much of anything, other than what you choose to think or do in this present moment, is a misperception. Control is an illusion. Your power, all of it, is in the present moment. Your ability to influence yourself (mentally, physically, emotionally) lies in each moment as it comes into existence. The past is behind you and cannot be undone and the future is in front of you, yet to be revealed. It is in the present that you have the power to shape your future with your thoughts and actions.

That power, to create the present and shape your future, already exists inside you - it is the core of who you really are, your authentic self. This is why living outside-in is wasted energy and living inside-out is your point of power. Control, and all the energy and time it steals, is wasted on the fearful while power, and all the energy it creates and fuels, is endowed to those who trust they are worthy, they are enough because they exist, and their purpose, everyone’s purpose, is divine.

The time has come - for you, for every single being, for the planet, for life – to begin living inside-out, from your point of power, in all your glory and grace. You are a gift; the world needs extraordinary YOU.

Dr. Kimble Greene has been transforming lives and empowering leaders for 35+ years. She holds a PhD in Psychology and expertise in agency administration, strategic consulting, and personal/leadership development. Kimble is internationally acclaimed for her game-changing approach to personal transformation and evolutionary leadership - *The Monarch Method*[™]. Kimble's globally recognized method along with her groundbreaking philosophies (*The Catalyst Factor*[™]) are a unique blend of psychology, neuroscience, epigenetics, and quantum physics that takes her clients on an enriching journey of self-evolution and empowerment. Kimble's approaches, her expertise, and unassuming style makes her unique work with individuals and leaders transformative. She is the author of several books including the Amazon #1 bestseller - *You Are Not Broken*; *The Power to Thrive: When surviving is no longer enough*; *Powerful Beyond Measure: The pathway to evolutionary leadership*; *One: Embracing Life & Illuminating Your Spirit*; and *The Monarch Method*[™] 6-book series.