

## 35 WAYS TO EMPOWER YOURSELF

I define empowerment as giving power to yourself. It's being responsible and accountable for the quality of your life – i.e. how you consciously choose to live your life. It comes from within. Regardless of your circumstances or what has happened to you, no one can empower you but YOU. Here are 35 ways to get on the path to self-empowerment.

1. Know yourself. Know who you are, what you want, and what brings you joy.
2. Be positive.
3. Build and rebuild your self-esteem. Hold yourself in high regard.
4. See beyond the present moment.
5. Have a compelling purpose. Know why you are here.
6. Set goals.
7. Keep your eyes on the prize. FOCUS!
8. Develop positive habits to support your goals.
9. Speak up!! Ask for what you want.
10. Develop an attitude of gratitude. Be thankful for the little things as well as the big things.
11. Network and build empowering relationships.
12. Cultivate personal relationships with people who love, nourish, and support you. Only these people are to occupy a front row seat in your life – i.e. your inner circle.
13. Listen with empathy and understanding.
14. Polish your speaking skills.
15. Commit to constant and never-ending improvement.
16. Be open to feedback.
17. Empower others.
18. Laugh.

19. Simplify your life.
20. Say “no”.
21. Don’t sweat the small stuff.
22. Exercise and eat right.
23. Give.
24. Volunteer.
25. Be change-friendly.
26. Become an expert.
27. Smile more.
28. Act enthusiastically.
29. Take care of yourself.
30. Mind your money.
31. Take risks!!! Do something you have always wanted to do but were afraid.
32. Have a little black dress that makes you look five pounds thinner. (FOR WOMEN ONLY)
33. Have a “drop-dead” gorgeous photo of yourself.
34. Always do your best.
35. Heed lessons learned.

Look around you and within you and be amazed at what you will find. Empowerment is closer than you think.

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