

Your Encouragement

- We possess immeasurable Power. Top on the list is the *Power of Choice*. It shapes our life, determines our future, and writes our legacy.
- We have the Power to grow what matters in our life by pouring our time, talent, and treasure into it. When we focus on IT, it will grow.
- We are the Gatekeepers of our heart, mind, body, spirit, time, choices. We control who we ultimately become by our choices - who and what we allow into our life.
- You are a Powerful woman...step into your Glory!!!

Your Empowerment

Activity - "I am...**WHAT?**" Step 1: For 7 days notice and list how you describe yourself. What words come after you say, "I am....." Step 2: Assign either a (+) or (-) indicating whether the word or phrase was positive or negative. Step 3: Strike through the (-) ones and replace (+) ones. How does that feel? Notice what emotion comes up as you replace positive in place of negative words. Happy, relieved, encouraged, confident...? Step 4: Notice the many ways you describe yourself. Remember - we have the Power to choose and IT MATTERS how we see ourselves. It Matters! Step 5: Practice exercising your Power to change how you describe yourself and how you feel. And wait for it...yup, there it is! A whole new belief of *who you are* and *what you can do*.

P.D. James says, "When you change a person's perception of themselves, you've changed their future." Yes, we can do this for others, BUT we can also do it for ourselves.

Practice - "I am confident. I am empowered. I am capable. I am....."

Good work Ladies!!!