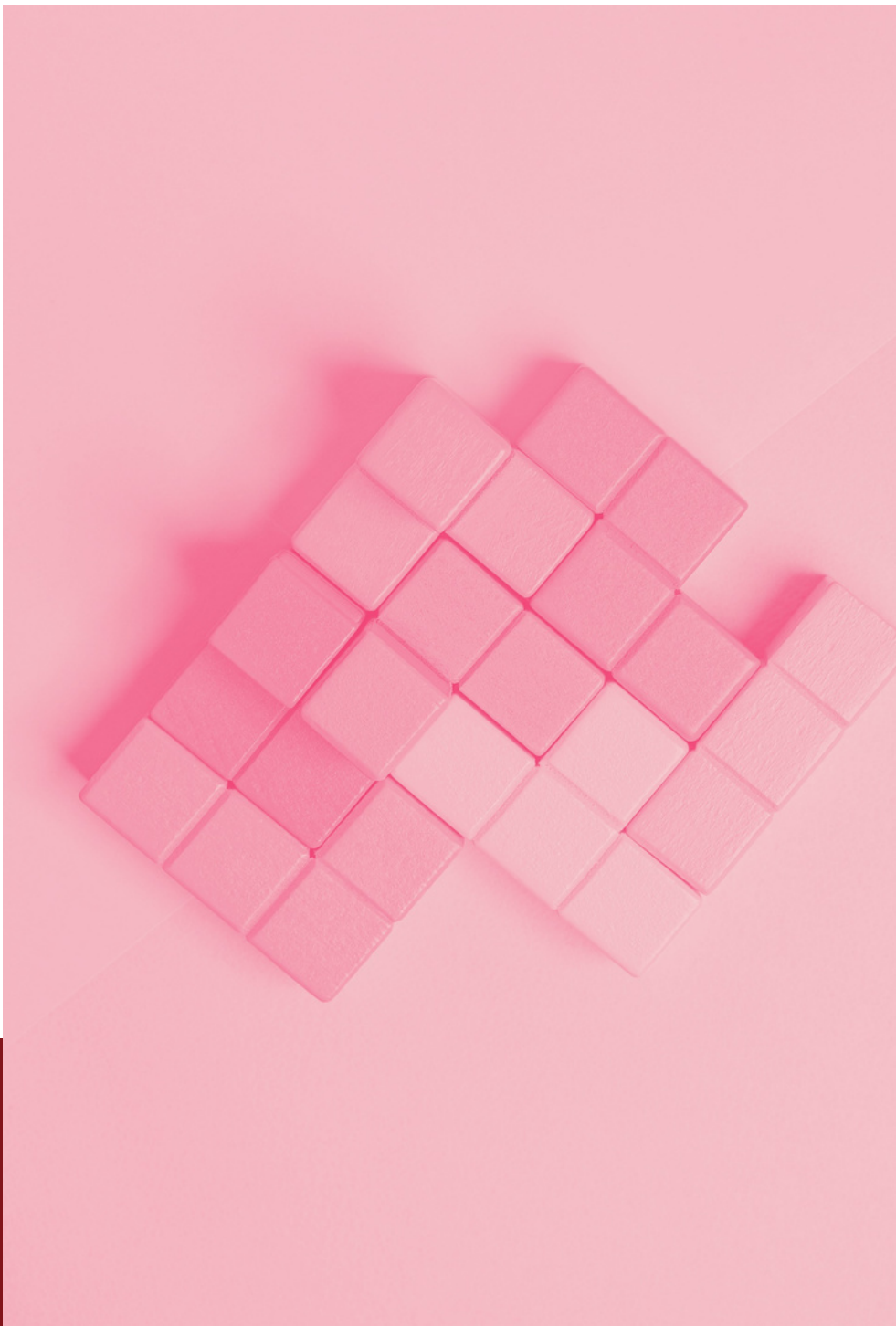


# 9 Building Blocks of Personal Empowerment



Checklist

**R**emember: you're the captain of your own ship. Only you can decide that you have the power to do whatever you want with your life. As you navigate through this checklist, you'll multiply your personal power.

Plan to focus for a week on each of the tips you select. Concentrate on five or fewer tips per week. Record any notes or lessons you learned from putting that tip to work.

<b>TIP</b>	<b>DATE</b>	<b>NOTES: WHAT DID I LEARN? HOW WELL DID IT WORK?</b>
Assess your self-confidence.		
Know what "success" means to you.		
Define how your own personal success looks.		
Train yourself to notice the positive aspects of everything around you.		
Spend time with friends who are successful and achieve their goals.		

TIP	DATE	NOTES: WHAT DID I LEARN? HOW WELL DID IT WORK?
When you make a mistake, give yourself a break.		
Ponder your dreams.		
Construct a vision board to illustrate the life you desire.		
Discuss your dreams with others.		
Listen to your partner's thoughts and ideas about your life goals.		
Engage in activities that provide you with a taste of your dreams.		
Acknowledge when you believe you want to make some changes in your life.		

TIP	DATE	NOTES: WHAT DID I LEARN? HOW WELL DID IT WORK?
Complete a pros and cons list before making any change to ensure you've fully assessed the situation.		
After thoroughly investigating any desired change, put it into action.		
Tweak alterations as you need them.		
Know the first step you want to take to work toward your dreams.		
Research subjects, locales, and situations related to what you want in life.		
Ask others for support to achieve goals.		
Use the bartering system to trade skills with others to get the assistance you require.		

TIP	DATE	NOTES: WHAT DID I LEARN? HOW WELL DID IT WORK?
<p>Make a step-by-step list to achieve your desired life.</p>		
<p>Put forth your best effort on all projects.</p>		
<p>Do something, rather than nothing, to begin your journey to empowerment, even if you're unsure it's the best thing to do.</p>		
<p>Journal about your fears regarding moving forward in life.</p>		
<p>Allow time in your weekly schedule to do things that bring you joy.</p>		
<p>Be consistent in your efforts.</p>		
<p>Acknowledge your power and use it in a challenging situation.</p>		

TIP	DATE	NOTES: WHAT DID I LEARN? HOW WELL DID IT WORK?
Learn something valuable from a difficult personal crisis that you'll be able to use in the future.		

**When you develop a sense of personal strength and resolve, any life you choose is within your reach. Keep reaching for the stars!**

“Confidence and empowerment are much like cousins in my opinion. Empowerment comes from the sense that you are in control of your life so that you can make positive decisions and take action that will bring you closer to achieving your goals and dreams. When you are self-confident you are your best self so that you do your best work. You can't fake confidence or empowerment.

**~Treva Graves**