

Empowerment step-by-step

Which area of my life do I want to step into my power and feel more empowered? (e.g., career, purpose, relationships, self-worth, confidence, boundaries, assertiveness, finances, health, well-being, spirituality, etc.)

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In this area, one specific goal I am committed to improving is:

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What do I believe is holding me back from achieving this goal?

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How can I reclaim my power in this situation and take action toward my goal?

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What is one small, empowered action I can take today to move closer to my goal?

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After a short period (e.g., one week), reflect on your progress. What worked well? How do you feel now? What are the next steps you can take to further empower yourself?

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