

# EMPOWERMENT TIPS



*Empowerment is the act of learning about yourself, and discovering and using your interests, abilities, resources, and talents in ways that further your personal and professional life goals. Empowerment leaves you with a sense of determination and discipline as you move through your daily activities (Allen, 2016).*

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## **Get to Know Yourself**

Getting to know yourself may seem simple, but it is a huge step in the empowerment process. Take some time to reflect on your interests, the things that bring you joy, and your strengths. Ask yourself, who am I, what do I enjoy, and what characteristics are critical to my identity?

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## **Identify Resources**

Identify the people, tools, etc. in your life that can help you stay on track to reach your goals. Ask yourself, what resources do I need to to stay determined, to stay disciplined, and to be my best self?

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## **Set a Plan**

Once you have reflected on your strengths and the resources to assist you in enhancing those strengths, set a plan of action. Ask yourself, what can I do daily, weekly, annually to motivate myself and reach my goals?