



Six Ways to Empower Yourself

Have you often said or heard someone else say, “They don’t empower us.” What is empowerment? And whose responsibility is it?

Empowerment is an inner and outer condition which allows an individual to think, behave, and take control and responsibility for their own destiny. People who are empowered tend to radiate happiness, easily make decisions, display a caring personality, and live life to the fullest. Others tend to enjoy being in the presence of empowered people because their personality seems to radiate positive energy.

Empowerment comes from within. Each of us is responsible for empowering ourselves. Some simple ways to foster self-empowerment are:

Know yourself. In her book *Bits and Pieces of My Soul*, the author states, “All things in life begin with you. Therefore, it’s important to know who you are, what you are, and that for which you stand.” Getting to know yourself means making a thorough analysis that begins by finding answers to questions such as:

- ✓ Who am I?
- ✓ What is my purpose?
- ✓ What do I value?
- ✓ What do I want?
- ✓ What are my strengths and weaknesses

This kind of self-analysis helps you to get in touch with the *real* you – the you who is separate and apart from what you do. This is the first step to self-empowerment.

Share the vision of where you want to see yourself with others. This can be done only if you have painted a clear picture of where you’re going in your life. Sharing allows others to give positive feedback and creates an atmosphere for clear communication on your vision.

Allow your vision to be the basis and the guiding light for your goal setting.

Give yourself permission to make mistakes! People who feel it is acceptable to make mistakes become more creative, make greater contributions, and are more productive. Allow mistakes to be a learning experience. It has been said that, “not failure, but low aim, is a crime.”

Value diversity. Release outdated beliefs about people from different cultures and backgrounds. Recognize that America is a salad bowl rather than a melting pot! To be empowered, we must be conscious of our thoughts, and feelings about others. Everyone has different skills, opinions, and personal styles which can foster a greater appreciation for who you are.

Lighten up and have fun. Life is too short to do otherwise. Laugh more. Have a sense of humor, but never poke fun at others or make derogatory remarks in the name of humor. Studies have consistently shown that people who laugh and use humor on a daily basis were ranked as outstanding twice as often as those who don't.

Expect amazing things from yourself. When you think amazing things, amazing things happen. Thinking negatively not only brings your demeanor down, but also may bring those around you down as well. When you radiate a positive attitude things fall into place. It may not happen over night, but in time it will. Remember, positive expectations lead to positive results.

Empowerment is a choice. It is personal. *YOU* determine how empowered you are. Empowerment allows you to find yourself with a stronger sense of self and the ability to change vices, negative emotions, and containing addictions. When you empower yourself, you take control of your life.

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