



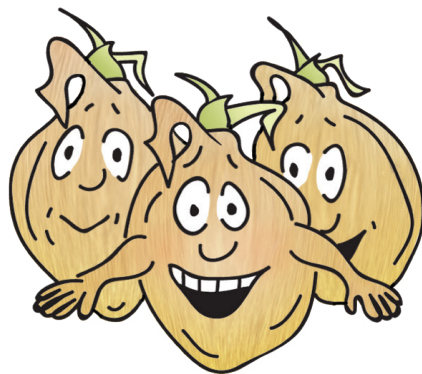
Feeling  
Empowered

# Introduction

Empowerment begins with self-respect. This enables us to give more respect to others, whether that be a person, an animal, or the planet.

What does it take for someone to be empowered? It takes the courage to speak truth and rejects lies. It takes a willingness to stand up for fairness and justice. It takes a discipline to always remember what is good within ourselves. Because we cannot escape problems living in this world, our power is connected to our ability to handle difficulties and challenges well. The more we develop skills of solving problems, the more we discover our full power.

This guide is designed to assist one in becoming self-empowered. No matter how old we are, the more we feel empowered by our goodness, the better chance we have in creating a world that is nonviolent and filled with kindness and peace. When we feel empowered by our good will and good thoughts, we create an atmosphere of wondrous joy for ourselves and all those surrounding us.



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# Exercise One

FLY

First Love You

# Exercise One

## FLY

### First Love You

More often than not, our self-esteem and self-worth reflects what others think of us rather than what we think or feel about ourselves. This exercise is designed to remind you of how wonderful you are, because we need to feel good about ourselves before we are equipped to handle things outside ourselves.

### Instructions

1. This exercise can be done alone or with a partner. If you have a partner, pass them your book.
2. Make a list of all the things you love about yourself. If you have a partner, have your partner write it in your book. Then switch places. If you are alone, make the list of no less than 15 things you love about yourself. Either way, write it on the sheet enclosed.
3. **Suggestion:** Keep this list as a reminder to love yourself. Then add to the list as you think of other things about yourself. Start a vision board with this list and add pictures and other things that represent how truly great you are.



# Monthly Self-Love Calendar

Today what I loved most about myself was...

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Day 8:

Day 9:

Day 10:

Day 11:

Day 12:

Day 13:

Day 14:

Day 15:

# Monthly Self-Love Calendar

Day 16: \_\_\_\_\_

Day 17: \_\_\_\_\_

Day 18: \_\_\_\_\_

Day 19: \_\_\_\_\_

Day 20: \_\_\_\_\_

Day 21: \_\_\_\_\_

Day 22: \_\_\_\_\_

Day 23: \_\_\_\_\_

Day 24: \_\_\_\_\_

Day 25: \_\_\_\_\_

Day 26: \_\_\_\_\_

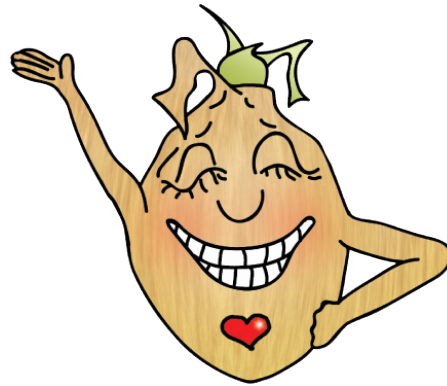
Day 27: \_\_\_\_\_

Day 28: \_\_\_\_\_

Day 29: \_\_\_\_\_

Day 30: \_\_\_\_\_

Day 31: \_\_\_\_\_



# Exercise Two

CPR

Creating Perfect Resolution



# Exercise Two

## CPR

### Creating Perfect Resolution

In this world, we cannot escape problems. Therefore, the most powerful thing we can do is to develop good and powerful problem solving skills.

A significant step for **CPR**, **C**reating **P**erfect **R**esolution, is to know how we feel about the people and situations in our life. There are no bad emotions; there are only bad decisions and reactions. We must embrace our whole emotional spectrum. The more we know about our feelings, the more empowered we become.

### Our Motto

Name the feelings, Claim the feelings, Tame the feelings, Aim the feelings.

### Instructions

1. In detail, write out a problem you are presently experiencing.
2. **Naming, Claiming.** Write out the negative emotions from the list you are feeling and why you think you got them.
3. **Taming.** Write the positive transformative emotions from the list and why they will work.
4. **Aiming.** Write out a positive plan of action so that the problem is solved.

# List of Emotions

Abandoned - Cherished  
Abused - Nurtured  
Ambivalent - Committed  
Angry - Serene  
Apathetic - Passionate  
Argumentative - Harmonious  
Arrogant - Humble  
Ashamed - Proud  
Asleep - Awakened  
Betrayed - Loyal  
Bitter - Sweet  
Bored - Inspired  
Brokenhearted - Blissful  
Burdened - Uplifted  
Careless - Careful  
Cautious - Daring  
Cheapened - Precious  
Closed-minded - Open-minded  
Confused - Clear  
Controlling - Allowing  
Corrupt - Pure  
Cowardly - Courageous  
Cruel - Kind  
Darkened - Enlightened  
Deceptive - Honest  
Defeated - Triumphant  
Depressed - Excited  
Destructive - Creative  
Devastated - Ecstatic  
Disappointed - Delighted  
Discouraged - Encouraged  
Doubting - Trusting  
Egotistical - Spiritual  
Exhausted - Energetic  
Fearful - Safe  
Frustrated - Fulfilled  
Greedy - Sharing

# List of Emotions

Grieving - Joyful  
Guarded - Vulnerable  
Guilty - Guiltless  
Harsh - Gentle  
Hateful - Loving  
Heartless - Compassionate  
Helpless - Powerful  
Hopeless - Hopeful  
Horrible - Wonderful  
Humiliated - Honored  
Ignorant - Wise  
Impatient - Patient  
Imprisoned - Free  
Insensitive - Sensitive  
Irresponsible - Responsible  
Isolated - Connected  
Jealous - Embracing  
Judging - Understanding  
Lethargic - Determined  
Limited - Unlimited  
Lonely - Loved  
Neglected - Protected  
Pessimistic - Optimistic  
Rejected - Accepted  
Resentful - Forgiving  
Rigid - Flexible  
Sad - Happy  
Scattered - Focused  
Selfish - Generous  
Stressed - Calm  
Stubborn - Willing  
Unconscious - Conscious  
Undisciplined - Disciplined  
Ungrateful - Grateful  
Unlucky - Lucky  
Violent - Peaceful  
Worried - Enthusiastic  
Wounded - Healed

1. Write out a problem you are experiencing presently.

*My problem is*

2. **Naming, Claiming.** Write out the negative emotions that you are feeling.

Negative feelings I own in relationship to the problem.

I feel \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

I feel \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

I feel \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

3. **Taming.** Write the transformative positive emotions from the list.

Positive feelings I own in order to find CPR - Creating Positive Resolutions.

I feel \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

I feel \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

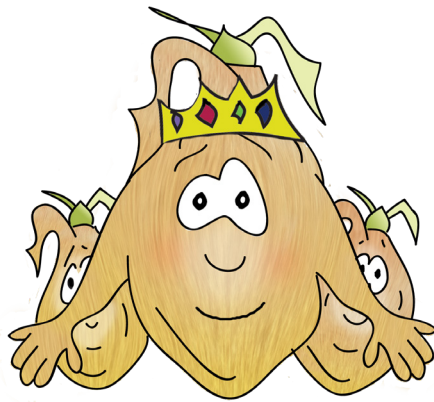
I feel \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

4. **Aiming.** Write out a positive action so the problem is solved.

My plan of action is

**PS.** If the solution involves communication with another, do not be attached to any outcome. We are not responsible for how people react to our feelings. However, we **are** responsible for the way in which we communicate our feelings. It is what we call a **good delivery**.



# Exercise Three

## Mentorship

# Exercise Three

## Mentorship

A mentor is likened to having a goal, a dream or a vision. A mentor is someone who gives us something to strive for.

We are all here to teach and learn. This has nothing to do with our age. It has to do with our human experience. Therefore, we all need to be seekers and adventurers of life. Copying someone whom we admire is the first step to developing our own empowerment. Doing something well is nice but doing something that is difficult and staying with it... is mighty.

On the other hand, striving to be a mentor for someone else is also extremely important. People today need this more than ever before. We are never to think we are not important or not being watched, no matter our age.

A mentor can be someone from history, someone personally we know, our family, our friend, someone famous, or someone we read about. They can be here or passed on.

### Instructions

1. Identify your mentor for each category and why you chose them.
2. Whom are you a mentor for and why?
3. Choose the mentor that means the most to you.
4. Put a picture of your mentor, or an article, or anything that keeps you in touch with them.



1. Whom do you consider a *mentor of goodness* and why?

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2. Whom do you consider a *mentor of love* and why?

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3. Whom do you consider a *mentor for being smart* and why?

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4. Whom do you consider a *mentor for Courage* and why?

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5. Whom do you consider a *mentor of honesty* and why?

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6. Do you feel you are a *mentor for someone* and for what?

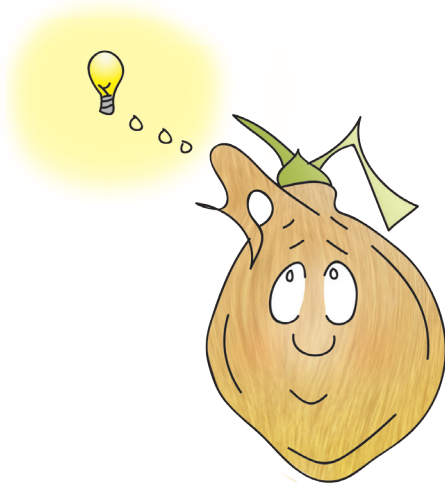
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# Exercise Four

## Guides to Empowerment

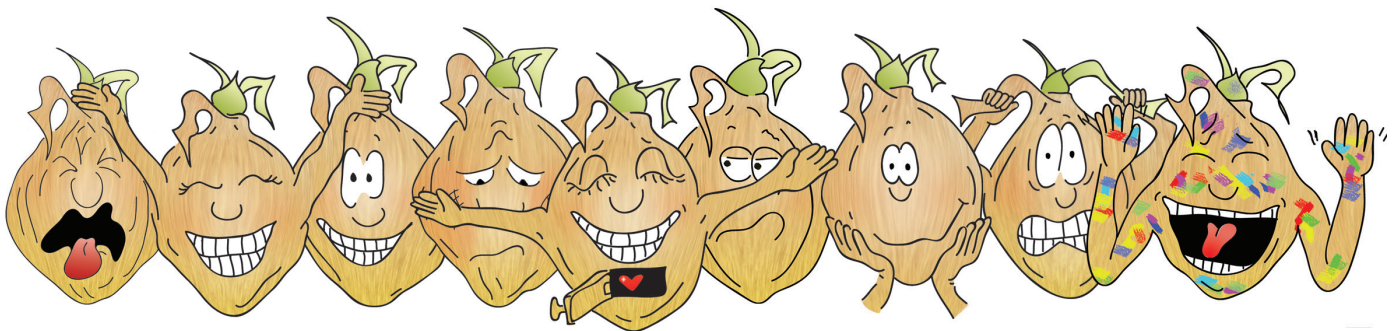
# Exercise Four

## Guides to Empowerment

We all need guides, whether that be a person, a belief or a quote. The following 24 quotes are words that can be pathways to power.

### Instructions

1. Read the quotes carefully.
2. Choose the 2 quotes that you feel are the most significant statements of empowerment and state why.
3. Choose the 2 quotes that you feel are the most difficult for you and state why.
4. Choose the one quote that you would like to focus on to improve your empowerment.



# Empowerment Guides

1. Don't listen to crowds, create your own opinions.
2. There is no silver lining, in whining.
3. Never gossip; speak with a result in mind.
4. Be generous when you do not feel like it.
5. Know that people do not care how much you know until they know how much you care.
6. Swallow hurtful words so you don't have to eat them afterwards.
7. To be happy or sad is our own choice.
8. People can doubt what you say, but they cannot doubt what you do.
9. The tiniest deed is better than the biggest goal.
10. Feeling powerful is the result of feeling grateful.
11. Feeling guilty is the first step to becoming a better person.
12. Don't stumble over being truthful, just stand up for it.
13. If you cannot help a hundred people, just help one.
14. To feel good is to do good.
15. The mightiest oak tree was once a little nut that...held its ground.
16. How well we love is how empowered we feel.
17. When in doubt – do the kind thing.
18. HOW to feel empowered – Humbleness, Open-heartedness, Wisdom.
19. When you can make a point without making an enemy...you are powerful.
20. The end result is not what matters; it is how we take the journey.
21. True power is built on the foundation of all that is good.
22. Forgiveness is the most powerful tool of all.
23. HOPE lies in Honesty, Openness, Perseverance, Enthusiasm.
24. Success has nothing to do with how much money we have but in how well we care.

1. Choose the 2 quotes that you feel are the most significant statements of empowerment and state why.

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2. Choose the 2 quotes that you feel are the most difficult for you and state why.

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3. Choose the one quote that you would like to focus on to improve your empowerment.

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# Calendar

# Monthly Empowerment Calendar

A difficult situation can override our feelings of power. Therefore, we have enclosed a calendar as a way to keep your empowerment thriving. This can be something that was done for you or something that you have done for another.

Today an empowering thing that happened was...

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Day 8:

Day 9:

Day 10:

Day 11:

Day 12:

Day 13:

Day 14:

Day 15:



# Monthly Empowerment calendar

Day 16: \_\_\_\_\_

Day 17: \_\_\_\_\_

Day 18: \_\_\_\_\_

Day 19: \_\_\_\_\_

Day 20: \_\_\_\_\_

Day 21: \_\_\_\_\_

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Day 25: \_\_\_\_\_

Day 26: \_\_\_\_\_

Day 27: \_\_\_\_\_

Day 28: \_\_\_\_\_

Day 29: \_\_\_\_\_

Day 30: \_\_\_\_\_

Day 31: \_\_\_\_\_