
**Thank you for downloading my class notes.
Enjoy the experience.**

JAtH

SELF EMPOWERMENT

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POWERLESS

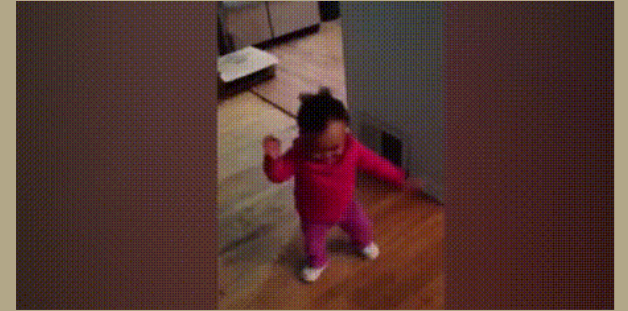
Taking back
my power

Reinventing
myself





What is self-empowerment?



Increasing the degree of self-determination.

Taking control of your life by making positive choices.

Believing in yourself.

The ability to live from your natural being state. (desire to be resilient).

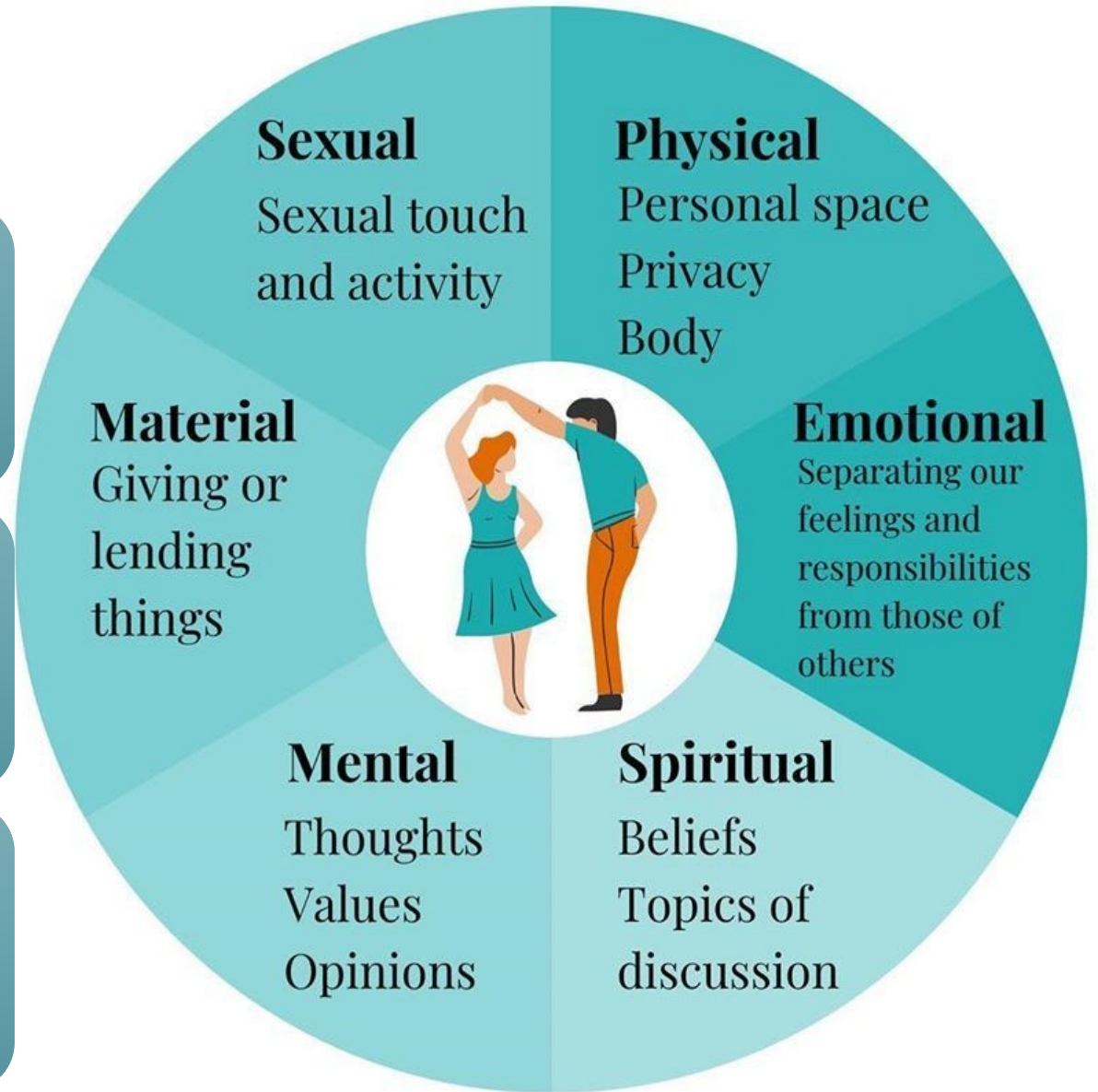
1. Establish healthy boundaries

Giving in to guilt trips, or refusing to speak up for yourself, gives power to other people.

Rather than blame them for wasting your time or "forcing" you to do something, recognize that you're in charge of yourself.

Establish healthy physical and emotional boundaries that give you control over how you spend your time and with whom you spend it.

Types of Boundaries



10 SIGNS YOU LACK PERSONAL BOUNDARIES

1. You fail to speak up when mistreated.
2. You give away too much of your time.
3. You agree when you actually feel like disagreeing
4. You feel guilty for dedicating time to yourself.
5. You feel taken for granted by others.
6. You have toxic relationships.
7. You have chronic fear about what others think of you.
8. You over-share details about your life with others.
9. You constantly feel like the victim.
10. You attract people who try to control or dominate you.

Signs of healthy boundaries



Saying NO without guilt.

Asking for what you WANT or NEED.

Taking CARE of yourself.

Saying yes because you want; not out of OBLIGATION to please others.

Feeling safe to express difficult emotions and have disagreements.

Being treated as an equal.

Not feeling responsible for someone else's HAPPINESS.

Being in tune with your own FEELINGS.

7 Tips for Setting Healthy Boundaries

Start your day with **limit-setting** intentions

Acknowledge what you **gain** by setting boundaries

Communicate directly, clearly and often

Pay attention to your **needs**

Start with **small** adjustments

Practice **self-compassion**

2. Know your core values

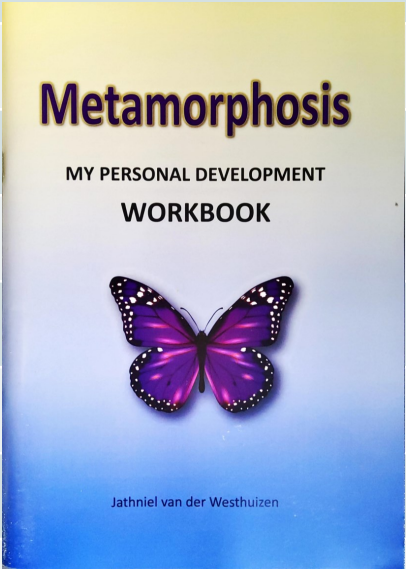


When you're not clear what your values are, you're at risk of becoming a helpless passenger rather than a confident driver of own life.

You'll be at risk of jumping on board with other people's ideas and may be easily led astray.

Take back your power by acknowledging your values and living true to what's important to you.

Adventure	Faith	Philanthropy
Autonomy	Fame	Play
Challenges	Family	Pleasure
Change	Flexibility	Power
Community	Freedom	Privacy
Competence	Friendship	Recognition
Competition	Happiness	Relationships
Cooperation	Health	Religion
Creativity	Helping others	Safety
Decidedness	Honesty	Security
Diversity	Independence	Service
Ecology	Integrity	Spirituality
education	Leadership	Stability
Ethics	Loyalty	Status
Excellence	Meaningful work	Adding value
Excitement	Money	Wealth
Fairness	Order	Work



3. Focus on problem solving

There's a huge difference between complaining and problem-solving.

Venting to your friends, family, and co-workers keeps you focused on the problem and prevents you from creating a solution.

Grumbling implies that you have no power over your situation, and also shows that you lack power over your attitude.

self empowerment
is seeking the solution
rather than fixating
on the problem.



IDEAS

“I’VE MISSED MORE THAN 9000 SHOTS IN MY CAREER. I’VE LOST ALMOST 300 GAMES. 26 TIMES. I’VE BEEN TRUSTED TO TAKE THE GAME WINNING SHOT AND MISSED. I’VE FAILED OVER AND OVER AGAIN IN MY LIFE. AND THAT’S WHY I SUCCEED.

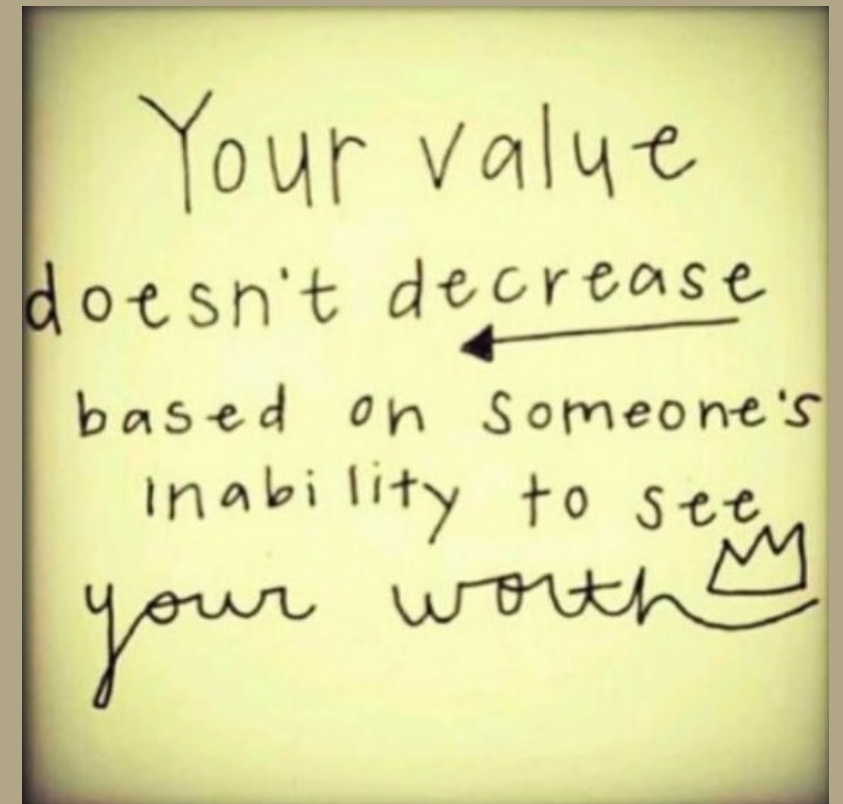
- MICHAEL JORDAN

If your self-worth depends on others holding you in high regard, you'll likely become a people-pleaser.

Not everyone needs to like you, nor do they have to agree with your lifestyle.

Evaluate the merit of criticism you receive, but never allow any one person's opinion determine your self-worth.

4. Place your self-worth independent of other people's opinions



5. Be willing to stand out from the crowd



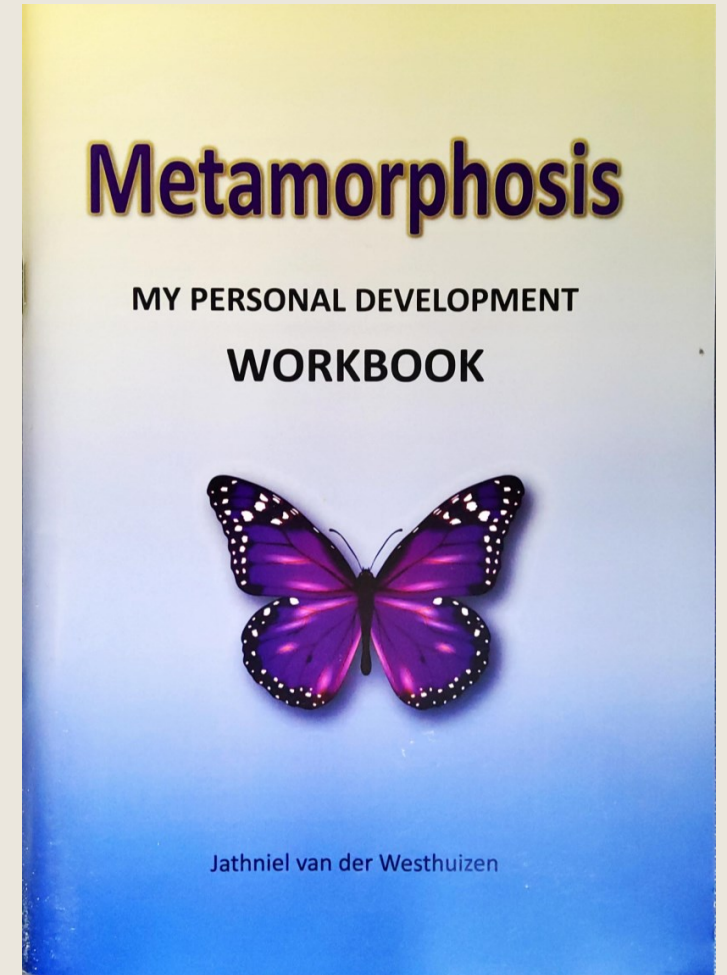
Self-doubt and fear can lead you to want to blend in with those around you.

Trying to fit in with the crowd will cause you to disguise who you really are.

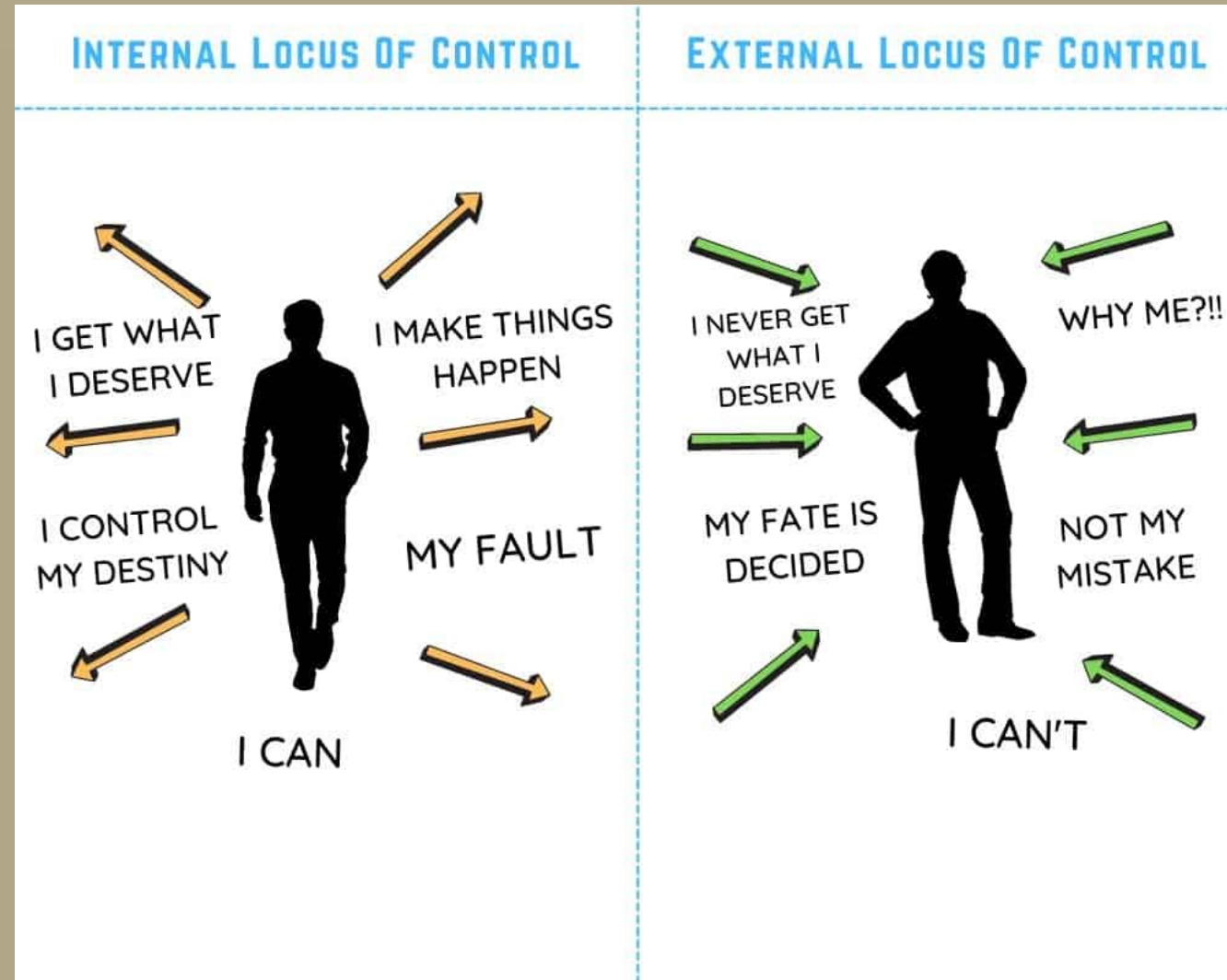
Trust that you're mentally strong enough to stand out and dare to be different.

6. Be focussed with a sense of purpose

- Don't waste time on unproductive thoughts. Identify destructive beliefs
- Take control over the thoughts that occupy your mind so you don't give more brainpower to areas of your life that don't deserve it
- Vision
 - Goal
 - Action Plans
 - Checklists



7. Focus on what you can CONTROL





*Stop giving people
the power to
steal your peace.
It belongs to you
and no one
should be able
to run away with it.*

mediawebapps.com

A. Elle

8. Practice forgiveness

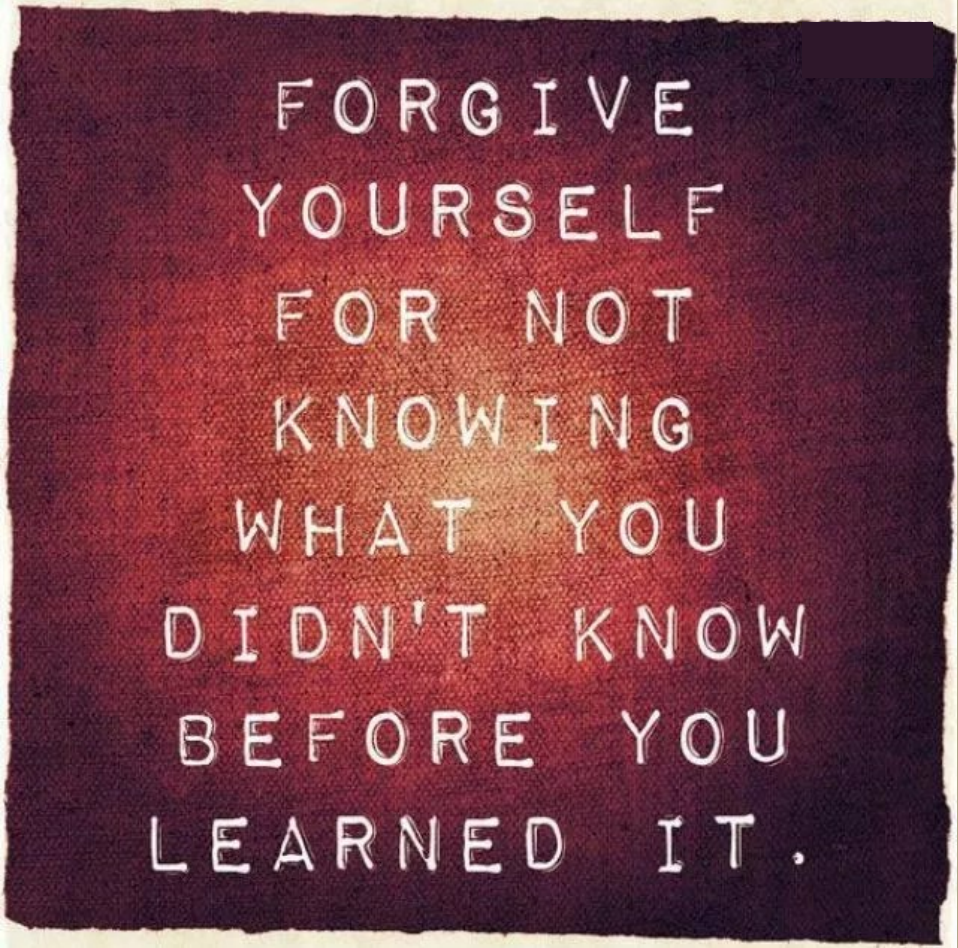
Holding a grudge against someone who has hurt you doesn't punish the other person—it only punishes you.

Forgiveness isn't about saying what the person did was OK. It's about choosing to let go of the hurt and anger that interferes with your ability to enjoy life.

9. Forgive yourself

Contrary to popular belief, insults and chastisement do not work well as motivation.

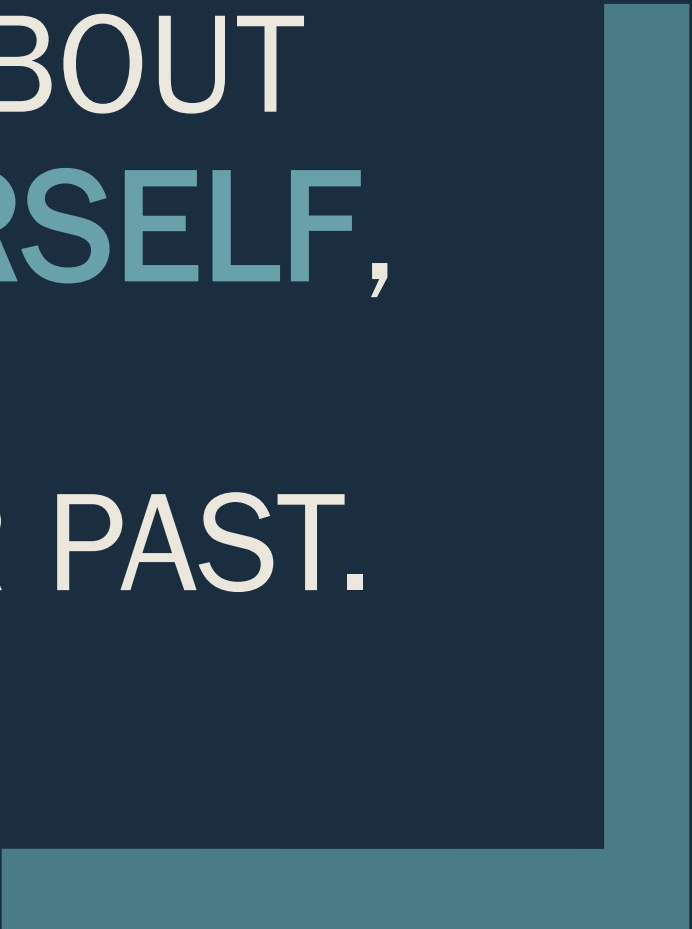
Do it is through praise, positive reinforcement, and seeking out evidence of your own awesomeness.



FORGIVE
YOURSELF
FOR NOT
KNOWING
WHAT YOU
DIDN'T KNOW
BEFORE YOU
LEARNED IT.



FORGIVENESS IS ABOUT
EMPOWERING **YOURSELF**,
RATHER THAN
EMPOWERING YOUR PAST.



Summary

Establish healthy boundaries

Know your values

Focus on problem solving

Place your self-worth independent of other people's opinions

Be willing to stand out from the crowd

Focus on what you can control

Be focussed with a sense of purpose

Practice forgiveness

Forgive yourself

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Metamorphosis

MY PERSONAL DEVELOPMENT
WORKBOOK



Jathniel van der Westhuizen