**💚💪Empower: Step Into Your Voice & Value 💪**

**Introduction:**

Empowerment starts when you stop waiting for permission. You are powerful — not because of what you do, but because of who you are. This guide helps you strengthen your voice, own your worth, and live with boldness.

**Theme: Confidence • Clarity • Courage**

**What Empowerment Looks Like:**

• Setting and maintaining boundaries ✋

 • Saying yes to yourself 🙋🏾‍♀️

 • Speaking up without shrinking 🎤

 • Trusting your instincts 🧭

**Coaching Prompts:**

🔥 When do I feel most powerful, and what creates that feeling?

🗣️ What is one truth I’ve been afraid to say out loud — and why?

💡 Where have I dimmed my light in the name of being liked?

👑 What boundary would protect my peace and power right now?

🎯 What habit or routine supports the most confident version of me?

**Empowerment Exercise:**

💥 Write down 10 “I AM” statements that affirm your identity, purpose, and power.

("I am enough." "I am capable." "I am not too much.")

**Affirmation: "My voice is valuable. My power is undeniable. My presence is a gift."**