**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."**