

WAYS TO STEP INTO YOUR POWER



Treat
& Talk
to Yourself
Like You
Would to
Someone
You Care
About

Give
Yourself
Permission
to Feel
All The
Feelings

Set & Work Towards Goals
Listen to Your Intuition
& Trust Yourself

Question
& Challenge
the Status Quo

Take Good Care
of Your Body

Let Go
of The
Things
You
Can't
Control
&
Focus
on
What
You
Can

Lift Others As You Climb

Do
The
Right
Thing
Even
When
It's
Hard

Own Your Story,
Including Your Mistakes

Love, Accept & Forgive Yourself

Connect with Others &
Nurture Your Relationships

Get Back Up
After Falling Down

Define & Respect
Your Boundaries

Practice Mindfulness
& Gratitude

Follow Your Curiosities:
Learn and Try New Things