

# 15 EASY WAYS TO EMPOWER YOURSELF

Anyone can attain personal empowerment. It depends more on your actions than on the size of your bank account or the title on your business card.

**Do you want to be successful and experience more control over your life?** Learn more about the meaning of true empowerment and run down this list of 10 simple things you can start doing today to build your competence and confidence.

## GENERAL PRINCIPLES OF SELF-EMPOWERMENT:

1. **Set realistic goals.** Small victories provide motivation. Aim for targets that are within your reach. If losing 50 pounds seems overwhelming, start with one diet tweak at a time, like putting less sugar in your coffee.

2. **Strengthen your skills.** If you're willing to keep learning, you can expand your potential. Read self-help books and take online courses on communications or coding. Talk with others about their areas of expertise and teach them what you know.
  
3. **Manage your emotions.** Going beyond your comfort zone can be scary.  
**Acknowledge your feelings while making decisions that serve your long-term interests.** When your emotions are intense, think them through or talk with others who can help you sort things out.
  
4. **Believe in yourself.** Challenge the assumptions that have been holding you back. Think positive and focus on what you have to gain.
  
5. **Gather support.** Empowering yourself can enhance your relationships with others. Surround yourself with family and friends who boost your self-esteem. Allow yourself to be vulnerable and ask for help when you need it.

## **SIMPLE WAYS TO EMPOWER YOURSELF:**

1. **Respect your time.** Treat your time like a precious resource. Clarify your top priorities and devote your energy to them. Limit distractions that would pull you off track.
2. **Protect your privacy.** How do you handle intrusive questions? Set healthy boundaries and be assertive about maintaining them.  
**Give yourself permission to end conversations that make you uncomfortable.**
3. **Meditate daily.** Self-knowledge makes it easier to empower yourself. Observe your thoughts through meditation or other methods like keeping a journal. You could also take personality quizzes online and ask others for feedback.
4. **Practice self-care.** Honoring your needs is an important part of valuing yourself. Eat a healthy diet, exercise regularly, and aim for at least 7 hours of sleep each night.

5. **Follow a budget.** Putting your finances in order will help you to feel more secure and increase your capacity to take on meaningful projects. **Create a sound plan for your savings, spending, and investments.** Consult a professional advisor if you need more guidance.
  
6. **Share housework.** Are you satisfied with how you and your partner divide household chores, as well as parenting responsibilities? If you want to achieve more balance, initiate a conversation about making some changes and track your progress.
  
7. **Gain recognition at work.** It may take more than excellent performance to make you visible at work. Keep your boss updated on your achievements and share credit with others to build teamwork and cooperation.
  
8. **Resolve complaints.** How do you handle issues with customer service or your apartment management? Instead of seething silently, ask for the outcomes you want. Be tactful and direct while standing up for your rights.

9. **Use affirmations.** Repeating positive statements to yourself can help you to overcome challenges and deal with stress. Visit affirmation websites or use your own wording.
  
10. **Check your posture.** Body language has a major influence on how you feel and how others perceive you. Stand up straight and hold your head high.

**Personal empowerment means taking responsibility for your life so you can enjoy more happiness and success.**

Trust yourself and make positive choices that bring you closer to achieving your goals.