



Episode 2:



6 tips to live a more empowered life



Tip #1: Learn to be your own biggest fan vs your own biggest enemy

Write down your top 3 self critical (inner mean girl) thoughts:

1.

2.

3.



Ask yourself: Where did these negative thoughts originate? Are they true? How are they serving me? What could I think Instead that would make me feel more empowered?

Write down your NEW empowering (inner cheerleader) thoughts:

1.

2.

3.

Practice your new self empowerment thoughts DAILY!



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Tip #2: Become clear on what brings you energy or excitement

I get energized and excited from....

- 1.
- 2.
- 3.

Write down two possible times you can spend 15-20 minutes on **one** of the activities you listed above.

- 1.
- 2.

Tip #3: Take care of yourself

Daily self-care check-in. Use these categories to check-in with yourself. Use the scale (1-10)

1. Stress
2. Mood
3. Energy



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Tip #4: Read and browse content that inspires you

Two types of accounts on Instagram/Tiktok that bring me joy

1.

2.

By signing my name below, when I get back on Instagram/Tiktok, I will **follow** more accounts that inspire me and **unfollow** accounts that make me feel less worthy.



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Tip #5: Be yourself

MANTRA: Being empowered means being myself

Tip #6: Surround yourself with people that motivate you to be the most authentic and realest version of you

By signing my name below, I will **surround** myself with friends that motivate me to be my **real-est** and **most authentic** version of myself!