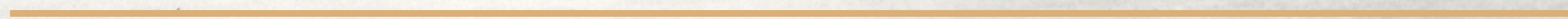


KNOWING YOUR SELF WORTH: STRATEGIES FOR SELF-EMPOWERMENT



SILENCE YOUR INNER CRITIC

**Whether you think you can,
or think you cant-- you're right.
--Henry Ford**

TAKE CONTROL OF NEGATIVE SELF-TALK

- Comparing
- Criticizing
- Complaining



Recognize your
abilities



Examine your
strengths



Find your passion



**KNOW
YOURSELF**

DEVELOP YOUR COMPETENCIES

Grow skillsets that will allow you to reach your goals



- **PERSONAL QUALITIES**
 - assertiveness
 - initiative
- **SOFT SKILLS**
 - team building
 - critical thinking
- **TECHNICAL SKILLS**
 - certifications
 - programs or processes



SET SMART GOALS

- Specific
 - Measurable
 - Attainable
 - Relevant
 - Time-bound
-

Mentor



Coach



Cheerleaders



**FIND YOUR
PEOPLE**



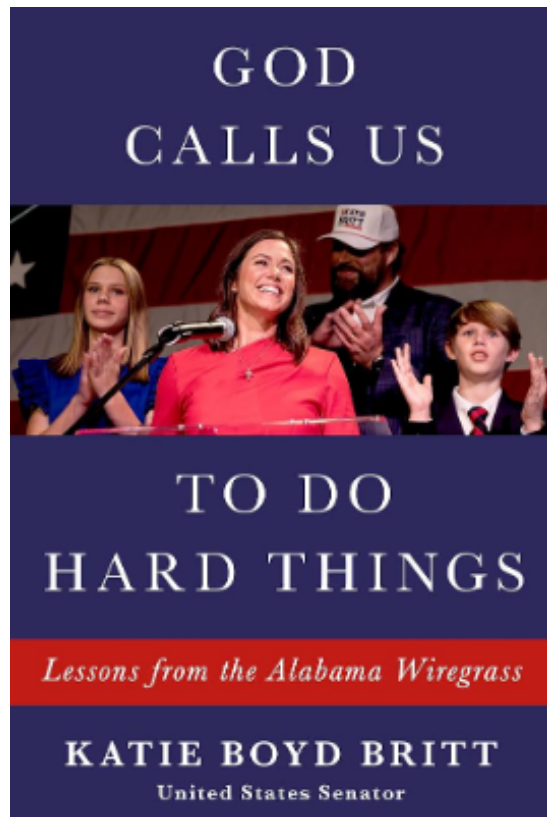
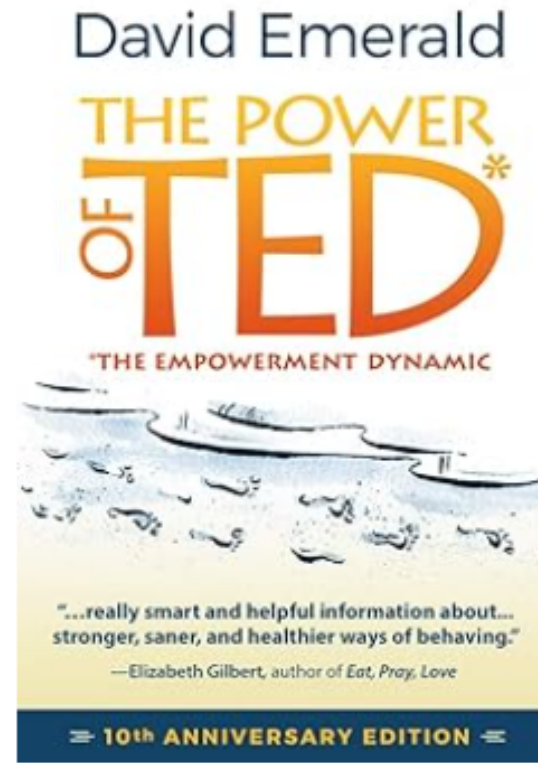
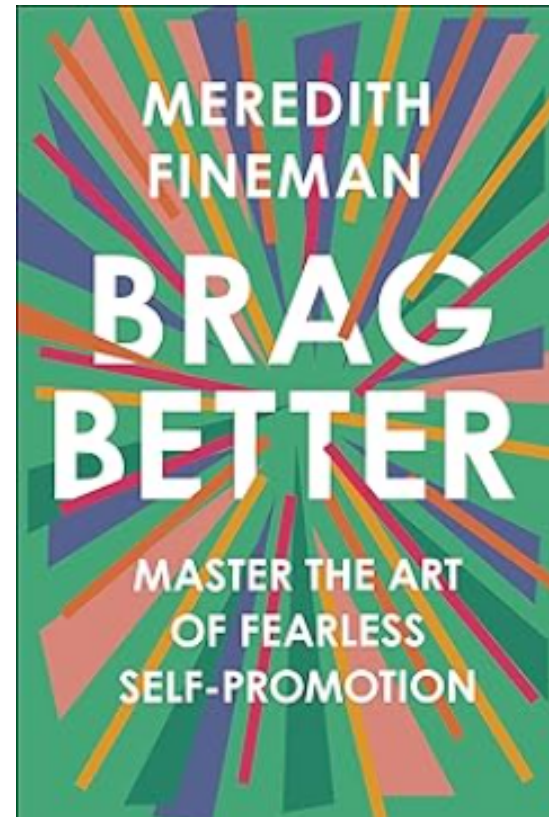
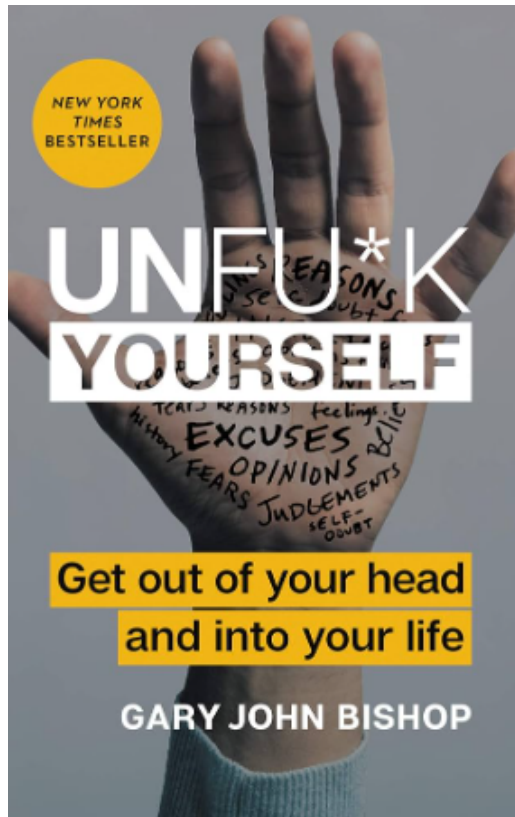
BE GRITTY

- Guts
- Resilience
- Initiative
- Tenacity

PERSONAL EMPOWERMENT TIPS

- Love yourself
- Growth mindset
- Practice mindfulness
- Journaling
- Affirmations
- Exercise
- Find your “people”





Harvard Business Review

Harvard Business Review Podcasts



TED Talk Grit: The power of passion and perseverance
Angela Lee Duckworth

**DIG
DEEPER**

DON'T BE A LADY.

BE A LEGEND.

