

10 Quick And Easy Ways To Empower Your Life In 30 Minutes Or Less

A Simple Guide by Marita Steffe



Dear Reader,

Hi this is Marita Steffe and welcome to my circle of women, thank you for signing up onto my mailing list and downloading this guide. I genuinely believe that it will help you and you will learn some great strategies that will empower your life. I am using all of them in my life.

Please continue to check back and visit my website for new updates and inspirations. I generally post 2 new blog posts per week with valuable information on vision boards and how to live happy and fulfilled lives. From the bottom of my heart, I want to thank you for taking the time to download this guide. I would love to hear from you in the future!

<http://visionandwords.com>

To a beautiful life, filled with empowered people

Marita Steffe



What Does Empowerment Mean?



The word Empower means to promote the self - actualization in another human being. The topic of self-empowerment offers many solutions to the problems our society faces today. When we feel empowered, we are able to accomplish our goals. The feeling of empowerment comes from feeling wholly connected to ourselves; we are authentic.

1. Empowerment is a process that challenges our assumptions about the way things are and can be. It challenges our basic assumptions about power, helping, achieving, and succeeding.
2. Empowerment is all about living life to the best of your ability.
3. Empowerment refers to increasing the spiritual, political, social or economic strength of individuals and communities. It often involves the development of confidence in their own capacities.
4. The right to choose the course of action and be held accountable for the result.
5. My definition is: To help an individual to discover that they are powerful and able to transform themselves and their circumstances, to be totally authentic, at peace, self-fulfilled and happy.

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Tip 1

Create Your Customized Vision Journal

- Get a notebook
- Some magazines
- Glue Stick



Flip through magazines and find a background image, glue it onto the cover of the notebook. Cut out 1 or 2 inspiring images and glue them onto the background image. Add some words that totally inspire you. You can cut them out of magazines, or type them up, print them and glue them onto the notebook. Now you have your own customized Vision Journal, which will motivate you to write down all your great ideas, intentions, goals and inspirations. I added a picture of my vision journal, so you can see how easy it is. My vision journal took about 20 minutes to make.

Tip 2

Make a Small Vision Board

- Get a poster board, maybe 16” by 11.”
- Flip through magazines find 4 to 7 images
- Picture of your-self, looking happy and confident
- Inspiring words



Cut out the images and glue them onto the poster board. Place the image of “you” in the center and cluster the other images around. Finish with some inspiring words. Make it inspiring and stimulating, something that makes you happy whenever you look at it and what reminds you of your dreams. Hang it, where you see it all the time. A simple, small vision board should take you about 30 minutes to make.

Tip 3

Meditate for at least 5 minutes

This will center, relax and rejuvenate you. If you do this every day, it will help you to create more awareness and be more open to your inner guidance. The more you are able to open up to your inner guidance the more empowered you will you feel. Even if you just breathe in and out deeply for a few minutes, you will feel the difference immediately.

Tip 4

Be aware of “what you think and how you react”.

The more you do it the more it will be a habit. It will help you to replace negative habits with positive habits, or negative thoughts with positive thoughts. This will give you the moment to choose how you would like to react. You will be empowered, if you do not react to the impulse to scream at someone, or say something unkind.

Tip 5

Take action steps: Make a short list of things to do, in order of priority.

- Today,
- Tomorrow
- Next week
- “Eventually”.

Pick the one thing that needs to be done today and do it. A lot of energy and power is lost by worrying about things we need to do, but don't do. This will be very empowering.



Tip 6

Acknowledge yourself for five minutes: name everything you are good at.

For example:

- I am a good cook
- I am a good communicator
- I have good people skills
- I can sew
- I can draw
- I can run,
- I am organized

Whatever you are good at, make a list and read this list aloud every day. You can even record it and load it onto your iPod. It's a wonderful empowering brain wash!

Tip 7

Take time out to be grateful, especially if you don't feel like it. Make it a practice if you notice that you are complaining about things in your life:

- Find at least 10 things
- Say them aloud.

Whenever life is not treating you right, make it a habit and come up with 10 things you are grateful for.

Tip 8

Get another notebook and label it “brain dump”.

For 15 minutes just write down everything that’s on your mind. It doesn’t need to be pretty you don’t think about it, you just write whatever comes up. If it sounds stupid to you, it doesn’t matter. This is for nobody to see it’s just for you to let go of clutter in your head.

- The bad
- The irritating
- The person you’re mad at right now
- Whatever goes wrong
- Whatever goes right

Just dump everything on paper you will feel relieved and by taking the cluttering thoughts out of your head onto paper you will free up space in your mind for more empowering thoughts.



Tip 9

Well we all know affirmations, but let's not underestimate that affirmations are very powerful, especially when you feel low and weak.

They are easy to do and even if you do not feel beautiful, successful, confident, abundant right at this moment, they will make you feel better. Say the affirmations aloud and it will change your vibration. You can also record your favorite affirmations, load them onto your iPod and listen to them whenever you have low self-esteem, or feel sad and hopeless, it will change your mood. Some of my favorite affirmations:

- "I feel better and better every day"
- "I am in perfect health"
- "I am in the flow of abundance"
- "Good things are coming to me, from expected and unexpected sources"
- "I trust the universe"

Tip 10

Surround yourself with positive people, people who want you to succeed and who want you to be happy.

This might mean that it's a good idea to limit contact with individuals who make you feel bad. If you feel drained after being with someone, do not hang out with them. As strange as it sounds, some people like to stay exactly where they are and if people around them change, the only thing they know how to do is to try to keep them from changing.

Bonus

Do something every week that's good for you, kind of like a date with yourself.

If you only have 30 minutes find some inspiring audios or videos to listen to. Put some nice music on and take a bath with some soothing bath salts and enjoy:

- Go to the spa
- Get your nails done
- Get a facial
- Go for a walk
- Do some artwork
- Go to the museum

Print out the following text and look at it every day:

- I am a powerful being
- I have the power to create my life
- My thoughts determine my reality
- I can have, be, do anything I want, my life is up to me
- Today at this moment I will make a little step toward my dream life

“The journey of 2000 miles was completed one step at a time”.

I hope you enjoyed my tips. I always collect new ones, so check my site for more and always remember: **“YOU CAN DO IT”**

All the power to you!

Marita Steffe