

THIS IS FOR THE WOMEN WHO DON'T BELIEVE THEY ARE POWERFUL.

You are powerful.

You can do anything you want.

Forget your circumstances and focus on what lies inside. If you want to be a writer, write. If you want to get in shape, exercise. If you want to be an artist, create art. If you want to be a good parent, become more involved. If you want a career, plan how you will achieve that. If you want adventure, go for it. If you want to do just about anything, you can. Your life and circumstances, in this current moment, do not define who you are. *You are more than your circumstances and you are more than your past.* You still have many choices. There is a person in there, a person who is powerful and capable of doing just about anything she wants with her life. You have the power to do anything you choose.

You are not broken.

Learn from your past, see it for what it was—but it does not define you either. You are a fully capable and functioning woman of beauty and power. Think about what you have bravely marched through. Think of all the times you picked yourself up. You are not broken. You are capable and a lovely soul. You have much to offer. You may not feel like you are powerful, but feelings are not facts. Recognize everything you have been through exactly for what it was. It's important. Take time to reflect—find the patterns and believe you can rise above. *You can.* You have the power to break through. You have the power to overcome.

You are worthy.

You are worthy of happiness, greatness, love and respect. Demand it. Do not settle for anything less. No one in this world is above you or below you. You are a woman of worth—as all women are; as all people are. Do not let anyone harm you in any way—this includes emotionally. You have the right to separate yourself from things that are not in your best interest. *Do not let others have more influence over your life than you do.* Take care of yourself. Go after happiness and your dreams. *You are worthy*—believe that and focus on self love. It will help you in every aspect of your life. You have the power to demand respect.

You are beautiful.

Stop looking around, comparing yourself to everyone else. Stop looking at the T.V. screen. Stop thinking about how you don't measure up. Look in the mirror; look into your own eyes. Focus on you and *who you are.* *There is no one else like you in the entire world.* You are beautiful and unique and your beauty goes far beyond the way you look. Focus on what you like about yourself, as a whole person. If there is something you want to change, make sure it is for you and find a loving way to do it. If you have negative thoughts or dialog, change them to positive. You are beautiful. You have the power to love the skin you are in.

You are powerful.