



The Path of Enrichment

Steps to Personal Empowerment

1. **Today, be your own best friend.** Treat yourself as you would your best friend. Be kind, generous, supportive and forgiving.
2. **Take care of yourself on all levels.** Physically, emotionally, mentally and spiritually. Exercise, eat well, take note of your feelings and do those things that support your well-being, maintain good thoughts and have Faith. Meditate and/or pray.
3. **Listen to and respond to your heart's desires.** Be willing to respond to these needs.
4. **Know that there is always something you can do to begin the process of being empowered.**
5. **Say "Yes" as often as possible to your heart's desires.** The more we say yes, the more empowered we feel and become.
6. **Be willing to dream about the life experiences you wish to have and make choices that support their manifesting.**
7. **Let go of any self doubt or limiting beliefs.** Question why you believe certain things about yourself that are limiting.
8. **Become aware of the thought loop that constantly plays in your head.** Is it playing negative, self deprecating thoughts or is it playing uplifting, supportive thoughts? If the thoughts you hear are not what you want or are limiting you in any way, change the script with new uplifting, supportive thoughts.
9. **Become aware of how you finish this statement, "I am"** These are powerful words of creation. Make sure you are creating what you truly desire and not by default.

10. **Look at humanity as a big jigsaw puzzle.** Each of us is a very unique piece of that puzzle. Without your uniqueness the puzzle (humanity) is incomplete. We are all equal in our value to humanity.

11. **See the world and yourself as unlimited potential.** If you view the world as being difficult or fearful you will act out of fear which is limiting and disempowering. Act from a belief of unlimited potential and you will be greatly empowered.

12. **Expand your comfort zone.** Praise yourself for your effort and not just the end result. Build on what you accomplish versus whether or not you have achieved your goal.

13. **Trust your inner guidance.** It will never lead you astray.

14. **Express your innate happiness as often as possible.** It can begin with a simple smile.

15. **Have fun.** Fun is a renewable resource, use as much of it as you can.