



EMPOWERMENT WORKBOOK



WELCOME

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Welcome to the Empowerment Challenge hosted by ELA Education Services, LLC! I am excited to have you on this seven (7) day journey. As a young adult in high school or college, I know that you could be spending your time in many other ways, so I want to congratulate you for investing in yourself. I truly believe that empowerment is critical for success in life, and I want to help other young adult women achieve success on their own terms!

During this challenge, you will receive seven (7) days of virtual challenges to help you jumpstart long-term empowerment. You will get out of the challenge what you put into the challenge, so be honest with yourself and be sure to check your email daily so that you can complete the challenges on a daily basis. The challenge will start on Monday September 12, 2016 and conclude on Sunday September 18, 2016. On the first day of the challenge, you will receive your workbook. This workbook is to be used to assist you as you complete the empowerment tasks each day. Additionally, each day of the challenge, you will receive an email with directives for the tasks you will need to complete for the day. When you complete a challenge, simply reply to the original email and indicate that you have completed the challenge. Once the 7-Day Challenge is completed, I will work with you to set a time for your complementary personal 30-minute session. During this personal session, we will reflect on what you learned during the challenge and review your plan for long-term empowerment and reaching your goals.

It is my hope that by the conclusion of the challenge, you will have learned more about yourself and have a set plan for moving toward your future goals.

Let's get started!

Best,

Evette L. Allen, PhD
Owner & CEO
ELA Education Services, LLC

DAY 1: WHAT IS EMPOWERMENT?

ELA EDUCATION SERVICES, LLC DEFINES EMPOWERMENT AS...

The act of learning about _____, and discovering and using your _____, _____, _____, and _____ in ways that further your personal and professional life goals. Empowerment leaves you with a sense of _____ and _____ as you move through your daily activities (Allen, 2016).

The challenge for today is to reflect on "what makes you, you." Using the definition above and the questions below to reflect on your talents, interests, resources, and determination.

KNOWING YOURSELF: Who are you? How would you describe yourself?

Take some time to reflect on the above questions, and write your answer below.

INTERESTS: What are your academic and personal interests?

Take some time to reflect on the above question, and write your answer below.

ABILITIES/TALENTS: What is something you do well?

Take some time to reflect on the above question, and write your answer below.

WHAT IS EMPOWERMENT?

CONTINUED...

RESOURCES: Are there people or materials that can assist you in reaching your goals?

Take some time to reflect on the above question, and write your answer below.

DETERMINATION: What inspires you?

Take some time to reflect on the above question, and write your answer below.

DISCIPLINE: In what ways are you disciplined? In what ways do you struggle with discipline?

Take some time to reflect on the above questions, and write your answer below.

DAY 1 DONE: Once you have completed the reflections and answered the questions for today, DAY 1 Challenge is done. CONGRATULATIONS! We will be using your reflections throughout the challenge, so make sure you placed a great deal of thought into your answers.

DAY 2: WHO ARE YOU?

TODAY'S CHALLENGE

The challenge for today is

PERSONAL & SOCIAL IDENTITIES

Personal identities are...

Social identities are...

Personal and social identities affect many aspects of our lives, including how we walk through life, how people view us, and how we view ourselves.

WHAT DID FAMILY/FRIENDS SAY ABOUT YOU? *LIST WORDS FROM FAMILY & FRIENDS IN THE BOXES BELOW*

Family	Friends
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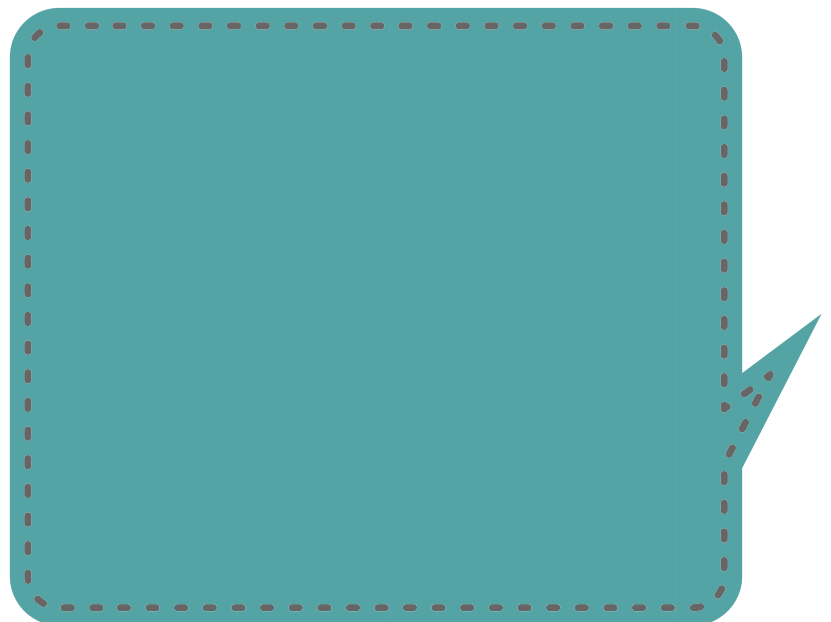
DAY 2: WHO ARE YOU?



So why did we have you review your definition of yourself as well as your family and friends' description of you?

While your view of yourself is important, sometimes our view of ourself is not realistic (i.e. lower view of our talents). Therefore, it is important to have a balance of observations from yourself and people you TRUST, to be able to move forward with an accurate representation of yourself. It is important that you limit the conversations to people whom you trust because people you trust will be invested in your personal and professional development. NEVER seek advice from individuals who you are not confident will be invested in your personal and professional growth.

Using personal and social identity definitions, information from your family and friends, and your answer to the question "how would you describe yourself" (from day 1), would you now explain yourself in a different way? Why or why not?



DAY 2: WHO ARE YOU?

Today's Reflection for Empowerment: How Many times do you build yourself up by putting someone else down? For example, are you someone who keeps her nails manicured and frowns upon the next woman you see who may not get her nails manicured often, or who may prefer not to get her nails manicured at all. If you have to tear others down to build yourself up, the problem may be with you and not with others. If you find that you tear others down or frown on others who may go about life in different ways than you, understand that tearing others down is a reflection of how you feel about yourself, and could speak to the need for you to address the **BETTER THAN THEM SYNDROME**. This syndrome occurs when a person feels the need to find someone who is less than them in some way in order to feel great about themselves.

Women who are **empowered** find ways to to uplift other women, and empowered women seek other women who challenge them in various aspects of their life. Empowered women look to prove something to themselves versus proving something to others. So, if you find yourself constantly criticizing others, take a step back and come to terms with the things you do not like about yourself that could impact your need to criticize others.

Scenario: How would you react?

There is a new student who has just transferred to your school and she is in one of your classes. After having a brief conversation with her, you find out that she is in one of the clubs where you are also a member. You invite her to the club meeting that afternoon to introduce her to other club members. You overhear Amy, the club secretary say "why is she here, we can't be associated with people who look like that." You look over and notice that the new student's clothes are "out of style" by Amy's standards. Amy always wears the latest fashion styles and other students in the school admire her for her sense of fashion. What do you do? Would you say anything to Amy?

DAY 3: WHAT ARE YOUR STRENGTHS

TODAY'S CHALLENGE

The challenge for today is

Take the personality assessment, if you have not already. What did you find out about yourself?











DAY 3: WHAT ARE YOUR STRENGTHS

Today's Reflection for Empowerment: understanding your strengths is an important part of empowering yourself. Knowing what you do well in combination with your passions, helps you to move forward with your goals. Reflect on what you listed as your strengths, your strengths assessment, and what your family and friends describe as your strengths. As you are learning more about your strengths, pay attention to what you do well naturally and things for which people often compliment you. Having reflected on your strengths, do you agree with the assessment? with your family and friends?

How will you continue to build on these strengths?



DAY 4: WHAT ARE YOUR INTERESTS?

TODAY'S CHALLENGE

The challenge for today is

● PERSONAL INTERESTS ●

QUESTIONS

To consider

1. What makes me happy?
2. What are my favorite hobbies?
3. What helps me relax or rejuvenate?

● ACADEMIC INTERESTS ●

QUESTIONS

to consider

1. What problems do I want to solve?
2. What can I do for hours?
3. Do I like working with people or alone?

DAY 4: WHAT ARE YOUR INTERESTS?

Today's Reflection for Empowerment: Often times, we do not complete the very things that interest us based on fear, others' opinions, or uncertainty. As you reflect on what makes you happy, and what you get joy from doing, ask yourself, "What would I do, if I knew no one could judge me?"

[illegible]

DAY 5: WHAT RESOURCES ARE AVAILABLE TO YOU?

TODAY'S CHALLENGE

The challenge for today is

RESOURCES

Resources are people or materials that can be helpful in reaching your goals. Write two (2) goals below and list resources that can assist with achieving those goals.

GOAL #1

GOAL #2

Goal #1 Resources

Goal #2 Resources

DAY 5: WHAT RESOURCES ARE AVAILABLE TO YOU?

Now that you have written your goals and the resources available to you, take a look at these resource examples and add to your list as needed.

Resources

- Parents/Guardians
- School Counselor
- Mentor
- Friends
- Supervisor
- Co-worker
- New Course
- Articles/Books
- News Outlets
- Financial Resources
- Local Businesses
- Internship
- Research
- Social Media
- Networking

Today's Reflection for Empowerment: When looking to achieve goals, do you stop to think of the resources that could assist with meeting those goals?

DAY 6: ARE YOU DETERMINED & DISCIPLINED?

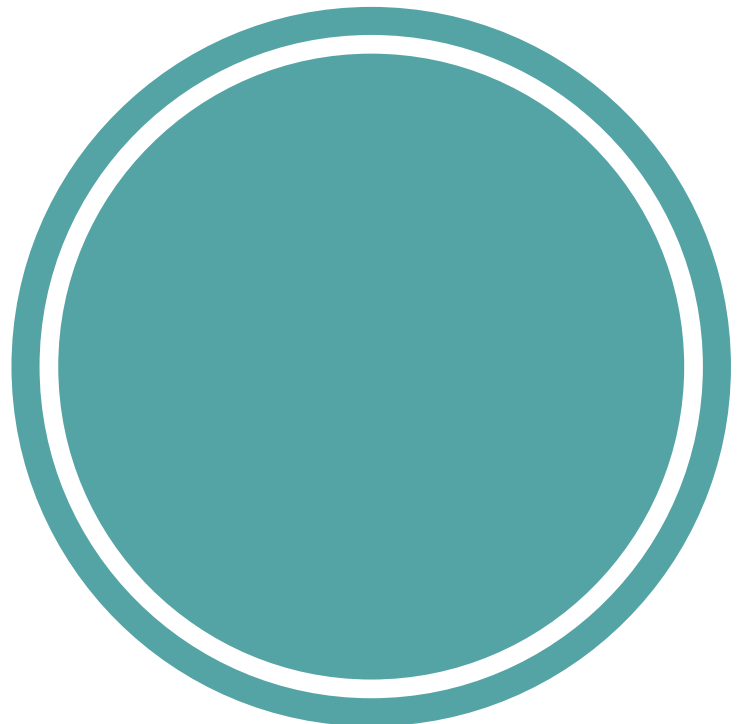
TODAY'S CHALLENGE

The challenge for today is

Use the circle below to write what motivates you to meet your goals.

Examples

- Spirituality/Religion
- Family/Friends
- Ambition/Goals
- Success
- Helping Others



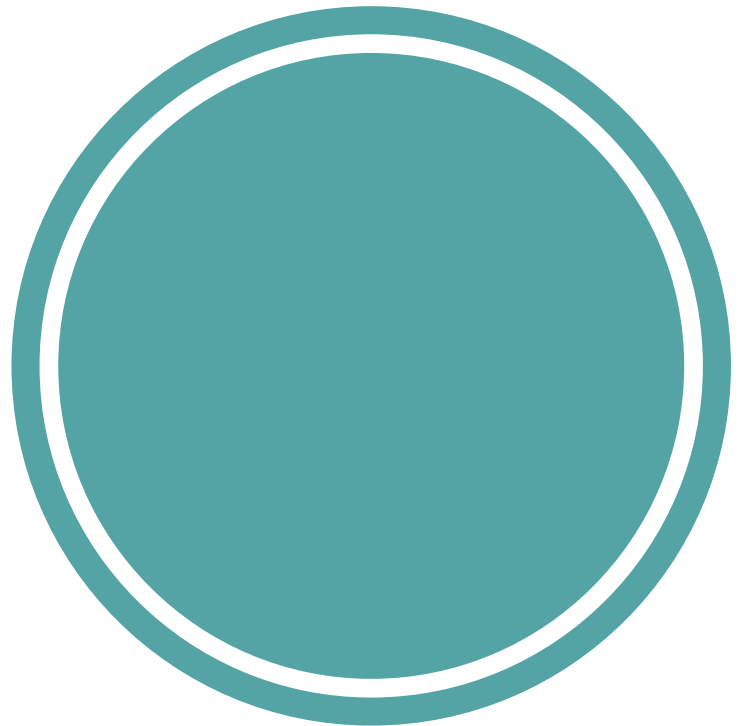
DAY 6: ARE YOU DETERMINED & DISCIPLINED?

Use the circle below to list how you stay on track with your goals. If you currently do not have a system, note that you do not yet have a system.



Examples

- Schedule/Organizer
- Reward System
- Weekly Preparation System



Today's Reflection for Empowerment: When looking to achieve goals, what do you do well to stay motivated? What could you improve?

DAY 7: SET YOUR ACTION PLAN

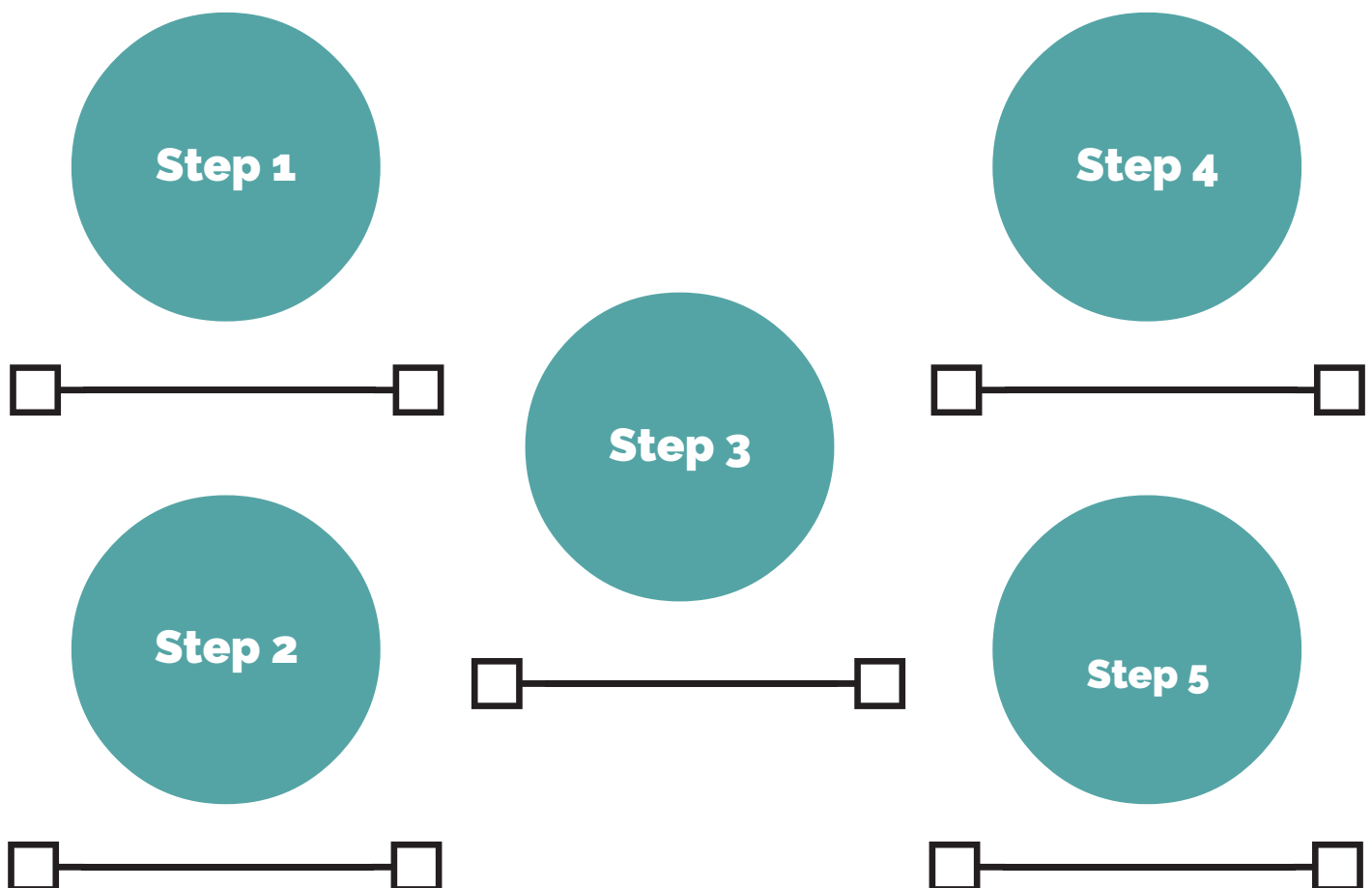
ACTION PLAN

We are now on Day #7 of the challenge. You are almost done.

Your future is decided step-by-step, starting with the choices you make today. Our team wants to assist you as you make a plan to achieve long-term success. Thus, the purpose of the action plan is to set some strategic tasks as you move toward success (by your definition). There are 5 steps to this action plan which you will explore in detail during your personal 30-minute session.

TODAY'S CHALLENGE

The challenge for today is



NOTES



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