

# How to Achieve Self-Empowerment?

✓ Find Your Voice

✓ Practice Self-Care

✓ Create an Action List

✓ Develop a Positive Attitude

✓ Use Positive Self-Talk

✓ Stop Settling

✓ Set Reasonable Goals

✓ Be Assertive

✓ Surround Yourself with Positive People

✓ Become Financially Savvy



# Self Empowerment

**SB Merriam**



## **Self Empowerment:**

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