Empowerment

Empowerment means you feel you have some control or 'power' over a situation.
Disempowerment means you feel you have little or no control or 'power' over a situation.

The way we think about a situation dictates whether we feel empowered or disempowered, and that feeling will influence how we choose to act in that moment.

For this exercise, note down the thoughts you are having about a situation and consider whether those thoughts are mostly empowering or disempowering.

Empowering thoughts will have a flavour of positivity, choice or optimism.
Dismpowering thoughts focus on negativity, helplessness, anger or unfairness.

If your thoughts are mainly disempowering, write down some alternative thoughts that feel more empowering. Consider your choices, time, resources, strengths and your ultimate ability to control yourself.

Situation

Current thoughts

What would be more empowering thoughts?

Another task is to reflect on the things you have completed or succeeded at each day. We all make 'To-do' lists to stay on track, but we are huge fans of making a 'Tah-Dah' list to focus our minds on how productive and competent we have been.

Every day, note down all the things you have succeeded at as you complete them, such as finishing tasks on your to do list, tackling a tricky client or even seemingly small things such as making your bed if it can give you a sense of achievement.

If the prospect of a crisp new notebook excites you, this is the perfect time to go shopping. Keep this notebook with you (and a pen) and start jotting down all those small wins thoughout the day.

Read through this list at the end of the day to shift your focus onto the wins of the day and all the ways you have been taking control of your life. You are amazing!

(Have a go at completing this mini template for the next couple of days until you find that perfect notebook!)

Date

Things I have succeeded at today:

- ✦
- ✦
- ✦
- ✦
- ✦

Date

Things I have succeeded at today:

- ✦
- ✦
- ✦
- ✦
- ✦

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