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## Building Blocks of Personal Empowerment

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of Personal  
Empowerment  
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## 9 BUILDING BLOCKS OF PERSONAL EMPOWERMENT

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“Power can be taken, but not given.  
The process of the taking is empowerment in itself.”

~Gloria Steinem

# Introduction

**A**re you happy with where your life is at, have clear direction, feel confident and empowered where you are headed in your career, business and most importantly your life? Are you living with passion and purpose and fulfillment?

When you live a life of personal empowerment and confidence. It outwardly manifests onto those that surround you. And as the passion infiltrates your surroundings, you'll feel confident and in control of your life because you will work in higher levels of productivity and start achieving all the things you want for your personal and professional life.

This guide will assist you with tools and strategies that will give you the guidance to lead an empowered life. By implementing the suggestions provided and to live that life of purpose and passion, your personal power will flourish and you will live the life you always dreamt of.

# 1. Resolve to Succeed

When you shift your mindset to success, a life filled with exploration, love, and personal empowerment is yours.

So how do we manifest this successful thought process on a daily basis? Try these strategies to work consistently toward success.

1. Own your self-confidence. Do you believe in yourself and know that you can do anything you put your mind to? Can you identify and own your strengths?
  - ▶ When you know your strengths, you can capitalize on them and utilize them to accomplish all your goals and visions.
  - ▶ Write down your top five strengths. Every day, utilize these in your daily routines to ensure you stay on the road to success and boost your personal power to manifest the change you seek.
  
2. Ask yourself what success means to you. Will you consider yourself a success when you make a certain yearly salary, have a specific type of lifestyle, live in a particular place, have a certain job or start a business?
  - ▶ Finish this sentence: “Success for me would be...,”
  - ▶ Establish your own definition of success and then live in a way that helps you achieve it.

Making a conscious decision to be successful is an effective way of opening up yourself to the possibilities of achieving your dreams. When you visualize that success will happen, you're more likely to take the necessary steps to ensure that it does. Resolving to succeed is a hallmark of personal empowerment.

"Opportunities don't happen. You create them."

~Chris Grosser

## 2. Believe Positive Things Will Happen

Sometimes in life, challenges and disappointments occur that discourage you from pursuing the path you set out for. This often creates that self-doubt which leads to some form of stagnation. An important aspect of becoming and staying empowered is to **BELEIVE** that positive things are coming your way, regardless of the rough waters you may have recently encountered.

When you place your mindset into a zone of positivity and visualize that you will obtain those positive results, your empowerment level continues to rise.

Place these strategies into action to shift your mindset into positivity resulting in better calls to actions to create the results you seek.

1. Train your brain to think positive thoughts even on those days which events in your life can present great challenges. Instead of thinking lack of, switch to abundance, opportunities that may open.
  - ▶ For example, maybe your co-worker received the promotion you've wanted. Look inwardly and reflect what you need to positively change to inspire you to the next level you deserve. Shift the negative thoughts into positive changes needed to shift you back into opportunity.

- ▶ You could say, “I’m going to make this next year my personal best in terms of work performance, learn, and grow in preparation for the next job opportunity.”
2. Surround yourself around positive high performers who continually achieve their goals without doubt or fear. They excel and are collaborators who promote the success of others. Their positivity is practically contagious and never think in lack of, but in abundance of.
    - ▶ Your confidence will be buoyed when you see the progress others make to accomplish their life goals. Spending time with high-achievers will allow you to observe firsthand how to stay positively focused.
  3. Give yourself the benefit of the doubt. Everyone experiences failures and mistakes, but empowered individuals utilize this as a learning experience to grow. Failure is a great thing when you walk away learning something. When you elect to be positive about your missteps, you’ll be less inclined to get held back by negativity. Minor detours, often lead us to new and exciting paths to greater successes.
    - ▶ As humans we are all fallible and build resilience to move past any failures or errors with a renewed spirit.

A positive mind breeds positive results. Approaching all aspects of life with positivity is one of the most empowering actions you can take.

“At every given moment we are absolutely perfect for what is required for our journey.”

~Steve Maraboli,  
Life, the Truth, and Being Free

## 3. Keep Your Dreams Fresh

Everyone has a dream and a vision of what they want to become and how to create that life of passion and joy. Where we often get lost is in our daily grinds and those dreams may get a little forgotten or pushed to the wayside due to daily obligations and just life. Owning your life, means, owning and working toward your vision and dream. Stop saying someday and say now or today.

Never abandon your dreams! Someday starts with embracing your vision and building an action plan toward it today. Our dreams for the future can keep us moving positively forward in life, looking, reaching, and achieving. View your dreams and vision as great motivators. This is what will drive your passion and purpose to help empower you to seek out the life you truly want.

Here are some tips to place into action today to keep your dreams from slipping and to not settle for ok.

1. Visualize big where you want to be. It sounds simple, but how often do you really reflect on your big dreams and visions? Each morning as you're brushing your teeth, look yourself in the eyes and think about what you'll specifically do that day to move toward accomplishing your dreams.

- ▶ For example, if someday you want to move to New York City, spend an hour after work exploring the streets and neighborhoods of what areas of the city you would like to live. Search for job opportunities.
2. Create a **vision board**. Fill your board with symbols that represent your dreams. The key ingredients of a vision board are photos and printed words that signify the things you want most in life. Positive words and affirmations.
- ▶ For example, in keeping with the dream of moving to New York City, you could find some photos in magazines of buildings, pictures of apartments and pictures of the places you'd love to frequent there, like the Met, Broadway, Central Park and local restaurants in areas you are interested in living.
  - ▶ Cut out those photos and put them on your vision board. Write down some words to manifest your thoughts of what you visualize, "I am experiencing a fulfilling life living in New York City" or "I'm living in New York enjoying the culture and creating a career of passion and purpose" and include them on your board.
  - ▶ Place your board where you can see it daily.
  - ▶ When you look at your vision board, mentally envision that it's happening now. Feel it is happening now!
3. Speak an internal conversation of your vision board. When your visions are alive in your thoughts and words, you're closer to making them happen.

4. **Keeping your dream in the forefront means you'll have tangible bits of it always with you until you can actually make it happen.** So, if you yearn to move to a particular locale, visit the area occasionally to soak in the sights and sounds of it. If you are in pursuit of a dream career or business set goals toward it. Maybe pursue further education in the field, network yourself around influential people in the career or business you desire.
- ▶ When you set aside time for activities related to your vision, it empowers you by letting you see that you can one day bring those dreams to fruition.

Holding on to your dreams throughout your life will provide you with steady reinforcement to perform, excel, and achieve. As your visions stay alive, so do your possibilities to live an empowered life.

“Whether you say you can't or you can, you're right.”

~Walt Disney Company

# 4. Change Your Mindset to Change Your Life

You might find yourself in a particular place in life that's not satisfying to you. You may be doing ok, but not great. When you consider your living situation, you may feel unsure about how or why you ended up this way. Then, the cycle begins, you your self-doubt, stay comfortable, maybe say it's too late, or I am not deserving of it.

Remember, you have the power to change the path. This takes simple mindset shifts within you to re-create the life you deserve. No one will advocate for you more than YOU!

These simple strategies will begin the altering of that stuck mindset to positive creation of change:

1. Take an honest assessment of where you are now and what got you there. Why did you detour off your path? Take note of what you'd like to change about your life. Reassess what is preventing you from reaching your ultimate goal.
  - ▶ Bringing the facts into your awareness will help tremendously in terms of determining that you need to alter your course.
2. After discovering you want to alter something in your life, consider completing a pro and con list regarding your changes.

3. Develop an understanding of how to change the cons into positive changes to reach your goals, this will make you self-aware of the changes required to shift out of your current ways to redirect into the life you desire. Write the challenges you may face and what changes are needed to get to the next level.
4. Institute the changes immediately. As soon as you've determined the direction you want to go and why, begin making at least one alteration as soon as possible. Establish clear timeframes and deadlines to stay on course.
  - ▶ If you thoroughly thought things through and arrived at the conclusion to change, there's no time like the present to begin turning the life you have into the life you seek.
4. Tweak things if necessary. After you shift gears and institute some of the changes, you may notice some other minor things you could do to be headed more directly toward your goal. Challenges may also arise, so continue to self-regulate. Go ahead and make the adjustments without holding back.

Allow yourself the time and space to change the things about your life that may fall off course. Self-regulation and awareness are key to stay in the empowerment mode.

**"Only I can change my life. No one can do it for me."**

**~Carol Burnett**

## 5. Take Action: Go After What You Want

Have you ever felt like you wanted something different in your life, but think where do you begin? Those dreams have always been in the back of your mind, tantalizing you to do something. However, uncertainty sets in and instead of creating a clear actionable plan, you hesitate and continue status quo resulting in not creating the changes needed to get the life you deserve.

Below are steps to follow to switch your mindset to taking action and going after what you want:

1. Know that you deserve to have the life you want. Rather than saying, “My partner wouldn’t want me to do this” or “My life will be harder if I give up the salary I make now to pursue my dreams,” consider the idea that you deserve the life you long for, regardless of what it takes to do it.
  - ▶ When you truly connect with the fact that you’re entitled to have everything you want, those feelings will push you forward toward empowerment and the fear will subside.
2. Create clear goals and begin to create solutions to get there. Refuse to let negative thoughts hinder the path to success. Establish a support system that will provide encouragement and feedback to help establish a plan to obtain your goals.
  - ▶ Ask for help in finding solutions.

3. Complete the first step toward your dream now. If you want to become an actor, take an acting class in the evenings at a local college or university. Test the waters and incorporate your ultimate goal into your current life. Fit in parts of your dream whenever you can.
  - ▶ Satisfy your craving to do what you want by taking baby steps toward it.
  - ▶ Becoming empowered is all about pursuing what you want, even if it's an inch at a time.
4. Do your homework. When you research what you want to accomplish, it will push you into action. Assess all of your alternatives.
5. Ask for support. For example, if you require childcare twice a week to pursue your interests, ask those that support you for assistance.
6. Use the barter system to complete tasks. This a tool of empowerment. When you require some type of assistance to pursue your dreams, mention that you'd be happy to help out your neighbor, friend, or family member with a task they may need assistance with.
  - ▶ For example, you could say, "I'll feed and walk your dog while you go on that get-away weekend if you can help me with X."
7. Create a step-by-step actionable plan to reach your desired outcomes. If you think concretely about what you're required to accomplish on the road to the end result, it will lead you toward your goal. Check off the

steps as you achieve them and give yourself realistic deadlines.

- Keeping with the example of wanting to move to New York City, what must you do first to eventually get there? Maybe your step one is researching the industry available there to determine if your job skills will transfer by X date.
- Taking action to achieve your dreams will bring feelings of strength and incredible anticipation. Living the life you want is the ultimate objective of self-empowerment.

**“You know, there's a lot of activism that doesn't deal with empowerment, and you have to empower yourself in order to be relevant to any type of struggle.”**

**~Talib Kweli**

## 6. Be Willing to Work Hard

We've all encountered the person at work who goes so far above and beyond. Working hard also involves working efficiently with higher levels of productivity, performance, and recognizing the necessary steps to establish this work ethic process.

Begin by:

1. Start your day a few minutes earlier to get a jumpstart. This will start your day being ahead of the game.
2. Get adequate rest each night. If you want to put your heart and soul into your dream, it's important to be well-rested. The more energy you have, the more effort you can exert to create the actions you need to pursue your visions.
3. Understand the importance of each task to get you to your next level of success. Rather than seeing some tasks as unimportant that take you away from more important things, make your mindset that every task will get you to that next level needed to obtain your goals.

4. Put all your effort into each project you work on. When you show interest in something, the end product reflects it.
5. Stop complaining. When we complain we bring in negativity, which loses our momentum with work. During the time we're complaining we could, instead, be accomplishing something to get closer to meeting our goals.
6. Establish set times for mundane tasks. If filing is a task you typically find less-than-satisfying, setting up regular time blocks to do the job will help you keep up with it and get it done efficiently.
  - ▶ For example, you could set up Tuesday mornings from 9:00 a.m. to 10:00 a.m. and Friday afternoons, from 3:00 p.m. to 5:00 p.m. as filing time.
  - ▶ Although the work may take some time to get done, you'll complete it and do so consistently.
7. Push yourself. Just how efficient of a worker can you be? You have the personal power to become the type of employee you want to be. Pushing yourself to excel at higher efficiency levels will boost your self-confidence and make you feel empowered. It will also result in burn out if executed toward a specific goal and measured by achievable outcomes.

Empower yourself with the abundance that comes with being a hard worker.

“The difference between being mediocre and  
achieving excellence is you.”

~Stephen Richards,  
Think Your Way to Success: Let Your Dreams Run Free

# 7. Do Something: Starting Small is Better Than Not Starting at All

NO excuses. It is better to start small, rather than not start at all.

Start small on your journey to personal empowerment by:

1. Do anything to start even when in a state of uncertainty. There once was a guy who said, “Let’s do something, even if it’s wrong.”
  - ▶ Even though you’re unsure about how to go about putting your dreams into action, try something that could eventually lead you toward your goal.
2. Push past the fear factor. It’s natural to feel afraid when you want to embark on a new adventure. There are no certainties and you may be afraid of taking upon new challenges and risks. Don’t let these thoughts and fears hold you back and place you back in your comfort zones. Challenge yourself to get a little uncomfortable and push through the fear.
3. Keep promises you make to yourself. Even the smallest step forward can be a powerful indicator that what you promise yourself matters and that you believe in what you’re doing.

- ▶ Following through on your promises brings you one step closer to your goals.

True empowerment begins with thought, execution, and follow-through.

“On the other hand, if the future is not the one you chose then you may have to use your willpower to obtain the future of your liking.”

~Stephen Richards,

Think your way to Success: Let Your Dreams Run Free

# 8. Keep Moving Forward

As you start putting these suggestions into place, you will build your momentum to continue your journey toward the success you desire. Momentum begets more momentum.

Keep moving forward in your efforts to build your personal empowerment by:

1. Maintaining your list and keeping it close. When you use paper-and-pen accountability to keep track of your goals for the day, week, and month, you'll move ahead rapidly. Become the true designer of your life!
2. Plan blocks of time to focus on yourself. Whether it's doing some research on the internet, reading a book to better you, devoting an hour writing a proposal for funding or catching up on emails, block time in your day to work on these so you do not get side tracked.
3. Showing consistent effort. Sometimes, we're charged with simply putting one foot in front of the other in order to build up our strength. When we're consistent, the direction we're heading is more apparent to us. Our spirits soar when we see the progress we're making.
4. You'll encounter all kinds of individuals, situations, and stumbling blocks on your journey towards empowerment. At times, you may feel like you've taken two steps forward and three steps back. By continuing to move

forward, you'll make overall progress that can't be denied.

“The journey of a thousand miles begins with one step.”

~Lao Tzu

# 9. Avoid Giving Away Your Power

Because we live our lives surrounded by others and dealing with challenging events, there will be times when you're inclined to give up your power. Some behaviors or attitudes you adopt can reduce your strength and momentum.

Below are some tips to increase your personal power towards success:

1. Do not consent to others opinions if you do not agree. Being overly sensitive to the comments of others can stall your progress on the way to building personal empowerment.
2. Make your own decisions. It makes sense to listen to the opinions of those you trust and respect when you're at a crossroads in life. However, you'll ultimately be living with the choices you make. Trust your instincts to guide you.
3. If you experience a personal challenge, self-regulate yourself to re-shift gears to overcome the challenge and refocus back to your goals.
  - ▶ When you take the stance, "I can't have a happy life ever because this happened," you're giving up your power. Instead, pay attention to what occurred and

make an effort to discover the lesson provided by the experience.

- ▶ When you learn something during a crisis or challenge, you gain knowledge, power, and personal resolve.

As you build your own power, be aware of how you can keep hold of your personal strength. In the end, you'll come out on the other side feeling healthier, happier, and more empowered.

“No one has the power to shatter your dreams unless you give it to them.”

~Maeve Greyson

# 10. Conclusion

Although everyday life can bring challenges, obstacles and detours, do not allow this to disempower you and create a life of acceptance rather than passion. An empowered existence allows you to make progress and eventually achieve all of your goals and dreams.

Define who you are. As you empower yourself in ways that build your self-confidence, you will open yourself up to positive results and the ability to obtain all your desired outcomes.

“You were put on this earth to achieve your greatest self,  
to live out your purpose, and to do it fearlessly.”

~Steve Maraboli,  
Life, the Truth, and Being Free