



"No one can make you feel inferior without your consent." –

Eleanor Roosevelt

Empowerment is the process of encouraging an individual to think, behave, manage, take action and make decisions. It is the practice of sharing authority, information and rewards with others. Empowerment should enable people to take initiative, make decisions and solve problems. Sometimes, we rely on others to help us, sometimes we just need to be courageous and help ourselves. It's easier to say this than just to do it.

Self-empowerment means making a conscious decision to take charge of your life. It involves making positive choices, taking action to advance, and being confident to make and execute decisions. Self-empowered people understand their strengths and weaknesses and are motivated to learn and achieve. People who consciously decide to take control of their lives are often happier, more fulfilled, and more satisfied in their lives.

Few tips for being self-empowered:

- **Create Positive Attitude** : Cultivate a positive attitude and outlook by evaluating your strengths and weaknesses, pursuing your passions, and trusting your ability.
- **Set Achievable Goals** : Measurable, achievable goals are an important component of self-empowerment, and understanding how to set them can help you feel good about your achievements.
- **Have Positive People around You** : Surrounding yourself with like-minded, motivated people can help you feel empowered to achieve your goals. Experiencing their positivity can improve your mental well-being, minimize your negativity, and empower you to follow your dreams.
- **Follow Self-Care** : Self-care includes any activity that you do for yourself to feel happy and healthy. It can include everything from eating right and exercising to treating yourself to a spa treatment. Scheduling time to relax and rejuvenate will make you more productive. Additionally, being kind to yourself can help you be confident.
- **Use Positive Self-Talk** : To live a self-empowered life, practice self-affirmations. The use of affirmations is just one way to make positive changes to your life.
- **Be Assertive** : People who strive towards personal empowerment must be comfortable expressing their thoughts, ideas, and needs.
- **Create an Action List** : Empowered people take action and are comfortable learning and developing their abilities. They also understand that success does not come overnight but is a culmination of decisions and actions. True personal empowerment requires you to set meaningful goals to identify what you want from life, and then take action to achieve those goals and have more impact over the world around you.

With best wishes,
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