



Empower Yourself

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Wake Your Spirit Up!

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Empowerment

Lack of self empowerment can lead to stress, fears, phobias, anxiety, low motivation, and even depression. All of these negative elements can create real physical illness in your life. Creating empowerment is a guarantee that you can avoid those negative elements that plague so many people in our world today.

Empowering your self is really getting in touch with your subconscious mind. Once you can feel and hear your subconscious dialog you will be able to retrain it, add elements to it and even manipulate it.

This Quick guide is about Helping You Act and showing you how to retrain your mind and fill yourself with love and support through feelings. When you are able to consciously recognize your feelings you will have more control over your thoughts and beliefs. When you feel empowered you are empower.

Positive Self-talk-

Most of the work you do to empower yourself will rely heavy on your self-talk which is, the subconscious dialog constantly playing in your mind. Once you are able to establish a connection with your subconscious thoughts, you will be able to change any and all disempowering beliefs and negative programming into positive self-talk.

Exercise: Sit down and relax, think about something you Disagree with and let you mind go. The trick is to see yourself as an observer of your mind. Just allow your thoughts to unfold and as they do Notice the Feeling you get.

Write down your feeling or feelings.....

.....
.....

This exercise is meant to show you how you feel when negative thoughts come into your mind. If you felt anger, frustration, sadness, even pity then this will weigh you down. I am not saying there are not, a lot of things, in our lives, that are disagreeable. I am just helping you notice your feelings.

You can use this trick with anything you want to change about yourself; for example negative beliefs about, love, trust, and money, start to make conscious connects with your subconscious mind through feelings. Once you have I identified your negative feelings that are creating blocks you can change them and the thoughts that surround them.

Love yourself-

Somewhere throughout your life your self-love was hit with negatively. As children we automatically love ourselves, it is a defense mechanism that is programmed into every child that is born. In order to empower yourself you have to rebuild the loss of self-love.

Exercise: Envision yourself as a baby full of love and light. See yourself as a creation of the creator. See this yourself as connect to the creator as One. You are a miracle Now close your eyes and say to yourself "I am a miracle." Say it over and over again Now, feel yourself as pure love.

Visualization is a power technique that has a profound effect on changing thoughts and beliefs. Use visualization every day to fill yourself full of self-love it only takes a few seconds and can last a life time.

Cheer yourself on-

Support is an important aspect to empowering yourself. If you don't, and even if you do, have people in your life that support you, No One can support you, like yourself. You could have a million people standing around cheering your name and if you don't feel and share that same support for yourself it will be must harder for you to succeed in life.

Exercise: Create 3 Affirmations that support yourself such as

I support myself because I know.....

I am great at.....

I know I am.....

Affirmations can build positive support for anything you want to do. If you write a statement down that you do not think is true, that is ok. Say it over and over again anyway. Say it with feeling, make a song out of it, and sing it. The belief in the statement you create will come to you and before you now it the affirmation will start to feel and be true.

Exercise-

Ok, listen to me very carefully, exercising is very empowering! I exercise everyday Not because I need to lose weight. I exercise because I feel empowered by it. If you don't exercise than start today; walk, run, do yoga, dance, swim, wave your arms in the air, do some form of exercise; your body, mind and spirit will thank-you.

Exercise: Create a promise letter to yourself and put in where you will see it every day! This will help motivate you.

<p><i>I.....Name..... Date.....</i></p> <p><i>Promise to exercise for 1 hour 4 days a week.</i></p> <p><i>I know exercise is going to give me a healthier mind, body, and spirit and I will do what it takes to hold on to this commitment for as long as it is for my greater good.....Signature.....</i></p>
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It is much harder let go of your comment when you go through all of the effort of writing a promise letter. A promise letter is an easy step into leading you into the next step of your commitment. Whenever you are struggling with a commitment, try writing a promise letter and hang it where you can see it. It will be a reminder every day and it should be enough to jump start your motivation.

Take action!

This quick guide is all about taking action. I have created four action steps for you to do. Start right now, Not tomorrow, or a week from now, Start Right Now.

Without taking action there is no self-empowerment in your future.
Without empowering yourself there is No, Getting the life you want!

Remember creating empowerment is not something you do just once. You will spend the rest of your life instilling seeds of empowerment to grow and blossom within you. If you do a few of these exercises in this quick guide and you don't feel empowered, keep on doing them. Everyone is different, depending on your lack of empowerment, will depend on how much time you will have to spend building and rebuilding it.

I spent many years of my life with very low self esteem. I personally know how much work is involved and I know You can do it!



I hope you have enjoyed this Quick Guide on Empowering Yourself. If you have any ideas about techniques on Empowerment or you want to share your experiences about Empowerment please click the link below, it will bring you to my website where you can leave a comment and share your thoughts.

[Empower Yourself](#)

If you know anyone, who could benefit from this self help therapy program; please forward this link to them, so they can sign up! <http://selfhelpportal4u.com/>

Thanks for being a part of “Getting the Life you want!”

Wendy

Wake Your Spirit UP!

Inspiration in 60 Seconds
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Get The Life You Want!

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