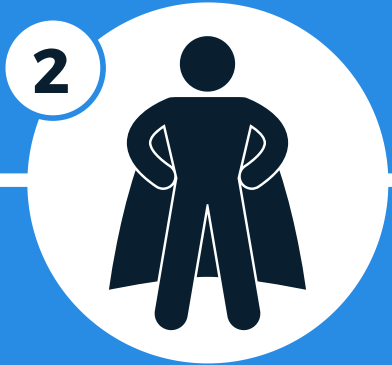


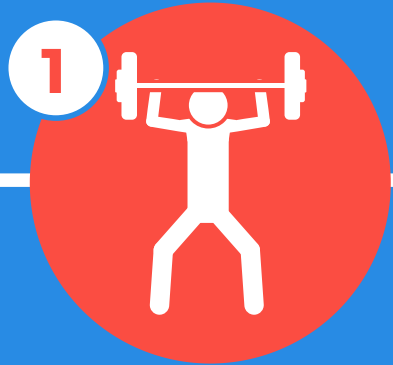
BE CONNECTED

Eight Ways to Practice Self-Empowerment



Practice good posture.

Keep your head up, your shoulders back, and make eye contact. Not only does this simple strategy make you look confident, it also makes you feel it.



Acknowledge your strengths and weaknesses.

Self-empowered people celebrate and practice their strengths, but they also know when to ask for help—and they're not afraid to do it.



Use positive affirmations.

Write down an empowering phrase, and repeat it to yourself often—especially when you're feeling down.



Speak with confidence.

Avoid turning sentences into questions, or using language that undercuts your convictions. You're entitled to your voice.



Learn to say "No".

Many of us choose public service because we love helping people. Saying "no" can be difficult, but a simple, "I'm sorry, but I can't do that" works just fine.



Do your homework.

Lacking confidence in a certain area? Knowledge is power. In today's age, it's easier than ever to find information, instruction, and even free courses on many subjects online.



Choose positivity.

Emotions are contagious—both positive and negative. If you want to feel empowered, surround yourself with people who believe in you. We can't always avoid negative people, but their opinions don't define you.



Treat yourself like a friend.

Avoid negative self-talk by flipping the script—how would you speak to a friend in the same situation? That's the level of empathy you deserve to have for yourself.