

EMPOWERMENT

A person can be empowered in many ways:

- Mentally - Speak well of yourself! If you have to verbally tell yourself how awesome you are, then do that!
- Physically - Take care of yourself. You only get one body so treat it right by eating well and exercising.
- Emotionally - Embrace your emotions and feelings! Acknowledge how you feel.
- Spiritually - Embrace your spirituality. Pray, meditate, breathe, chant, etc. Do whatever you can to keep yourself in a positive head space.
- Environmentally - You have the ability to control the environment you are in. Surround yourself with positive people who only want the best for you.
- Academically - Ask questions, go to class and participate in your education. Make college what you want it to be.