

EMPOWERMENT ROADMAP

Denial

Don't lie to yourself-
Honesty is the policy

Love Yourself

Focus on the good things about yourself and change the things you don't like

Improving Your Esteem

It's key

Accept

Accept who you are-
Don't try to be someone you're not- The only person you are fooling is yourself

Understanding Yourself

Connect the mind body and soul
- They all need to be connected as one

Positivity + Gratitude

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