



7-DAY EMPOWERMENT CHALLENGE

BOOST

Your Confidence

SET

Healthy Boundaries

REDISCOVER

Your Passions

FEEL

More Grateful & Grounded

STEP

Into Your Power

TAKE

Your Life Into Your Own Hands

JOIN ME

DAY 1

Self-Love Starts Here

Write down three things you love about yourself (personality, skills, physical traits, etc.).

Stand in front of a mirror and say those three things out loud to yourself.

How did it feel to focus on your positive qualities?

DAY 2

Embrace Your Power

Write a list of 10 things you've accomplished in the last year (big or small).

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Celebrate one of those accomplishments;
treat yourself to something you love!

*What does this list say about your ability to
overcome challenges?*

DAY 3

Strengthen Your Boundaries

Identify one area in your life where you need to set better boundaries.

Write a script for saying "no" (e.g., "I'd love to help, but I need to prioritize my own time.").

How will stronger boundaries help you feel more empowered?

DAY 4

Try Something New

Choose something you've been wanting to try but felt hesitant about (e.g., a new hobby, recipe, or workout).

Commit to starting it today, even if it's just researching or taking a small first step.

What did you learn about yourself from trying this?

DAY 5

Gratitude + Giving Back

Write down five things you're grateful for today.

Share one kind or encouraging message with someone in your life (e.g., a compliment or thank-you text).

How does expressing gratitude and kindness empower you?

DAY 6

Unplug + Recharge

Take a 2-hour break from social media or digital distractions.

Use that time for something nourishing like journaling, taking a walk, or meditating.

How did unplugging make you feel?

What do you want to do more of?

DAY 7

Set Your Intentions

Write out a vision for the life you want to create.

Choose one small, actionable step toward that vision to commit to this week.

What is one thing you learned about your power this week?
