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EMPOWERED WOMAN



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Experience the power of stories and identifies.
Choose a card intuitively (or mentally), commit
and embody that fairy tale's character for the day.
Later reflect on what you thought, felt and
experience differently ?

BELLE

INNER BEAUTY

She sees beyond appearances, values intelligence and kindness, and knows that true worth comes from within. This character embodies the importance of recognizing and celebrating one's unique qualities.

"I EMBRACE MY INNER BEAUTY AND I CELEBRATE MY UNIQUE QUALITIES. AND, REMEMBER THAT MY TRUE WORTH COMES FROM WITHIN, "

Self-Gratitude

Take a moment to list three unique qualities or strengths you possess. Acknowledge and appreciate these aspects of your inner beauty.

Acts of Kindness

Perform a small act of kindness for someone today. Recognizing the impact of your kind actions reinforces the beauty within yourself and others.

"Beauty begins the moment you decide to be yourself."

Coco Chanel



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CINDERELLA RESILIENCE

Despite facing adversity, she remains hopeful, strong, and true to herself. This character represents the strength to bounce back and believe in a brighter future.

"I AM RESILIENT, HOPEFUL, AND STRONG.
I AM GRATEFUL FOR THE BRIGHT DAYS AHEAD."

Resilience Jar

Write down three obstacles you've recently overcome on pieces of paper and place them in your jar. Continue to add as you go, no matter how big or small. On tough days, revisit these notes to recall your inner strength and resilience.

Prioritize Self-Care

Go to bed early tonight. Quality rest is a simple yet powerful way to enhance physical, mental, and emotional resilience.

"In every difficulty lies opportunity."

Albert Einstein



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RAPUNZEL

SELF-DISCOVERY

Her journey of self-discovery in the tower represents the unfolding of one's true self. This character embodies the idea that understanding oneself is a crucial aspect of developing self-worth.

"I EMBRACE THE UNFOLDING AND THE DEVELOPMENT OF MY TRUE, WORTHY SELF."

Inner- Self Snapshot

Take a minute to jot down your first three qualities or strengths that come to mind. Trust your instincts; this quick exercise reveals aspects of your true self-awareness.

Mindful Moments

Dedicate five minutes daily to breathe deeply and observe: your surroundings, and how you feel in them. Cultivating mindfulness enhances self-awareness and acceptance.

"Knowing yourself is the beginning of all wisdom."

Aristotle



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ARIEL COURAGE

She demonstrates the courage to pursue her dreams, even in the face of challenges. This character embodies the idea that self-worth is found in pursuing one's passions and staying true to personal aspirations.

"I EMBRACE THE COURAGE TO PURSUE MY DREAMS, PASSIONS AND STAY TRUE TO MY ASPIRATIONS."

Dreamscape

Reconnect with your deepest desires: pick and write down a dream you've always had. Then know this: If you have the courage to dream it, you also possess the courage and power to achieve it.

One Small Step

Identify one small action you can take today towards pursuing that dream. It could be researching, planning, or making that call.

The future belongs to those who believe in the beauty of their dreams.

Eleanor Roosevelt



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MULAN

EMPOWERMENT:

She amplifies empowerment through action. Challenges societal norms and takes charge of her destiny. This character gains empowerment by taking proactive steps for all that she loves and values.

"I VALUE, COMMIT AND INVEST IN MY PERSONAL GROWTH AND EMPOWERMENT."

You Have the Power

Recall a moment in your life when you challenged societal norms or personal expectations. Now, are you willing to reignite that spark of self-empowerment again ?

Empowerment Pose

Introduce this small daily ritual: Stand in a powerful posture that makes you feel strong and confident. Channel your inner superhero, whether it's the Wonder Woman or your unique gesture.

"The most effective way to do it, is to do it."

Amelia Earhart

SNOW WHITE

SELF-COMPASSION

Despite her challenges, she remains kind-hearted and compassionate. This character embodies the idea that self-worth includes being kind to oneself, especially in difficult times.

"I EXTEND THE SAME LOVE AND UNDERSTANDING TO MYSELF AS I DO OTHERS."

Letter of Gratitude

Write a heartfelt letter to yourself expressing gratitude for your kindness and compassion and the impact it has on others.

Mirror of Self-Love

Take a moment in front of a mirror (if this is super difficult then leave out the mirror - for now), acknowledge the kindness within your eyes and the compassion in your smile.

"Talk to yourself like you would to someone you love."

Brené Brown