

POW-ER

Definition: possession of control, authority, or influence over others

It's time to take a look at your personal power. This is not one of those surveys that gives you a point for right or wrong answers and makes judgments based on your scores. It is designed to help you become aware of your power and push you to Be POWERful in every area of your life.

- 1. To what source do you attribute (give credit) your power?**
- 2. In your own words, define what it means to live powerfully:**
- 3. What steps can you take in your life today to make you more powerful?**
- 4. Name three women in history who you think are powerful and why:**

In this section, describe something POWERful you've done to help someone else. Share with us on social media using #BeEmPOWERed:



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