

It Feels Good To Be Me! Empowerment Tips

Empowerment is knowing who you truly are.

Get to know your empowered self.

Your empowered self is happy! Your empowered self is love! Your empowered self is joy! This is your natural state. This is who you truly are.



The main character in our story is empowered. She is in touch with her feelings and exhibits our natural state of being. She feels spectacular, unstoppable, grateful, peaceful, safe, and secure.

Kids: Think of a time when you felt spectacular. Bet you just smiled! Repeat this often! You get the idea. It will help you remember who you truly are.

Parents: Substitute positive adjectives that describe feeling happy. You can create this conversation with your child while driving in the car or include as part of your dinner conversations.

Get to know when you are not your empowered self.

When you are in resonance with your natural state of feeling good, you can then become **aware** of when you are not feeling so good, and then come to see that this is not your natural state.

The bad feelings or the “not so good” feelings like worry, doubt, fear, anxiousness, and loneliness are NOT who you truly are.

So it is to say that, when you know who you truly are,
you know who you are not!

Then, you can come to see the “not so good” feelings as simply feelings and not you. Therefore, you have the power to change them to reflect your natural state of being.



The main character is able to identify when she does not feel like her natural state of feeling happy. Even the ladybug knows as he cheers her on, “I knew she’d remember!”

Kids: Think of a time when you felt worried. How did you feel inside? Get to recognize that it is just a feeling that does NOT represent who you truly are. Commit to remembering that the next time you feel unhappy, your empowered self will shine through to remind you of how it feels to be in your natural state.

Parents: Draw upon your child’s recent unsettling feelings and reinforce that your child’s empowered self knows that this is not who they truly are.

Your empowered self sees the "not so good" feelings as energy moving through your body.

You are not defined by your ill feelings when you can look at your feelings like passing waves of energy shifting through your body. You will not become attached to them.

And then, you are empowered to create new thoughts and experiences that will bring your natural state of being back to good!

Do not be defined by a label: I am anxious. I am fearful. I am worried. These are emotions and do not define who you are; therefore, you are empowered to change them and make choices using your natural guidance system.



The main character acknowledges unhappy feelings but does not attach to them. She becomes empowered to create new thoughts and experiences, such as singing on stage, acing a math test and cleaning up the beach with friends. This is who she truly is!

Kids: Think of a time when you felt doubtful about yourself. How would your empowered self handle this situation? Create a new experience for yourself. Commit to it!

Parents: Help your child create new thoughts and experiences that bring them back to feeling good.

Your empowered self knows about choice points.

You can consciously change your feelings by becoming aware of your thoughts. You see you have a choice.

You are empowered to create thoughts that are in resonance with who you truly are.



The main character is very conscious of her ability to make choices. When she acknowledges her unhappy feelings, she says, "But wait! I have a choice!"

Kids: Pretend to be unhappy and then say out loud, "But wait! I have a choice!" Next, think about a thought that can bring you back to feeling happy again.

Parents: When your child is truly experiencing unsettling feelings and is unable to bring their empowered self to the forefront, use the phrase reminding them that they have a choice. And, come from your empowered self, which is love.