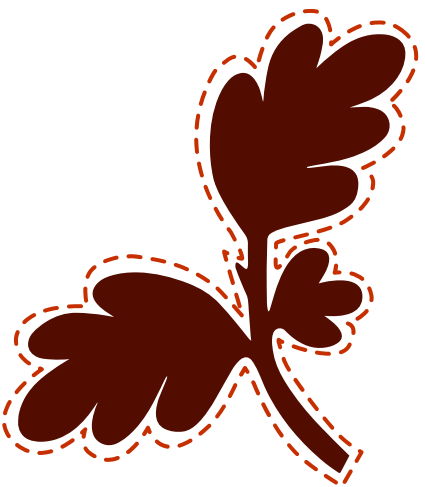
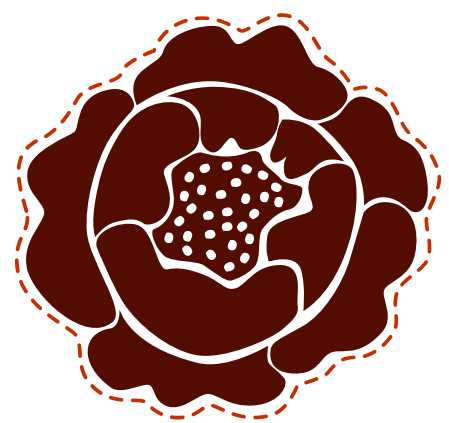
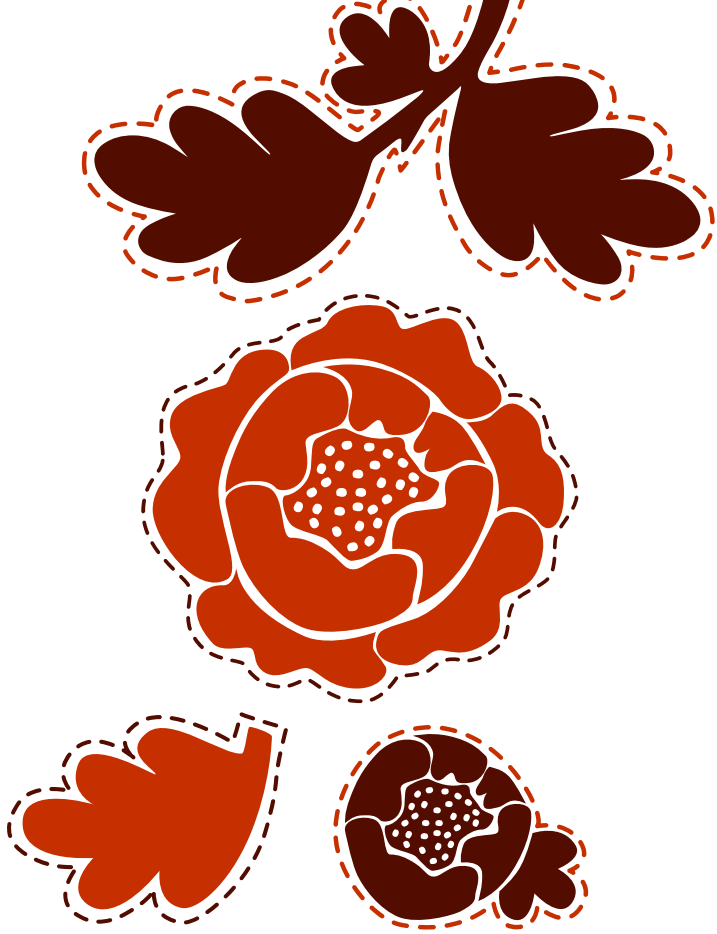


EMPOWHER
Institute





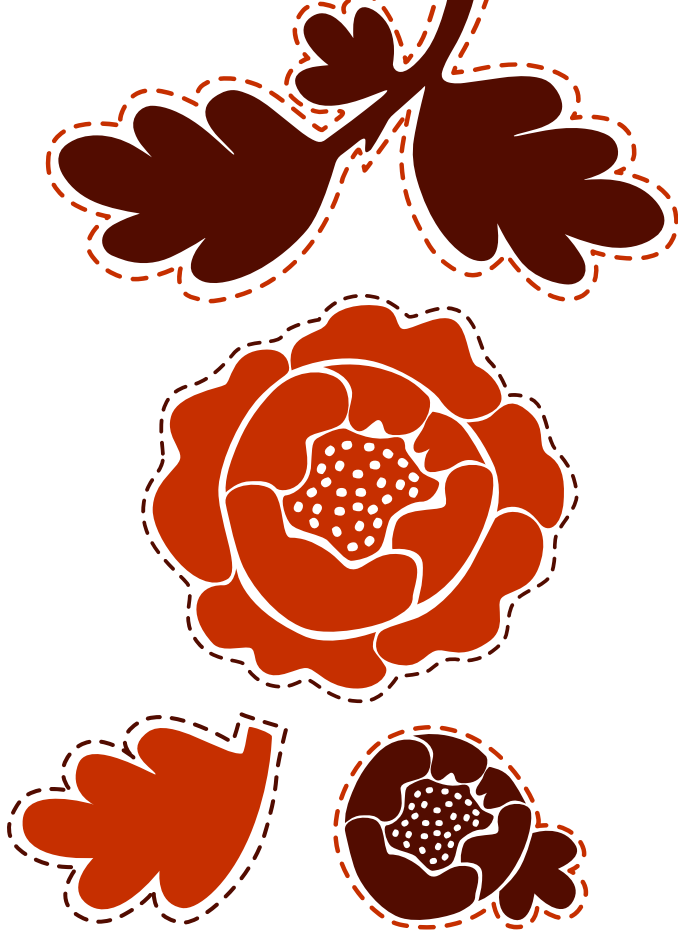
I am the empowered young woman

I am brilliant beyond words
I am beauty beyond my skin
I know that my greatest gift
Is the power that I possess within
So, when you see me talking
Do not seem surprised
I own my truths
I acknowledge them with pride

I am the empowered young woman

My future awaits me
Fueled by my ability to believe
Created by my ability to dream
I am everything the world said I couldn't be
So, Remember my name
One day it will go down in history

I am the empowered young woman



I promise to treat all members of the EmpowHer sisterhood with respect

I promise to respect the differences of all members of the EmpowHer community

I promise to keep all personal experiences and challenges discussed by my peers within the classroom confidential

I promise to fully engage in all EmpowHer activities, lessons, Mentor Days, and field trips

I promise to speak with integrity at all times and refrain from using profanity or inappropriate language

I promise to uplift my fellow EmpowHer sisters and not put them down

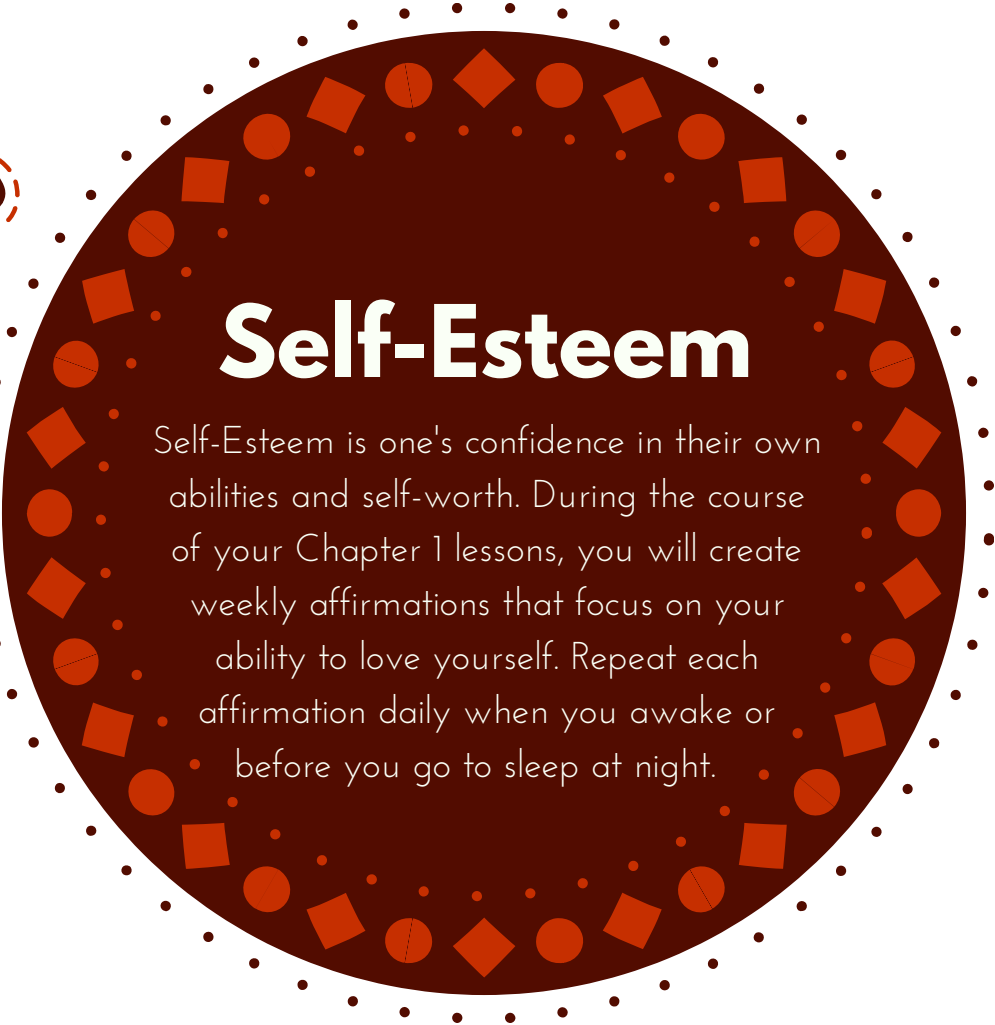
I promise to carry myself with confidence and respect at all EmpowHer sponsored events and opportunities

I promise to share the knowledge I gain from EmpowHer with other young women

I promise to honor the EmpowHer Pledge and the EmpowHer Promise at all times

Student Signature

Date



Self-Esteem

Self-Esteem is one's confidence in their own abilities and self-worth. During the course of your Chapter 1 lessons, you will create weekly affirmations that focus on your ability to love yourself. Repeat each affirmation daily when you awake or before you go to sleep at night.



What do you love most about yourself?



Self-Esteem

I am ...

I can ...

Section 1

Section 2

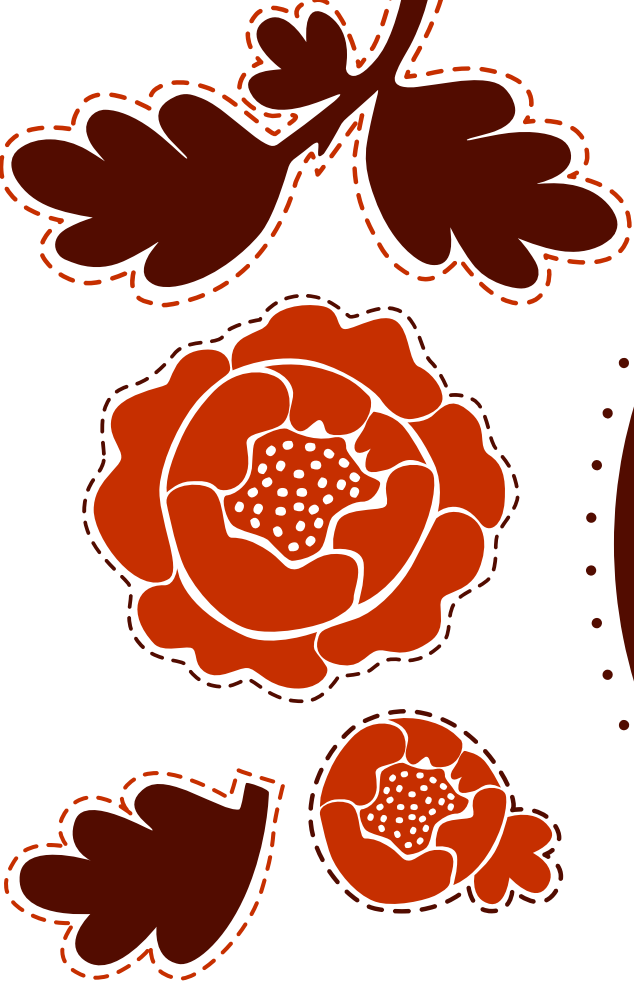
I will ...

My Self-Esteem ...

Section 3

Section 4





Character Development

Character Development plays a critical role in maintaining and building relationships.

Chapter 2 explores the importance of developing your character and how your character counts! Create daily affirmations that focus on the power of your character.

“

I would describe my character as ...

”

Character Development

I am ...

I can ...

Section 1

Section 2

I will ...

My Character ...

Section 3

Section 4





Healthy Behaviors

It is important to begin incorporating healthy behaviors into your life. These behaviors will help you develop important skills for dealing with life challenges. Chapter 3 will help you develop and identify behaviors that you can incorporate into your life.

“

What Healthy Behavior do you practice in your life?

”

Healthy Behaviors

I am ...

I can ...

Section 1

Section 2

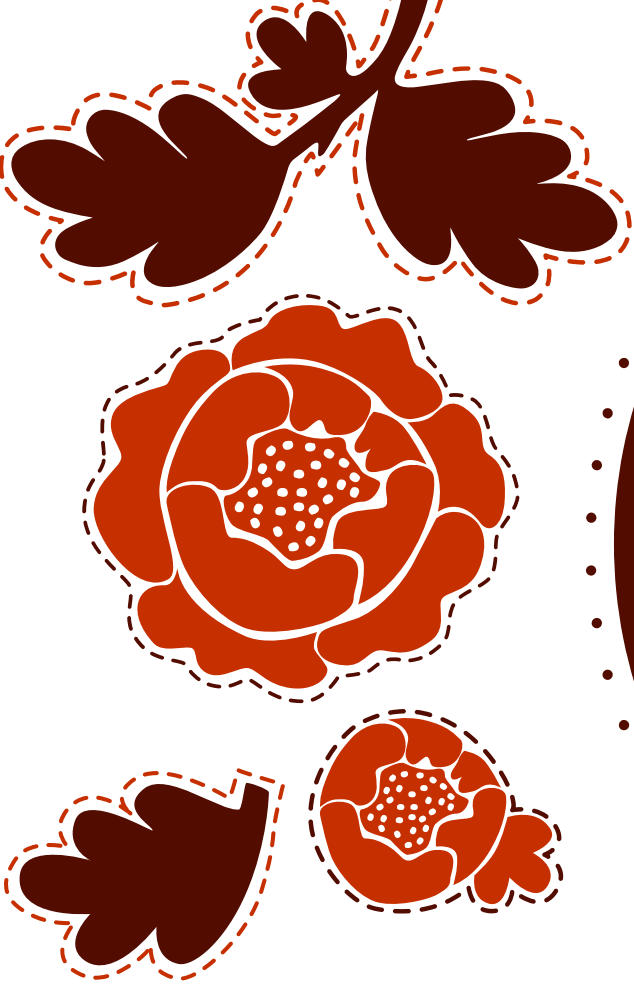


I will ...

Healthy Behaviors ...

Section 3

Section 4



Communication

Communication is the key to building healthy relationships, resolving conflict, and expressing your innermost feelings.

Chapter 4 addresses important communication skills that you can use in your daily interactions. Think of these skills as you create your weekly affirmations.



How do you communicate with your friends and family?



Communication

I am ...

I can ...

Section 1

Section 2



I will ...

*My
Communication ...*

Section 3

Section 4



Relationship Building

Have you ever wondered what it takes to build lasting relationships? Chapter 5 will give you the answers you need. Learn how to build relationships that withstand the tests of time. We all need a tribe that we can trust and depend on during our times of need.

“

Which relationships in your life are most meaningful?

”

Relationship Building

I am ...

I can ...

Section 1

Section 2



I will ...

My Relationships ...

Section 3

Section 4



Conflict Resolution

Conflict Resolution is a method for resolving a conflict. It can be used in professional and personal environments. Learning how to resolve conflicts is a relevant skill that you can use in your life. Think about how you have used conflict resolution in the past.



How do you resolve conflict in your life?



Conflict Resolution

I am ...

I can ...

Section 1

Section 2

I will ...

*Conflict
Resolution ...*

Section 3

Section 4





Leadership

Leadership is a skill that requires dedication and commitment. Being a leader entails making decisions that are best for the larger majority. We each have the ability to be leaders. Think about the ways you see yourself as a leader.



What makes you a great leader?



Leadership

I am ...

I can ...

Section 1

Section 2

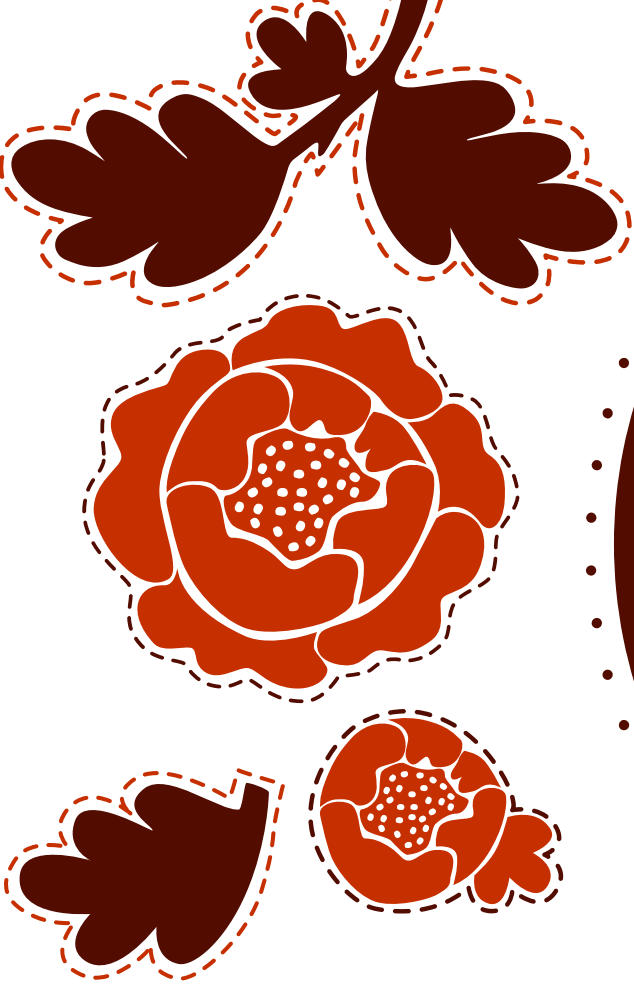
I will ...

Leadership ...

Section 3

Section 4





College and Career

Chapter 8 helps you explore college and career choices for your future. It is never too early to start planning. Use the information you learn in this chapter to create a plan for your college and career goals.

“

Where do you plan to attend college?

”

College and Career

I am ...

I can ...

Section 1

Section 2

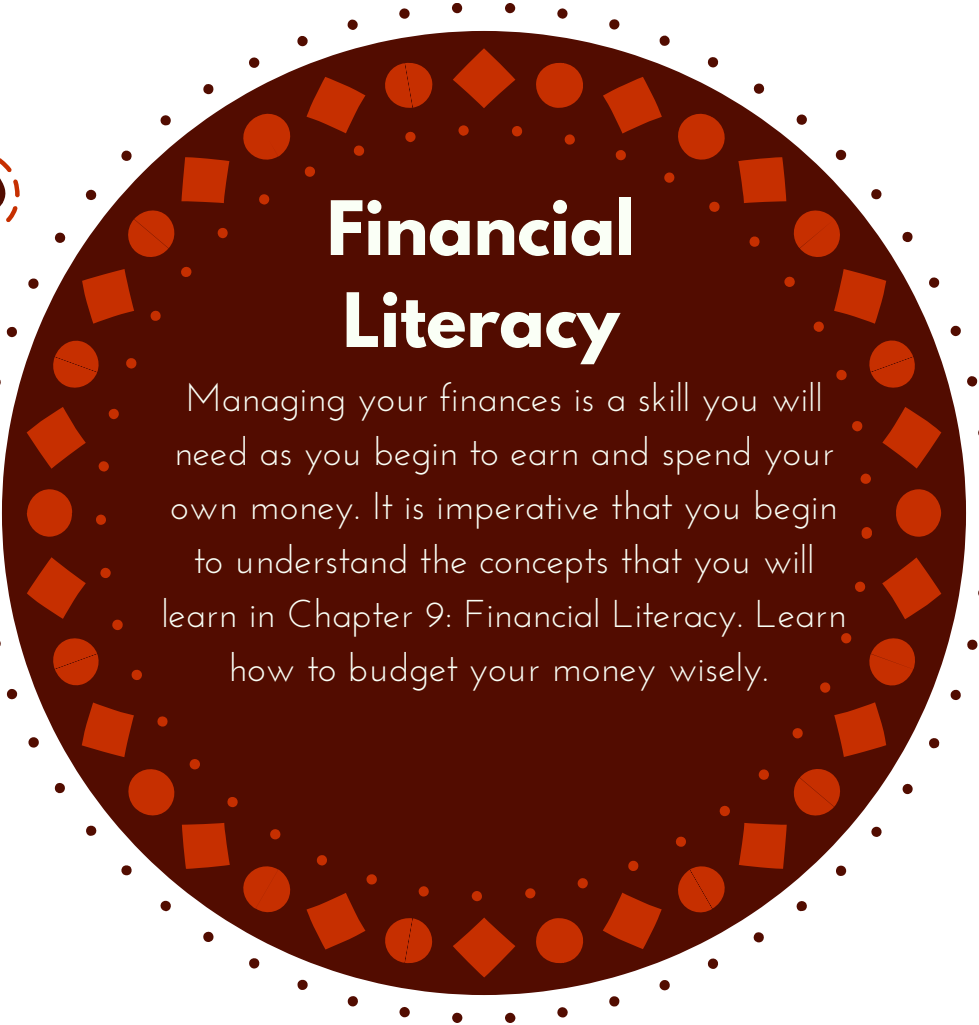
I will ...

My Future ...

Section 3

Section 4





Financial Literacy

Managing your finances is a skill you will need as you begin to earn and spend your own money. It is imperative that you begin to understand the concepts that you will learn in Chapter 9: Financial Literacy. Learn how to budget your money wisely.



How do you plan to budget your finances?



Financial Literacy

I am ...

I can ...

Section 1

Section 2

I will ...

My Finances ...

Section 3

Section 4

