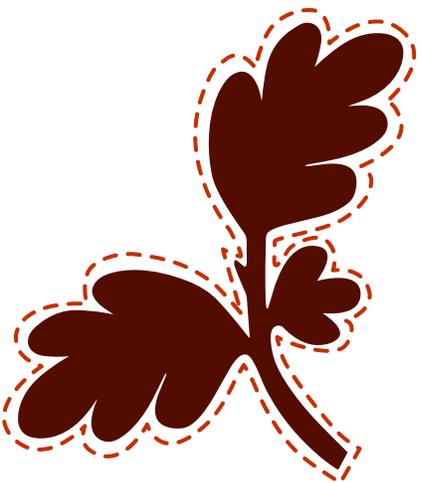
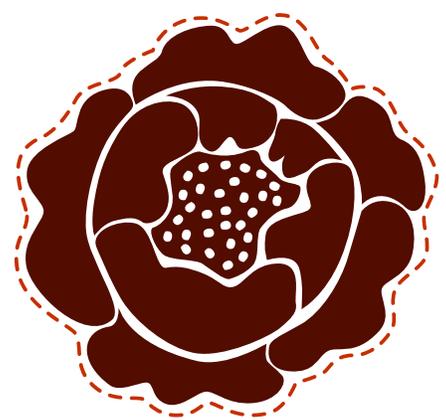
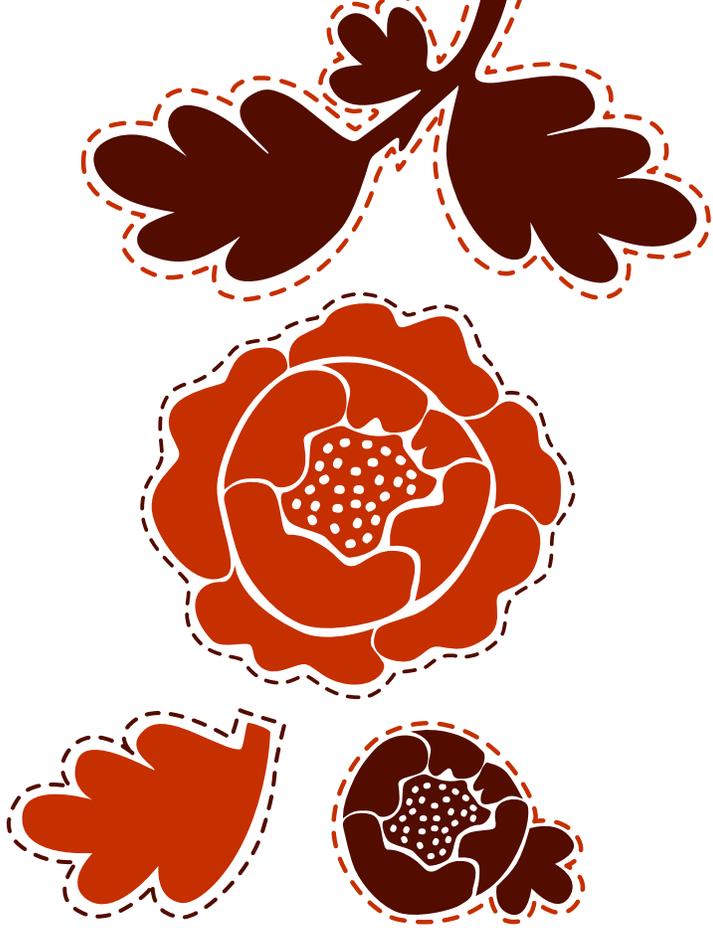


**EMPOWHER**  
Institute





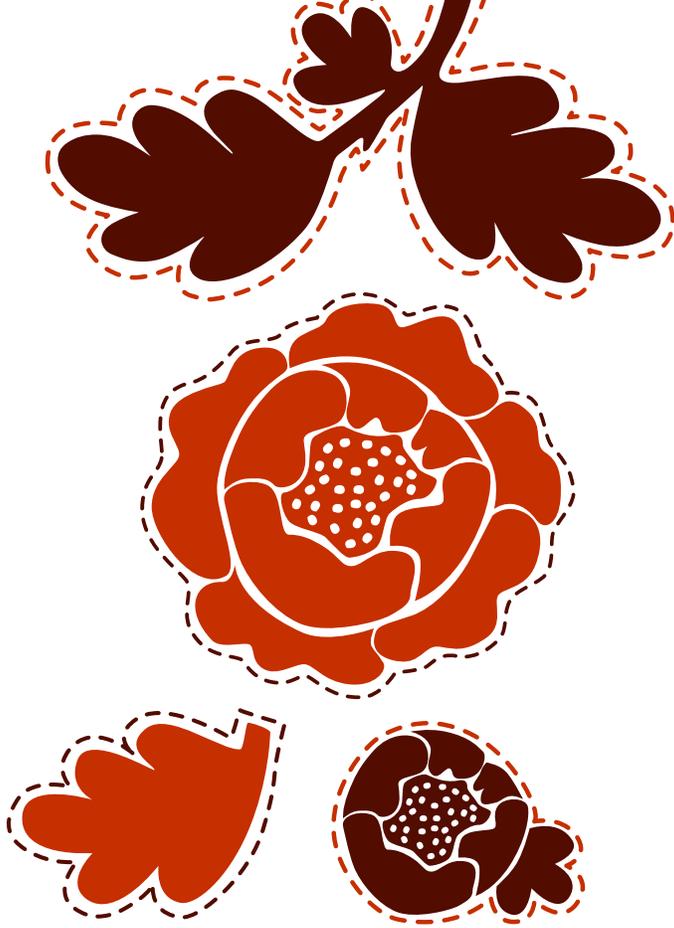
**I am the empowered young woman**

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

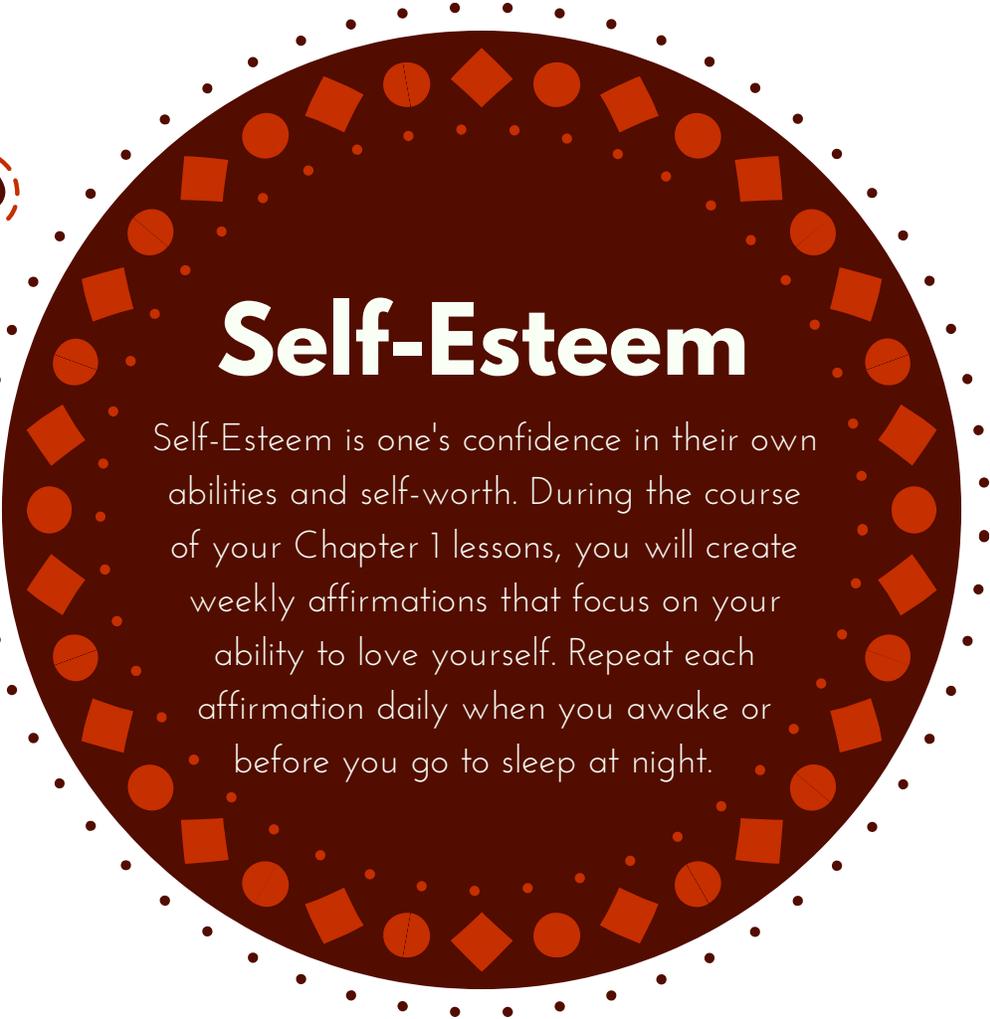
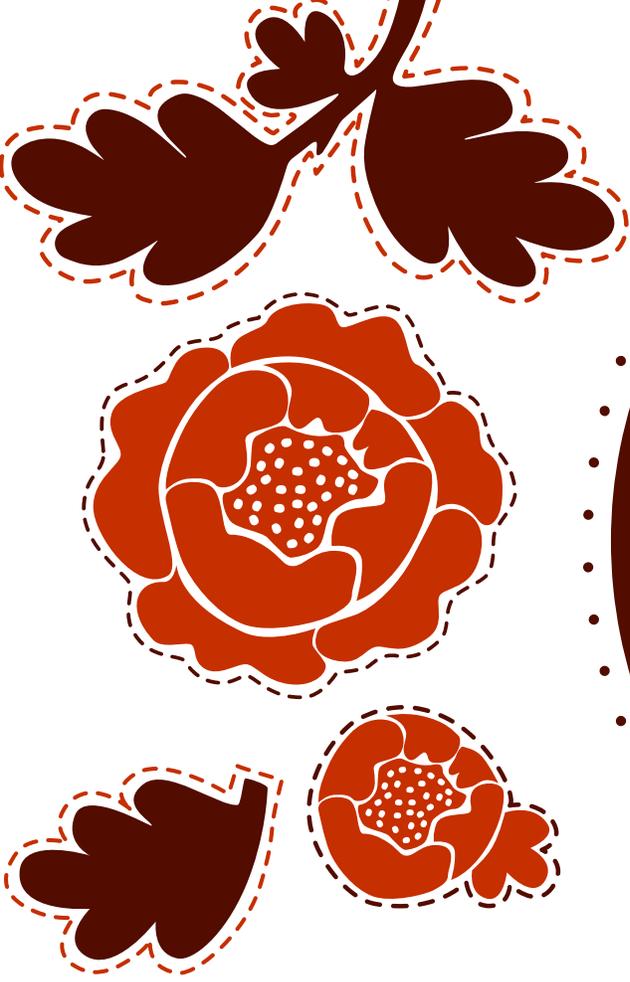
**I promise** to honor the EmpowHer Pledge and the EmpowHer Promise at all times

---

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**

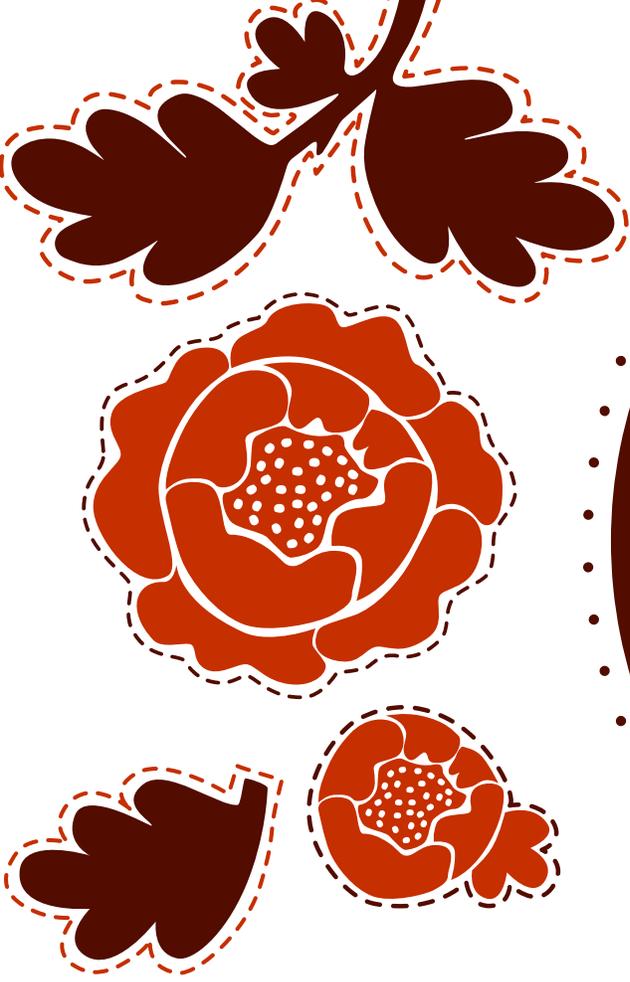
*I will ...*

*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**

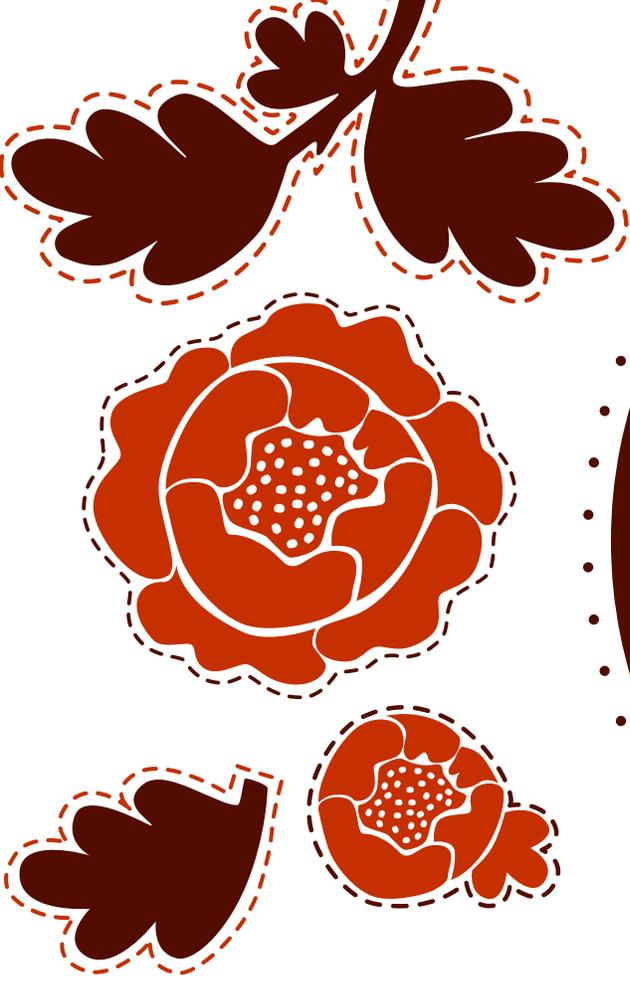
*I will ...*

*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**

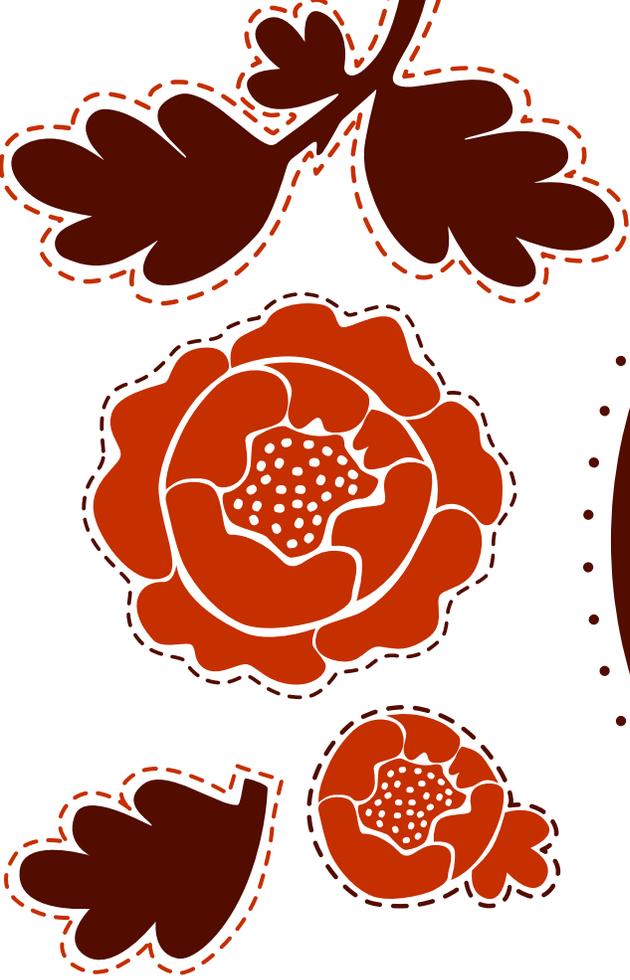


*I will ...*

*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**

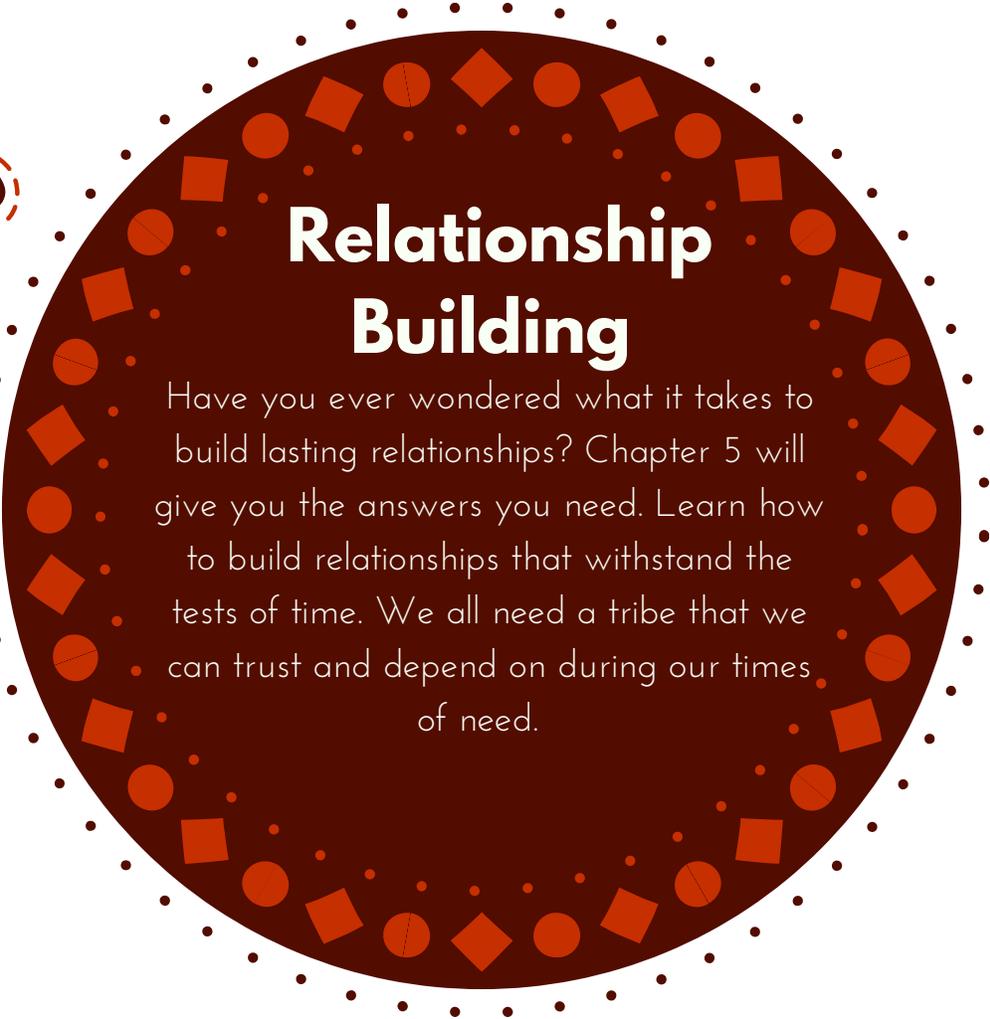
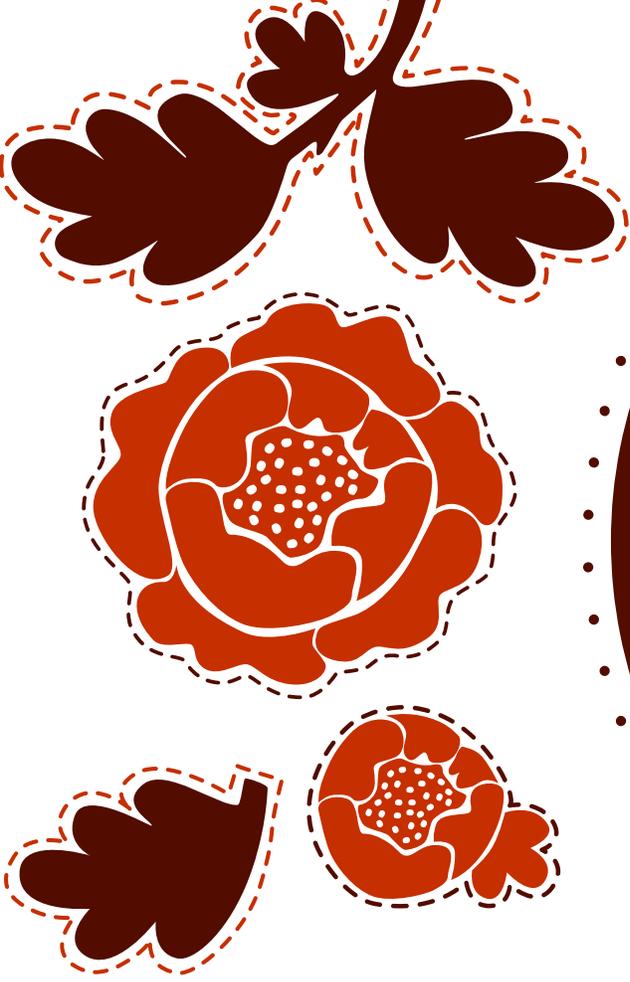


*I will ...*

*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**

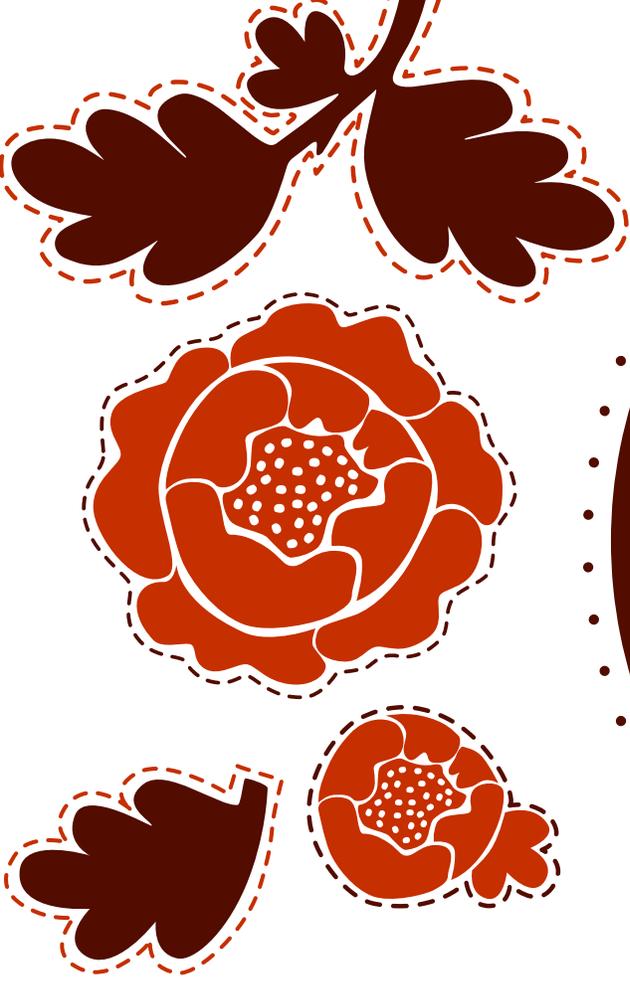


*I will ...*

*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**

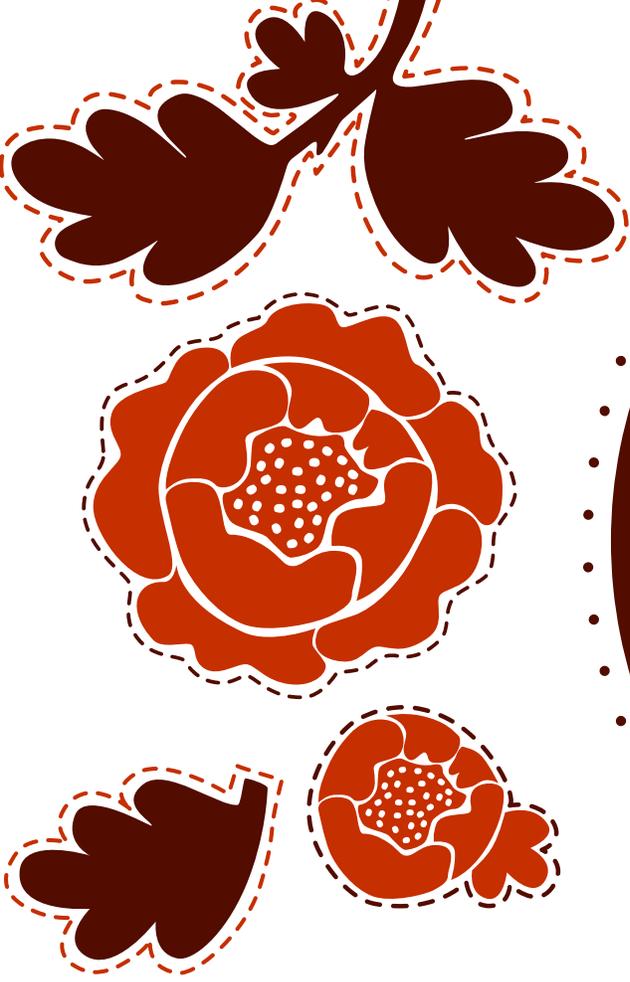
*I will ...*

*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**

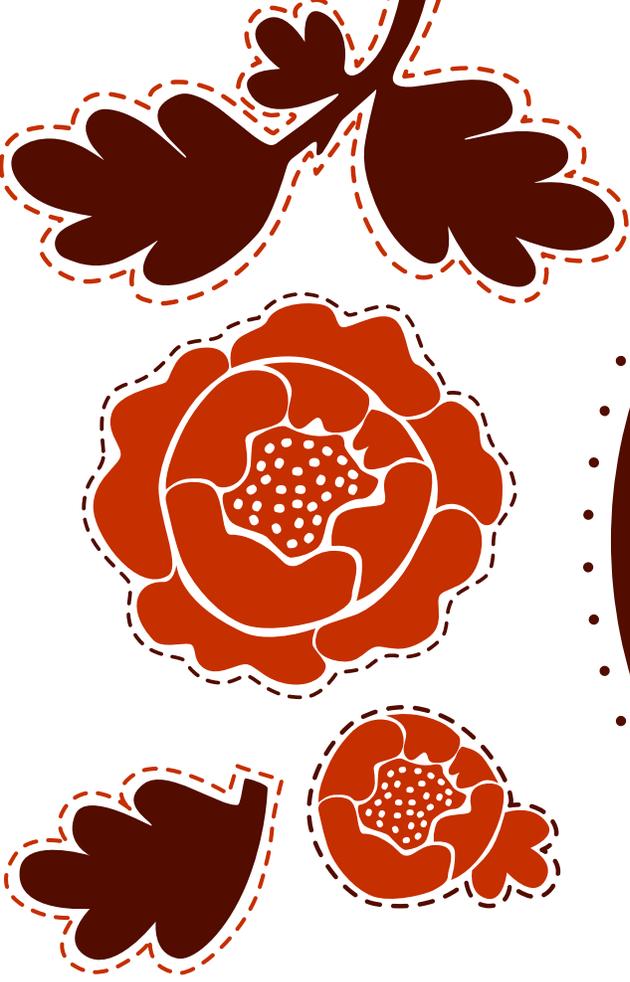
*I will ...*

*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**

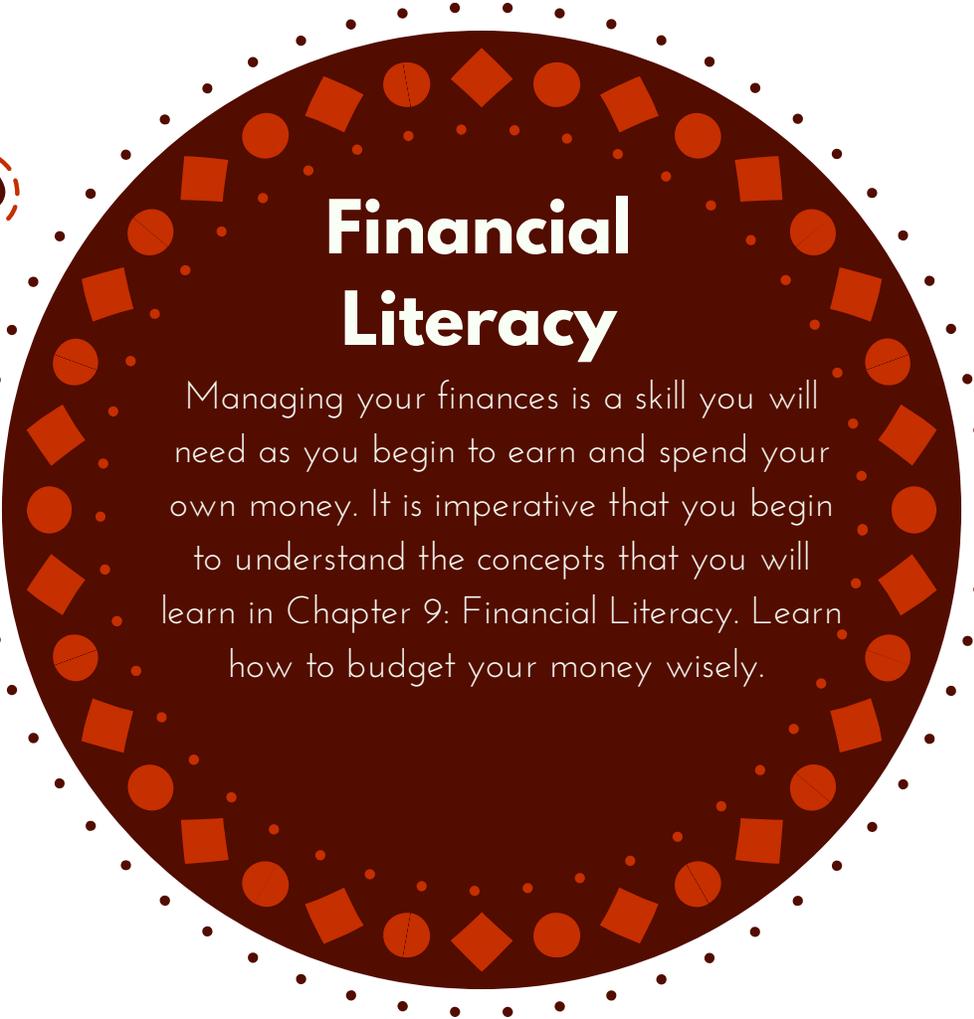
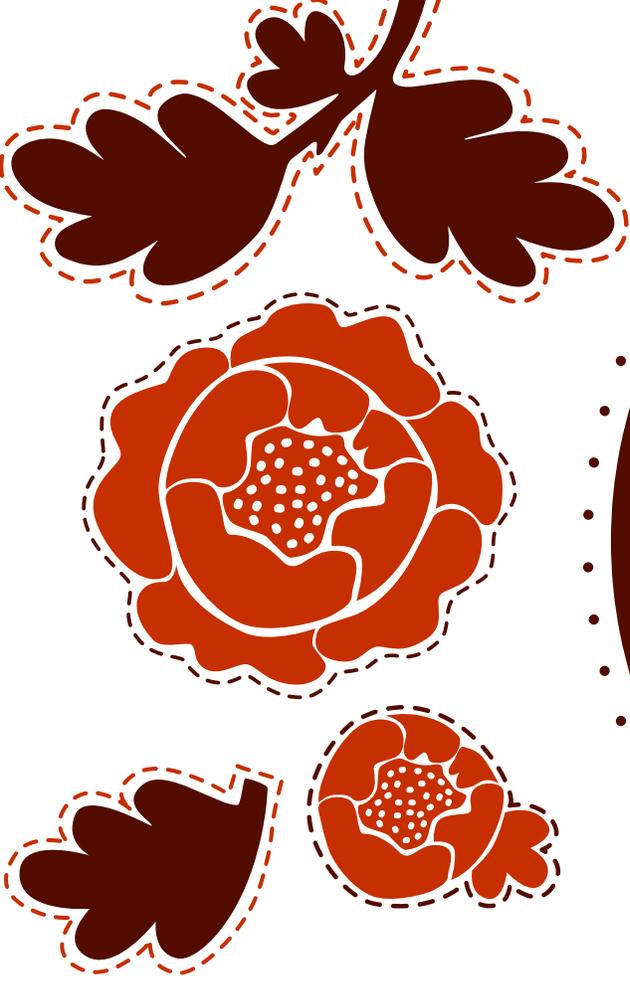
*I will ...*

*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**

