Welcome to month eight of your Self-Care Revolution, where it all starts with you!

This month you will learn from top experts in the area of empowerment, whether it relates to finding your passion, or unleashing your power through sound healing, laughter, vision exercises and setting smart and measureable goals for yourself.

How would you rate your level of empowerment from 1-10? If you rate yourself as a 9-10 you feel highly empowered on a daily basis and you probably are living your life by design rather than default. If you rate yourself as a 5-6 you know you have work to do in this area of your life, yet know what it means to be empowered. What is holding you back from living a more empowered life? Answer this question in this month’s journal.

As you listen to each speaker, take notes and commit to an empowered call to action plan each and every day. Perhaps you pick up the phone and call someone who might be a game changer in terms of a new career move, or developing a new hobby. Confront someone you feel has hurt you, knowing you have allowed this interaction to take your power away and consume your energy.

Awareness is always the key ingredient in terms of creating lasting positive empowerment in our lives. If we don’t know what we believe or what is leading us to make the decisions we currently are then its very challenging to make these changes. The Self-Care Revolution™ is intended to empower you with the necessary tools to make long lasting changes in your life that won’t just impact your life short-term but will help you long-term by giving you the tools, exercises, and techniques to be the master of the destiny you choose.

Have a blast and live an empowered life!

Next month you’ll learn about the ‘The Power of Community’

Let us know how you’re doing. We are here to support you! info@jointheselfcarerevolution.com

“He who controls others may be powerful, but he who has mastered himself is mightier still.”

– Lao Tzu
THIS MONTH’S QUESTIONS

Question One: How do you define an empowered life for yourself?

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Question Two: Write down all ways you dis-empower yourself daily, and write about how you will change this pattern.

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Question Three: By not being empowered in my life I am missing out on………?

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Question Four: The Cure to any disempowerment you may be feeling is in you? What will you do each and every day to turn on and sustain the empowerment switch?

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QUOTE OF THE DAY

“Storybook happiness involves every form of pleasant thumb-twiddling; true happiness involves the full use of one’s powers and talents.”
~ John W. Gardner
MONTH EIGHT: EMPOWERMENT

QUOTE OF THE DAY

“It doesn’t matter how one was brought up. What determines the way one does anything is personal power.”
- Carlos Castaneda
"You are a one-time phenomenon in the universe - your exact genetic makeup has never occurred before nor will it ever be repeated."
~ Robert Greene
QUOTE OF THE DAY

“Discipline your disappointment.”

~ Jim Rohne
SELF-CARE REVOLUTION™ MONTHLY JOURNAL: DAY FIVE
MONTH EIGHT: EMPOWERMENT

QUOTE OF THE DAY

“We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.”

~ Buddha
QUOTE OF THE DAY

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

~ Leo Buscaglia Quotes
"As we enter into the depths of our own self, we encounter the Mystery-Beyond-Description. Such an encounter fosters deep spiritual growth, wisdom and connection."

~ Joan Borysenko
QUOTE OF THE DAY

“I am no bird; and no net ensnares me: I am a free human being with an independent will.”

~ Charlotte Brontë, Jane Eyre
QUOTE OF THE DAY

“You wanna fly, you got to give up the shit that weighs you down.”

~ Toni Morrison, Song of Solomon
QUOTE OF THE DAY

“If you have integrity with the smallest things in your life, the universe will do business with you.”

– Bengt Robbert
QUOTE OF THE DAY

“The height of healing is the depth of feeling.”

~ Bengt Robbert
“There is a stubbornness about me that never can bear to be frightened at the will of others. My courage always rises at every attempt to intimidate me.”

~ Jane Austen, *Pride and Prejudice*
SELF-CARE REVOLUTION™ MONTHLY JOURNAL: DAY FOURTEEN
MONTH EIGHT: EMPOWERMENT

QUOTE OF THE DAY

“Happiness is not the absence of problems, it’s the ability to deal with them.”

~ Steve Maraboli, Life, the Truth, and Being Free
MONTH EIGHT: EMPOWERMENT

QUOTE OF THE DAY

"Risk anything! Care no more for the opinion of others ... Do the hardest thing on earth for you. Act for yourself. Face the truth."

~ Katherine Mansfield, Journal of Katherine Mansfield
QUOTE OF THE DAY

“The moment you become friends with your inner Self, you realize that the failures or hindrances that you met earlier were caused more by your disconnected status with your inner Being.”

~ Stephen Richards, *Develop Jedi Self-Confidence: Unleash the Force within You*
QUOTE OF THE DAY

“Self-confidence is contagious.”

~ Stephen Richards
QUOTE OF THE DAY

“Our minds are information vacuums. Either we fill them with thoughts of our choosing or someone else will.”

– Ray Davis
"Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy."

~ Norman Vincent Peale Quotes
"Think of yourself as an athlete. I guarantee you it will change the way you walk, the way you work, and the decisions you make about leadership, teamwork, and success

~ Mariah Burton Nelson, *We Are All Athletes*
“Empowerment is the magic wand that turns a frog into a prince. Never estimate the power of the people, through true empowerment great leaders are born!”

~ Lama S. Bowen
QUOTE OF THE DAY

“Be the spark that continues to ignite your passion, your mission your vision and that which no one else can.”

~ Robyn Benson DOM
“You already have everything to be the best you can be inside of you. What are you waiting for to use it?”

~ Bruno LoGreco
QUOTe OF THE DAY

“Everything you want in life is just one step away; all you have to do is decide in which direction to step.”

~ Unknown
MONTH EIGHT: EMPOWERMENT

QUOTE OF THE DAY

“Freedom begins the moment you realize someone else has been writing your story and it’s time you took the pen from his hand and started writing it yourself.”

~ Bill Moyers
QUOTE OF THE DAY

“It is up to you to see your own worth. Only then, will others see it in you too.”

~ Thomas Myers
SELF-CARE REVOLUTION™ MONTHLY JOURNAL: DAY THIRTY
MONTH EIGHT: EMPOWERMENT

QUOTE OF THE DAY

“Failure is not fatal. Success is not permanent. What matters is the courage to continue.”

~ Winston Churchill

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