Real Empowerment for Real Women

Do you find yourself wondering what makes some women seem so confident and vibrant? Do you sometimes feel disconnected from your true self because you spend most of your energy putting others’ needs before your own? You think to yourself, “I know I’ve got my own strengths and talents – if only I could figure out what they are and how to use them!” Real empowerment comes from connecting with your strengths, skills, talents and gifts – discovering your unique purpose and contribution to the world.

Find Your Passion and Your Power Now!

Join your coaches, Margie Beiswanger and Brandi Caskey, for this two part teleseminar to investigate the core traits of empowered women and how YOU can integrate these characteristics into your everyday life.

Commit yourself to your own empowerment and let inspiration be your guide to a fulfilling life!
The 8 Core Traits of an Empowered Woman

1. Self-Awareness
   The empowered woman understands what she wants and what motivates her.

2. Passion
   The empowered woman is enthusiastic and vibrant; she has passion in her life.

3. Energy
   The empowered woman maximizes activities and resources that boost her energy.

4. Creativity
   The empowered woman lets her creativity shine.

5. Vision/Clarity
   The empowered woman knows what she wants her future to look like.

6. Inspired Action
   The empowered woman takes action only after reviewing her intentions and the outcome she desires.

7. Resilience
   The empowered woman is prepared for the ebb and flow of daily life.

8. Renewal
   The empowered woman makes time for her self-care and well-being so that she can be the best version of herself.
4. Creativity – The empowered woman lets her creativity shine.

Once we “grow up” we tend to label ourselves as either ‘creative’ or ‘not.’ And that’s the end of the story. I’m guilty of this myself. I’m quick to say, “Oh no, I’m not creative at all.” Why do we think that if we’re not creating art like a professional that we’re automatically not creative? It’s just not true!

Our creative selves are there, waiting for us to re-discover them. I will warn you though, expressing your creativity can feel scary – it can put you right outside your comfort zone so quickly you won’t recognize where you are. That can be scary if you aren’t used to it. Expressing your creativity is scary because it can cause unbridled passion (core trait #2) and zeal and sheer joy.

And most of all, it’s scary because ... others might see my creation and think it’s not that great. Right? I’m worried about my stuff not being good enough. I’m worried about making mistakes.

Well, enough of that!! It’s time to reclaim your creative self. It’s time to play and do crafts and make something with your own hands. I just read an article in the magazine Body & Soul (now renamed Whole Living) about the benefits of “hands-on, creative projects.” It can ward off depression, increase mental acuity, and all kinds of good stuff.

There are so many ways of expressing your creativity. Let’s explore this concept and see how we can bring creativity into your life. Now.

Once again, I’m going to ask you to write down some ideas in your notebook for how you can express your creativity. Think of creative activities that you’ve engaged in recently as well as in the past. Again, look to your childhood, too.
What types of artistic activities did you enjoy as a kid? How about as a teenager or young adult? What activities do you particularly enjoy doing with your kids – when they finger paint, do you join in because you just can’t resist? Take a minute and reflect on creative activities that you’ve enjoyed, writing them down in your notebook.

**Sentence completion exercise to help stimulate ways to be creative:**

- I feel most creative when ...
- Ways I express my creativity are ...
- One of the most creative things I’ve ever done is ...
- When I was twelve years old, I enjoyed expressing my creativity by ...
- One creative activity I’ve always wanted to try, but never have, is ...
- Some things that hold me back from expressing my creativity are ...
- If I had a whole day to spend being creative, here’s how my day would look ...
- Expressing my creativity is important to me because ...
- If there was one single creative project I would like to leave behind as my legacy, I’d say it would be something like ...

Share ideas with each other – brainstorm how to make time for creativity in a given week

Apply this trait – put creativity into action, make a place for it in your life – right now. Where could you start? Identify a single action you can take to start expressing your creativity in the next week.