



# Taking My Power Back



I am worthy.  
I have a voice.  
I have a choice.  
I have power.

## WHAT DOES THIS LOOK LIKE & MEAN?

Taking your power back means reclaiming your voice, your choices, your worth, and your life. It means stepping into who you truly are and deciding that your future will no longer be defined by your past.

Date: \_\_\_\_\_

### 1. WHAT DOES TAKING MY POWER BACK MEAN TO ME?

In your own words, describe what it means to take your power back.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



### 2. WHAT DOES IT LOOK LIKE?

Draw a picture of what taking your power back looks like in your life.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



### 3. WAYS I GIVE MY POWER AWAY

Think about the ways you have given your power away in the past. Check the ones that fit and add your own.

- People pleasing
- Trying to control everything
- Staying in unhealthy relationships
- Negative self-talk
- Fearing change or the unknown
- Living in the past
- Not setting boundaries
- Addiction or unhealthy coping
- Other: \_\_\_\_\_

*Awareness  
is the first step  
to change.*

### 4. WAYS I TAKE MY POWER BACK

What are some actions, choices, or mindsets that help you take your power back? List as many as you can.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



### 5. WHAT I NO LONGER ACCEPT

List the things, behaviors, or situations you are no longer willing to accept in your life.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



### 6. MY POWERFUL AFFIRMATIONS

Write 3–5 affirmations that remind you of your power, your worth, and your ability to create the life you deserve.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



### 7. HOW WILL I PROTECT MY POWER?

What boundaries, habits, or commitments will you put in place to protect your peace and your power?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



### 8. MY COMMITMENT

Today, I choose me. I choose to take my power back and create the life I deserve.

My commitment to myself is:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signed: \_\_\_\_\_



I AM NOT WHAT HAPPENED TO ME. I AM WHAT I CHOOSE TO BECOME.

*I take my power back— one choice, one day, one step at a time.*

