



FREE WORKBOOK



8 tips to empower your daughter

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1

Tell her she's beautiful just the way she is. Compliment, not only her physical beauty, but a specific attribute that you love about her - that makes her beautiful both inside and out.

*BONUS points - don't forget as the adult in her life, you are her greatest teacher. Make sure she hears you speak positively about yourSELF too!

2

Remind her to check in with herself and listen to her heart. Let her know that she has an inner wisdom that will always be with her. P.S. you do too!

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4

Our self-talk is powerful and we can all benefit from a reset from time to time. Sit around the table and take turns creating positive affirmations for each other. Write them down, cut them out, and tape them to all the mirrors in the house. Practice reading them out loud every day! My favorite is: "I am perfect, I am whole, I am complete."



5

The world is a classroom and with every person we meet or situation we encounter there is something of value to be learned. Even when things don't go the way we would like, a blessing is hidden. Share an example of this from your childhood with her. The young people in our lives find comfort in knowing we can relate to their experiences and that we are in fact, human too!

6

Girls are emotional creatures. Remind her that it is OK to feel! Practice really listening to her without judgement, and without trying to fix anything, and let her BE with her emotions. Show her that you are a safe space to land.

7

So many times we are not really living in the here and now. We are stewing over what happened yesterday or worrying about what might be tomorrow. Take a journey into mindfulness together, be with her fully, and enjoy the precious present.

8

There's nothing more fun than planting BIG dreams together and remembering that we CAN and ARE deliberate creators of our lives. Have a journaling session where you write out all that you are welcoming into your life. Do this daily and watch your dreams become reality!



need more support?

If you are looking for a safe space for your daughter
to have these concepts modeled and echoed in
addition to being a part of a beautiful sisterhood,
reach out to me at
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