



# Self-Empowerment Workbook



MICHELLE G | Phone: 877.628.8723 | More@MichelleG.com | [www.MichelleG.com](http://www.MichelleG.com)  
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## Hey Fabulous!

Let me start by congratulating you for not giving up on empowering yourself. Many say relationships are hard, the truth is it isn't. Like anything else in life, it requires an investment of time and energy in order to get what you are looking for; Relationships are no different, especially the one with yourself. Be open and receptive to trying different things in order to learn more about who you are. If something isn't working, don't be afraid to try something different-what may work for a friend, may not work for you, learn to recognize that. Master your internal relationship by equipping yourself with as many tools, resources, and tidbits as possible.

This workbook is designed to get you started on what you just read. It is designed to help you stay **accountable** to yourself for a period of **14 days**. I recommend that you print this and fill it out **every day**. On the last day, **celebrate this accomplishment because YOU did it!** After celebrating, reprint out the workbook and continue on your journey of self-empowerment.

If you have enjoyed this exercise and feel that you would benefit from diving deeper in this kind of work to get you to be your best version of yourself, email me at [more@michelleg.com](mailto:more@michelleg.com).

Until next time, may love continue to be your credo.

XO,  
Michelle G.

## My Happy List

*The road to self-empowerment starts with knowing what activates that feeling inside of you.*

### Week 1

The five activities that rejuvenate me are:

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### My action step

I am committed to completing/incorporating the following activity \_\_\_\_\_ into my life for the next 7 days.

### Week 2

The five activities that rejuvenate me are:

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### My action step

I am committed to completing/incorporating the following activity \_\_\_\_\_ into my life for the next 7 days.

## My Celebration List

*Everyday is a celebration of something! This exercise gets you in the right mindset.*

**Day 1:** Today, I am celebrating \_\_\_\_\_

because \_\_\_\_\_

**Day 2:** Today, I am celebrating \_\_\_\_\_

because \_\_\_\_\_

**Day 3:** Today, I am celebrating \_\_\_\_\_

because \_\_\_\_\_

**Day 4:** Today, I am celebrating \_\_\_\_\_

because \_\_\_\_\_

**Day 5:** Today, I am celebrating \_\_\_\_\_

because \_\_\_\_\_

**Day 6:** Today, I am celebrating \_\_\_\_\_

because \_\_\_\_\_

**Day 7:** Today, I am celebrating \_\_\_\_\_

because \_\_\_\_\_

**Day 8:** Today, I am celebrating \_\_\_\_\_

because \_\_\_\_\_

**Day 9:** Today, I am celebrating \_\_\_\_\_

because \_\_\_\_\_

**Day 10:** Today, I am celebrating \_\_\_\_\_

because \_\_\_\_\_

**Day 11:** Today, I am celebrating \_\_\_\_\_

because \_\_\_\_\_

**Day 12:** Today, I am celebrating \_\_\_\_\_

because \_\_\_\_\_

**Day 13:** Today, I am celebrating \_\_\_\_\_

because \_\_\_\_\_

**Day 14:** Today, I am celebrating \_\_\_\_\_

because \_\_\_\_\_

## What I Need Help With

*Seeing what you need help with will prompt you to take action and ask for it.*

Week 1

Day 1: \_\_\_\_\_

Day 2: \_\_\_\_\_

Day 3: \_\_\_\_\_

Day 4: \_\_\_\_\_

Day 5: \_\_\_\_\_

Day 6: \_\_\_\_\_

Day 7: \_\_\_\_\_

Week 2

Day 1: \_\_\_\_\_

Day 2: \_\_\_\_\_

Day 3: \_\_\_\_\_

Day 4: \_\_\_\_\_

Day 5: \_\_\_\_\_

Day 6: \_\_\_\_\_

Day 7: \_\_\_\_\_

## Self-Empowerment Ritual (complete daily log)

I am committed to my growth and have completed the self-empowerment ritual:

Week 1 Initials/Signature/date

Day 1: \_\_\_\_\_

Day 2: \_\_\_\_\_

Day 3: \_\_\_\_\_

Day 4: \_\_\_\_\_

Day 5: \_\_\_\_\_

Day 6: \_\_\_\_\_

Day 7: \_\_\_\_\_

Week 2 Initials/Signature/date

Day 1: \_\_\_\_\_

Day 2: \_\_\_\_\_

Day 3: \_\_\_\_\_

Day 4: \_\_\_\_\_

Day 5: \_\_\_\_\_

Day 6: \_\_\_\_\_

Day 7: \_\_\_\_\_

## Daily Gratitude

*List three things you are grateful for each day.*

**Day 1:** Today, I am grateful for \_\_\_\_\_

**Day 2:** Today, I am grateful for \_\_\_\_\_

**Day 3:** Today, I am grateful for \_\_\_\_\_

**Day 4:** Today, I am grateful for \_\_\_\_\_

Day 5: Today, I am grateful for\_\_\_\_\_

Day 6: Today, I am grateful for\_\_\_\_\_

Day 7: Today, I am grateful for\_\_\_\_\_

Day 8: Today, I am grateful for\_\_\_\_\_

Day 9: Today, I am grateful for\_\_\_\_\_

Day 10: Today, I am grateful for\_\_\_\_\_

Day 11: Today, I am grateful for\_\_\_\_\_

Day 12: Today, I am grateful for\_\_\_\_\_

Day 13: Today, I am grateful for\_\_\_\_\_

Day 14: Today, I am grateful for\_\_\_\_\_

CONGRATULATIONS, YOU DID IT!!!!!!!

## About Michelle G.



Michelle Galarza is a Certified Dating and Relationship Specialist® (CRS) who is passionate about helping singles and couples answer the questions "What does the word LOVE mean to me? and How can I have the relationships I desire?" Michelle focuses on changing the way singles and couples approach relationships--including the one we have with ourselves.

Michelle G is revolutionizing the matchmaking world by helping its members first determine what it means to be healthy and whole and in a healthy relationship. She has one mission... to help people find the soulful connections they are seeking. We offer a variety of personalized services from online dating how-to's, comprehensive workshops, dating and matchmaking services as well as providing couples coaching for those already in relationship that are seeking deeper connections to their partners. Don't wait to experience that which you seek. We are only a phone call away.