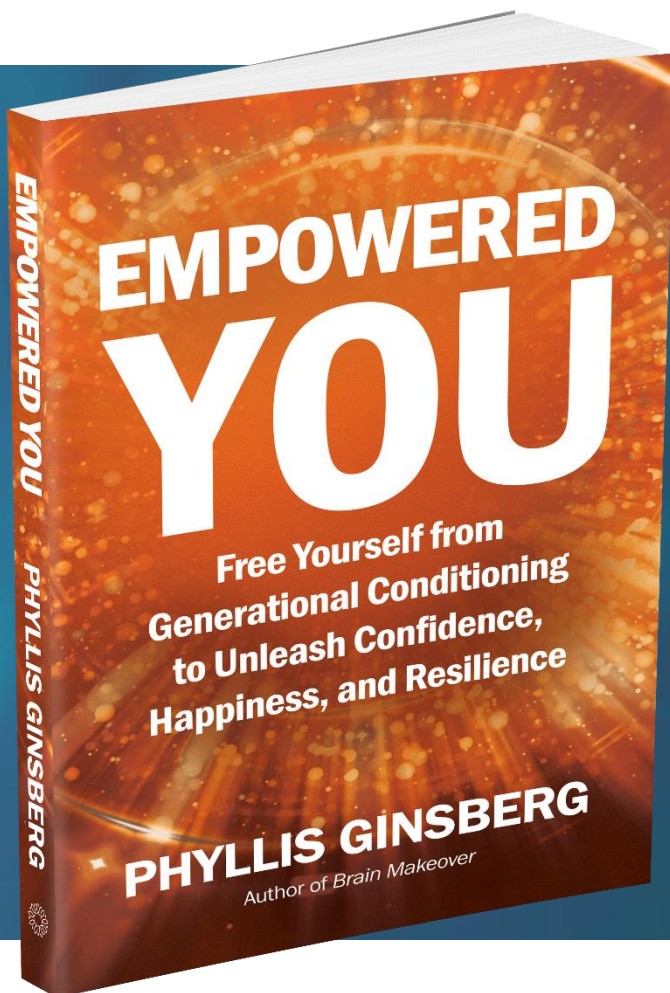


Phyllis Ginsberg



The Empowered You Workbook

The best way to benefit from Empowered You is to apply what you read. **Use this workbook to:**

- Capture your thoughts about the messages that have shaped you.
- Identify what you will do to improve your self-view.
- Become your confident, happy, resilient self.
- Make a positive impact on others.

Part 1: Limitations Created in Early Childhood and Adolescence

Generations of messages and expectations have shaped you into who you are today and how you see and feel about yourself. The people who raised you had limitations put on them, and they, in turn, put limitations on you.

The limitations I identify with are...

The ways these limitations affect my life today are...

Additional Notes and Thoughts...

Part 2: Messages from Childhood That Shaped Us

Verbal and nonverbal messages from childhood often continue long after we become adults. They have shaped how we relate to ourselves and others, which may not support who we want to be.

As you read chapters 3 to 13, use this space to take note of specific messages that have impacted you.

What thoughts do you have as you reflect on the messages that have affected you?

What thoughts do you have as you reflect on the messages that have affected you?

These insights explain why I have difficulties with...

In what ways does having this information about yourself explain how you think, feel, behave, and cope?

Part 3: Become Your True Self

It takes overcoming the conditioning you were raised with to become your true self. Until we stop and deliberately choose to replace disempowering messages, beliefs, and patterns, we will continue living the way we were conditioned rather than being our authentic selves.

The messages, beliefs, and patterns I am ready to replace are...

As I begin to replace patterns of thinking, I notice...

As I begin to replace patterns of feelings and actions, I notice...

Positive and negative conclusions I have about myself are...

When I think about my self-image...

When I think about my self-worth, self-esteem, and how I treat myself...

In reading the positive self-views, I am ready to prioritize myself by...

My top five desires are...

When I think about being mentally resilient...

I could become more resilient by...

Part 4: Living and Working Together

This section of Empowered You is about relating to others, working together, and experiencing positive changes in our families, workplaces, communities, schools, and everywhere else.

Given what you have discovered about yourself so far, in what ways has your childhood conditioning affected your relationships?

I can improve my relationships and friendships by...

The change I want to contribute to in the world is...

I will use the “Words to Live By” in the following way...

Share your transformative stories with me!



I would be honored to hear from you about how reading Empowered You has...

- Played a role in your personal growth.
- Positively influenced your life.
- Helped you make a difference in the world.

I would be thrilled to read your story. Please send it to me at
phyllis@phyllisginsberg.com