



## THE GROWTH OF EMPOWERMENT ACTIVITY

*True empowerment comes from learning from challenges, adapting to change, and becoming stronger with each experience.*

### 🌱 Learning & Renewal – Empowerment Questions

The lesson that continues to guide me forward is \_\_\_\_\_.

What inspires me to keep learning and evolving is \_\_\_\_\_.

The discovery that changed how I see myself was \_\_\_\_\_.

### 🌸 Change & Transformation – Empowerment Questions

The change that helped me grow the most was \_\_\_\_\_.

What reminds me that every ending can become a new beginning is \_\_\_\_\_.

The moment I embraced transformation with courage was \_\_\_\_\_.

### 💖 Strength & Empowerment – Empowerment Questions

The challenge that revealed my inner strength was \_\_\_\_\_.

What empowers me to rise after setbacks is \_\_\_\_\_.

The way growth continues to shape my future is \_\_\_\_\_.