



## THE ENERGY OF ACTION ACTIVITY

*Empowerment grows when we move from intention to action.  
Every step forward builds momentum, strengthens discipline,  
and proves that progress is possible.*

### Drive & Determination – Empowerment Questions

The goal that pushes me to give my best effort is \_\_\_\_\_.

What motivates me to act even when it's hard is \_\_\_\_\_.

The moment I showed myself what I can achieve was \_\_\_\_\_.

### Focus & Discipline – Empowerment Questions

"The habit that helps me stay on track is \_\_\_\_\_.

"What keeps me focused when distractions arise is \_\_\_\_\_.

"The step that brings me closer to my goals is \_\_\_\_\_.

### Progress & Achievement – Empowerment Questions

The accomplishment that reminds me hard work pays off is \_\_\_\_\_.

What motivates me to keep improving every day is \_\_\_\_\_.

The milestone that proved my effort was worth it is \_\_\_\_\_.