



THE STRENGTH OF EMPOWERMENT ADULT ACTIVITY

Empowerment is found in the moments we choose courage, the times we rise above doubt, and the decisions that remind us of our inner strength.

💪 Confidence & Self-Belief – Empowerment Questions

The moment I realized I could trust myself was _____.

What reminds me that I am capable is _____.

The choice that showed me my true strength was _____.

🔥 Courage & Boldness – Empowerment Questions

The risk I took that changed my life was _____.

What helps me face fear with determination is _____.

The time I proved to myself I was braver than I thought was _____.

🌟 Resilience & Perseverance – Empowerment Questions

The challenge that taught me resilience was _____.

What keeps me moving forward when obstacles appear is _____.

The moment persistence led me to success was _____.