



May 2022
ATTITUDE
Continued: *The*
Power of Personal
Narratives

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Press Subscribe



- As Black/African American women an identity is subscribed to us based on European standards of beauty from the moment we are born.
- Society will subscribe an identity and narrative to you as an individual, your family as a unit and community as a method of social control.
- Do not conform to the “status quo”
- Practice Changing the Narrative by validating the identity that you subscribe to yourself based on lived and shared experiences.

Assign value to yourself



Protect your time, energy, peace, and invest in your growth and development.



Self-Awareness, Self-Reflection, Self-Acceptance, Self-Advocacy, Self-Determination, Self-Efficacy, Resiliency as a Protective Factor, Culture as a Strength & Not a Deficit.



Be intentional and take action steps in alignment with your purpose to meet goals and milestones.



Reflection Question: What is an area of your life that you are experiencing challenges in? Have you created a plan of action to overcome those challenges and not let them become barriers?

It's all about
PERSPECTIVE

Acknowledge the role
historical and
generational trauma
plays in the fatigue that
you are experiencing

Validate your thoughts,
feelings, emotions,
wants and needs, likes
and dislikes

Solution-focused lens

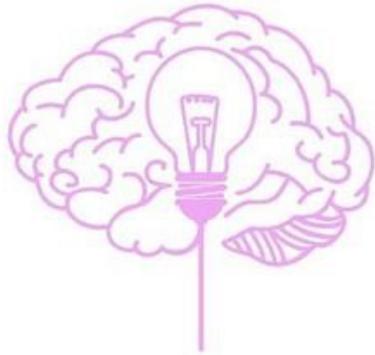
Accountability approach

Reflection Question: Is
your perspective
cultivating a growth
mindset?

WANT TO CHANGE YOUR LIFE?

REPROGRAM

YOUR MIND



@Karpfucius

Reprogram your software and practice a growth mindset the story you tell yourself influences the power of your personal narrative and subsequent life path and life trajectory.

*Let your
passion
ignite your
narrative*



Positive Affirmations



Nightly Manifestations



Speak it into existence



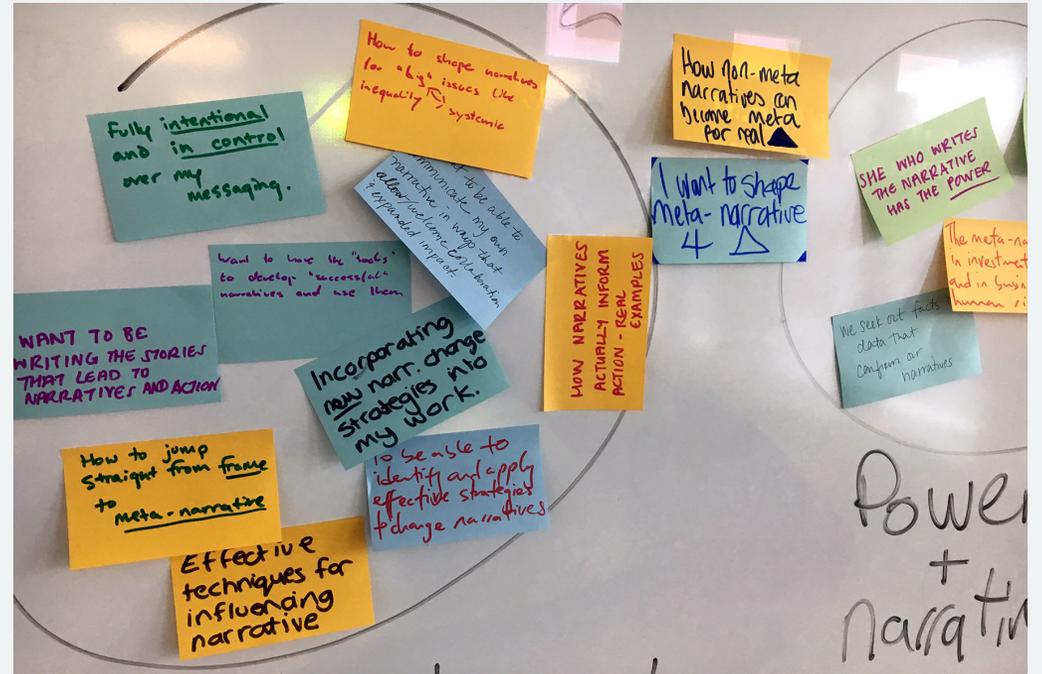
Manifest your goals and milestones into reality



Do not allow harmful environmental factors to influence the power of your personal narrative

Change your Personal Narrative

- ♦ Reflection Question: How do you take control of your narrative?
- ♦ I am statements
- ♦ Visionary, Trailblazer, Narrative Changer



Resources

- ♦ [Empowerment Series: Human Behavior in the Social Environment: A Multidimensional Perspective 6th Edition](#)
- ♦ [Decolonizing Trauma Work: Indigenous Stories and Strategies](#)
- ♦ [Diversity, Oppression, and Change: Culturally Grounded Social Work 2nd Edition](#)
- ♦ [Boundaries And Becoming X Sarah Jakes Roberts](#)
- ♦ [Reclaim Your Destiny X Sarah Jakes Roberts](#)
- ♦ [Sarah Jakes Roberts: Stop Looking in the Rear-View Mirror at Who You Used to Be | TBN](#)
- ♦ [T.D. Jakes: Protect Your Mind from Stress and Find Peace in 2023 | Crushing | FULL SERMON | TBN](#)