

The background of the entire image is a soft, light pink surface. It is densely covered with numerous light pink rose petals, some of which are slightly curled or overlapping. Scattered throughout the petals are many small, clear, hexagonal sequins that catch the light, creating a shimmering effect.

GROWTH LOOKS GOOD ON YOU

**EMPOWERED
AS F*CK**
JOURNAL

BLEDSOE EMPOWER

You Have Arrived!

You are exactly where you are
supposed to be.

This journal is created to give you space
to breathe, to reflect, and to project.

Let's explore 5 areas that influence your
overall fulfillment of life.

Mind + Body Connection

W.A.P.

Ain't No Fun If Tha Homies Can't Have None

LOVE feels like....

GUILTLESS PLEASURE POINTS

*Empowered As F*ck - Sign & Date:*

Dear Future Self. You're The Shit!

A way to measure consistent growth is to write yourself letters. Create a list of all of the accomplishments you plan to reach as if you are in the present day.

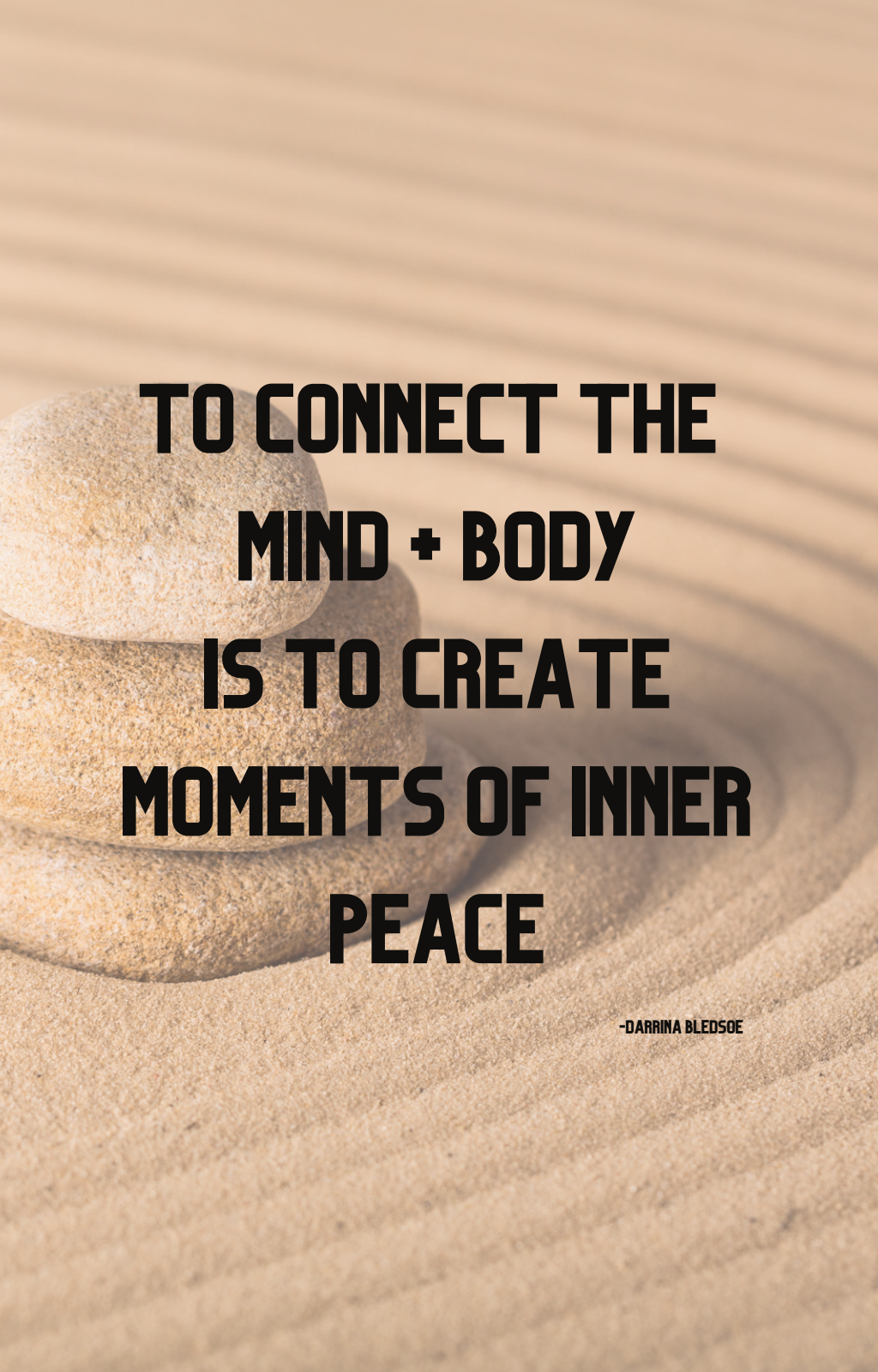
Manifest 1 year, 3 years, and 5 years out.
Spare no details, don't be humble, and be bold AF!

"It's January 1st, 2022, and I've started a business that fuels my passion for coaching! The more I step into my true self, the more I love what I see. I'm growing financially and building my career. I'm excited for the future!"

In 1 Year I will manifest...



Visions are seen only by those meant to achieve them



**TO CONNECT THE
MIND + BODY
IS TO CREATE
MOMENTS OF INNER
PEACE**

-DARRINA BLEDSOE

A red watering can is shown pouring water over several stacks of gold coins. A small green plant with two leaves is growing out of the middle stack of coins. The background is dark and out of focus.

WHERE MY ATTENTION GOES, THE MONEY FLOWS

-Deana Bledsoe

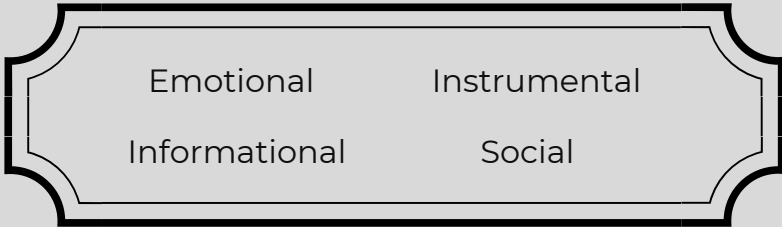
Nothing Is Better Than a Friend

*Unless It's a Friend
With Wine*

-Empower El Mundo



Types of Support Systems



Emotional supports help to manage emotions. They listen to problems and help solve them. There is an abundance of empathy shown to you.

Instrumental supports help with tangible issues and offer acts of service. This includes tasks others physically do or provide in order to assist you.

Informational supports provide solutions to problems or resources to solve problems. Advice is offered and usually beneficial.

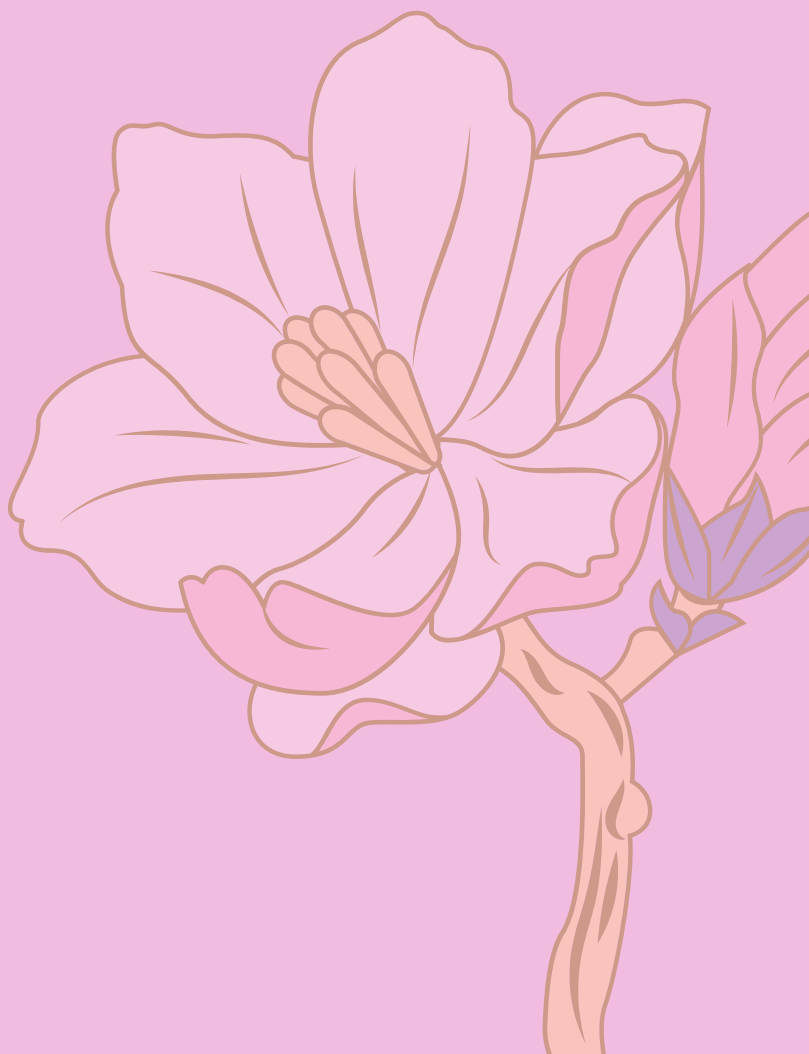
Social supports fulfill our basic needs of love, belonging, and connectedness. These people see and know our true self.



Here for the Homies

**Love recognizes no barriers.
It jumps hurdles, leaps fences,
penetrates walls to arrive at
its destination full of hope.**

- Maya Angelou





...being swaddled in a warm blanket on a winter morning,
cozy and secure as fuck!

What does love feel like to you? Write a few words below:

Love is an emotion, an action, and a decision.

So, how do you learn to love?

Our first exposure to this intense emotion occurs in childhood with our primary parent or caregiver.

How you love is a reflection of how you've been loved.

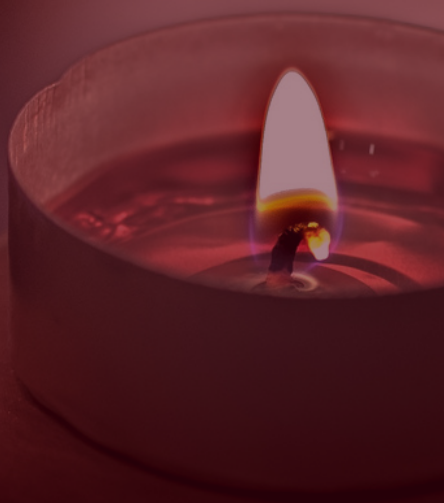
If the love you grew up receiving was consistent and abundant, you likely learned functional love. If love was sparse and consistently yearned for, you likely learned addictive and abandoned love.

What is inherently true is -
You are capable of love no matter your upbringing or past relationships.
You are divine love.

Empower Tip: Love is abundant. Continue to pour it out
as if you will never run out, because you will not.

Have The Audacity To Put Yourself First

-Darrina Bledsoe



Guiltless Pleasure Points

When you hear guiltless pleasures, what do you think about?

Guiltless pleasure points is about making it a point to add moments of joy without judgement into each day.

You spend plenty of energy pouring into others and you deserve more time on you. These are intentional acts of gratitude for who you are and who you are becoming. Consistent acts of self-care is an act of self-love.

As a natural born superwoman, it is normal to get caught up in the day-to-day grind of saving the world. No matter how powerful you are, you have to recharge and reset.



This is why being intentional about the attention you give yourself is so valuable. Remember the depth of love you give yourself is a direct correlation of the love you give and receive from others.

Indulge in yourself.

Empower Tip: To overflow in gratitude
is to overflow in self-love.