

# Be



## YOU HAVE THE ABILITY TO RECREATE YOURSELF ANY TIME YOU CHOOSE

You have the power to make your life extraordinary! So why not tap into that potential and make it a reality?

Empowerment was what the horror and terror of slavery stole from us. Today, empowerment can become our agenda, focus, goal, and objective. The power to reclaim empowerment lies within us. No one can heal us for us. No one can heal you for you.

## USE OF THE PERSONAL EMPOWERMENT SELF-ANALYSIS TOOL

As you read this guide, analyze yourself. **Question yourself.** Where do you stand in the noted areas of life? What are your strengths and what are areas that need to be addressed?

As you read along, you will find a quick assessment scale after each segment. **Rate yourself on the scale of 1-5.** The ratings are a key part of the self-analysis.

**At the end of the reading, you will find a tool to summarize and analyze your ratings within each section.** Use this tool to examine your areas of proficiency and those that need work. There is also space for you to record the specific goals and objectives that you choose to commit to.

# Empowered



## Be Empowered

### A Personal Empowerment Self-Analysis Tool

*Now is the time for hope and healing  
Now is the time for concerted action  
Now is the time for transformation*

**BE EMPOWERED!** A Personal Empowerment Self-Analysis Tool is an exploration and guide of what makes an empowered human being. It details key elements, ideas, and ideals to build upon along the journey to become more empowered? **Will you commit to become a wiser, better, happier, more peaceful, and loving version of you?**



# Personal Growth

**H**ow many times have you told yourself in complete earnestness that you are going to be a better person, become more organized and productive, start working out, or that the new healthy diet starts now? Today is a great day for a fresh start, so, take a deep breath, believe that you can transform yourself however you choose, and commit to excellence!

## Are you your own boss?

Habits are choices that each of us deliberately made at some point that then became automatic behaviors that are ingrained in our neurology. Our brains, in the name of efficiency, create habits out of things that we regularly do. The main components of any habit are the trigger that our brains use to go into automatic mode, the routine or behavioral loop, and the reward. By better understanding the nature of habits, you can consciously make better and more intentional choices.

### Understand Habits to Make Better Choices

Rate Yourself - 1 2 3 4 5+

## Who's loving you?

Habits cannot simply be eradicated; they must be replaced. You must love yourself enough to believe that you deserve and can do better. When you love yourself, you start to see the habits and behaviors that are a detriment to your growth and begin to act in your own best interest. Leave behind those negative thoughts that say that you don't deserve more or that you cannot do any better.

### Love Yourself and Believe That You Can

Rate Yourself -      +

## Shall you overcome?

Keystone habits are those that can have the greatest overall positive impact on our lives. Research has shown that willpower is one of the most important keystone habits for individual success. By strengthening your willpower into a habit, a ritual if you will, you will become more self-disciplined and will increase your grit for weathering tough situations. Grit is defined as the tendency to work strenuously through challenges despite failure, adversity, and plateaus in progress. It is a combination of persistence and passion for an objective. The more willpower and grit that you have, the more likely you are to succeed. Focus, meditation, mantras, an accountability partner, or a support group are often utilized to increase willpower and grit.

### Willpower + Grit = A Great Predictor of Success

Rate Yourself -      +

## To whom are you accountable?

Change can be hard. Human support and group involvement is a great way to beat inertia and temptation. Tell someone your plans for personal improvement so that person can hold you accountable for meeting your goals, can celebrate your successes, and can help you learn from your failures. Report your progress to them regularly, and know that the more people with whom you share your goals, the more committed you will be to bring them to fruition.

### Human Encouragement and Accountability

Rate Yourself -      +

## Do you sink or soar?

You must commit yourself to living alternative patterns and behaviors if new and better habits are to be formed, yet know that when you begin the process of forming new and more productive habits that they will be very fragile at first. Do all that you can to avoid backsliding into your old bad habits. By identifying and then eliminating, or consciously controlling the moments when you are most likely to give up on your new habits, you can be effective. Take strides to eliminate temptations or enticements that might lead you astray.

### Joyously Embrace Hard Work

Rate Yourself -      +





## Do you learn from your mistakes?

Giving into temptations is inevitable. Plan for it, accept it, and move on. Treat each failed attempt as a learning experience. What can you do differently the next time? How can you change this outcome to something positive? Life is full of valuable learning experiences that masquerade as failures. Get back up, dust yourself off, learn what you can from each experience, and try again.

### It's Not Failure; It's Growth

Rate Yourself - 1 2 3 4 5+

## Are you in it to win it?

Just keep going. You'll make mistakes, get discouraged, and backslide... just keep going while making needed modifications (or new goals and objectives) based on your experience-to-date. If you remain steadfast, you'll eventually get to where you desire to be.

### Learn, Modify, and Pursue

Rate Yourself - 1 2 3 4 5+

*Only you can create a better version of yourself. Love yourself enough to want better and to do better! Personal growth releases an exuberant feeling into your life, more satisfying than words can reveal.*



# Relationships

**R**elationships are an integral part of our lives and essential to the human experience. Like a flower watered with consistent attention and genuine effort, relationships with family and friends can blossom to be one of the most rewarding aspects of our lives.



*Random acts of kindness go a long way with your loved ones. People like to know that they are thought of. Try sending a "good morning" text to a friend that you know works early, or even a "thinking of you" text to a friend going through a tough time. These small gestures can make the difference in a relationship!*

## Would you be your own friend?

Stay in touch and know that trust and sincerity are the foundations upon which all relationships are built. Friends and family should come to count on you as someone trustworthy, honest, and dependable with good intentions. In any good relationship, there is no room for superficiality, pretense, or shallowness. Become the type of friend or family member you wish to have!

### Stay in Touch; Be Trustworthy and Sincere

Rate Yourself - 1 2 3 4 5+

## Can you hear?

Always take a genuine interest in what others have to say. Cultivate healthy relationships by giving your undivided attention. Be fully present in the moments that you spend with others. Often times we hear someone but don't actively listen to what the other person is saying. To actively listen means you are engaged with what is being shared and are trying to understand the emotions and feelings that are being communicated. Listening is a sign of respect and engagement.

### Take an Interest and Learn to Listen

Rate Yourself - 1 2 3 4 5+

## Do you live in a bottle?

Without consistent care and attention, close relationships cannot last. There is so much that you can share with your friends and family. Share sympathy, encouragement, and praise. Openly give your time, companionship, wisdom, and kindness. Tell your loved ones how much you value them and why they are special to you. These actions are seldom forgotten and often reciprocated. Remember, it's the little things!

### Open Up, Share, and Care

Rate Yourself - 1 2 3 4 5+

## Have you made respect optional?

For many of us it can be difficult, even painful, to realize that a friend, family member, colleague, or partner is not treating us with the respect or courtesy that we deserve. Speak up, and do not be afraid to step away from potentially harmful situations and to remove negative influences in your life. Never submit to any kind of verbal or physical abuse, and always "to thine own self be true."

### Avoid Unhealthy Relationships

Rate Yourself - 1 2 3 4 5+



**A** good life partnership improves all aspects of your well-being—strengthening your health, your mind, and your connections with others. A strong healthy relationship can be incredibly supportive. Because a life partnership is a major relationship investment, the more you put in the more you can get back. These tips can help keep a healthy relationship strong or can repair trust in a relationship that is on the rocks.

### **Are you only talking to yourself?**

Both verbal and nonverbal communication, loving positive energy, and nurturing are essential in keeping couples connected and relating well to each other. Even though you may have a pretty good idea of what your partner needs or is thinking, remember that your partner is not a mind reader. Direct communication is always best. Get in the habit of openly expressing your personal needs. Vocalize your needs and wants!

#### **Never Stop Communicating**

Rate Yourself -      +



### **Is the fire still burning?**

Regular loving touch is a fundamental part of human existence. Studies have shown that affectionate touch actually boosts the body's level of oxytocin, a hormone that influences bonding and attachment. Regular affectionate touch such as holding hands, hugging, or kissing can be an important part of building a lasting and stable romantic relationship. Also, know that stress will characterize your relationship if your partner is feeling unfulfilled sexually.

#### **Physical Intimacy is Important**

Rate Yourself -      +

## Do you nurture?

It is critical in a life partnership to ensure adequate quality time together. You simply cannot allow the stress of children, demanding jobs, and other obligations to push quality time to the curb. Commit to spending time together on a regular basis, doing things that you both enjoy, or trying something new. Without meaningful quality time, communication and understanding will start to erode.

### Spend Quality Time Together

Rate Yourself -      +



## Have you put it in writing?

Establish a solid foundation for your relationship with a detailed and explicitly negotiated written agreement that clearly establishes how parties are to be treated. Use this agreement to detail expectations, to set ground rules and limits, to decide when and whether to have children, and to determine how you will interact with your partner. We use written agreements when expectations are important. What agreement is more important than a life partnership?

### Create a Relationship Agreement

Rate Yourself -      +

## Do you fight fairly?

The key to a strong relationship is to confront conflict and to work towards compromise. In a strong relationship, partners are safe to express things that bother them without fear of retaliation or punishment. To keep a relationship strong, both people need to feel they've been heard. The goal is not to win the argument or conflict, but to resolve it with respect and love.

### Respectfully Resolve Conflict

Rate Yourself -      +

## Are you in the position to love another person?

Love is being firmly committed to aiding another to realize their potential as an empowered adult, and a loving life partner is a tremendous asset for achieving a high level of empowerment.

### Love Deeply, and Know that Love is an Action Word

Rate Yourself -      +

*It is a true blessing to find someone with whom to share this journey called life. Life partnerships are not to be taken for granted; appreciate them! Vocalize your wants and needs to your partner to help ensure a fulfilled partnership. Not in a life partnership, yet desire one? While single, concentrate on your personal growth and become even more empowered. Your future partner will be grateful and will be attracted to your greatness.*





**I**t is tough work raising a child, yet parents, guardians, and caregivers have an absolute obligation to do all they can to ensure that each child thrives. Children need and deserve adults in their lives that are committed to their support, positive development, and empowerment. We all come into this world with a need to be consistently, competently, and reliably cared for. With this need met, we achieve success and flourish. Be the parent you wished you'd had!

### **Is your relationship with your child healthy?**

Assure the empowerment of your child by gifting them with a meaningful longitudinal relationship with an empowered adult (MLREA)—you. Nothing is more important; a child cannot have too many, so surround them with loving grandparents, relatives, and trusted friends. The result will be a child of high character, virtue, values, and life skills.

#### **Gift a Meaningful Longitudinal Relationship**

Rate Yourself - 1 2 3 4 5+

### **Are you dedicated to your children?**

A parenting agreement is a written contract between two adults that constructs the ground rules for how a child will be raised. It details the specific responsibilities of each parent or guardian. Plan for the life of your child by being proactive in defining what each of you will provide your child. It will help you be the parents that your child deserves.

#### **Enter into a Parenting Agreement**

Rate Yourself - 1 2 3 4 5+

### **Do you shower your child with love?**

Love your child more than life itself. Every child deserves to experience love and support. This is how they learn to value themselves and to establish a sense of self-worth.

#### **Love More Than Life Itself**

Rate Yourself - 1 2 3 4 5+



### **Are you committed to your child's future?**

Parents must be willing to make whatever sacrifices are necessary to gain a top quality education for their children. They must be competent educational advocates for their children or successfully find someone else to fill that role. Public schools, charter public schools, the Volunteer Interdistrict Choice Corporation (the busing program), parochial schools, and private schools are educational offerings available in St. Louis. Whatever you want for your child's education can almost certainly be found among these choices. A parent or guardian must find schools where their child will thrive and excel.

#### **Position Your Child for Academic Success**

Rate Yourself -      +

### **Are you teaching your child to settle or soar?**

Your children will most likely do as well as is required of them. If you do not lovingly and consistently communicate high expectations of achievement to your children, then you can't expect it to happen on its own. Know that it is perfectly okay to set standards and to have expectations that exceed those of other parents.

#### **High and Consistent Expectations**

Rate Yourself -      +

### **Have you perfected your listening skills?**

Establish strong and nurturing relationships with your children that include quality and effective communication (as opposed to giving orders) and that involve sharing and active listening. Get on your children's level and really talk to them; don't just talk at them. You will be surprised by how eager your children are to share their private world when they know that you are prepared to listen.

#### **Keep Lines of Communication Open**

Rate Yourself -      +



### **Do you utilize your parental controls?**

Your child's friends are a direct reflection of the kind of person your child will become. Pay close attention to the character of their friends and help them end unhealthy relationships quickly and surely. Unhealthy relationships can kill in a multiplicity of ways.

#### **Control Your Child's Friendships**

Rate Yourself -      +

## Would you like a well-rounded child?

Just because the school day ends at 3:00 pm doesn't mean that your children should be left to their own devices until you get home after 5:00 pm. Keep them out of trouble by enrolling them in afterschool activities that are supervised by responsible and empowered adults. Sports teams, chess, dance, theater, and music are all fun and supervised activities in which your child can engage in and stay busy, as is tutoring and church activities.

### Keep Them Too Busy To Get Into Trouble

Rate Yourself -      +

*Remember, whenever a child lacks something that they need from a parent, they look to find it elsewhere. They are sponges, so ensure they are absorbing the right stuff.*



# Professional

**T**he world has changed, and we are in the midst of a revolution that has radically changed the requirements for workplace success. Today, critical thinking is a requirement for employment. This intellectual revolution has been surging for decades. In America's future, a "strong back and a willingness to work" is no longer enough. Employers are looking for a new kind of employee to fill the positions that are being created by this "thinking work revolution."

## Are you truly employable?

Today, a qualified candidate for a living wage position must be a quality human being with character, virtue, values, and life skills. They must be able to take initiative, possess self-management skills, have a reliable and productive work ethic, embrace change, be adaptable, and be versatile. They must have an analytical mind with the ability to think critically, ask the right questions, and make informed decisions. Employers are looking for workers who have specialized knowledge, specialized skills, and are a one of a kind benefit to the work environment. In today's economy, we are almost to the point that those who work for a living must meet all these characteristics. If not, they will only occupy low wage positions. But remember, it is never too late to acquire them.

### Essential Characteristics

Rate Yourself -      +

## Have you stopped growing?

Consider this—today it is very rare for workers to hold the same job or even follow the same vocation their entire working career. In this new working world, many people will find that they will need to further their education and training as their employment options change and evolve. Because of this, education must become a lifelong pursuit. Education not only creates opportunities for higher earnings and material comfort, but it also helps us to understand the world and how we can create greater meaning and joy for our families, our community, and ourselves. By continuing to educate yourself throughout your life, you are putting yourself in a position to have lifelong success.

### The Importance of Education

Rate Yourself - 1 2 3 4 5+

## Are you looking for your father's job?

The effects of the workplace revolution are a direct result of wealth pursuing the highest return on its investment. Among those who have concentrated real wealth (not the 1%, but the 1/1000th of 1%), national alliances and commitment to the welfare of the citizens of their home country no longer directs financial investment decisions. Most new jobs aren't being created in America, and offshore tax havens have replaced the patriotism of paying taxes. This has had enormous impact on the changing economic structure of American society, as has the Supreme Courts' sanction of the use of unlimited private money to influence elections and public policy. These combined forces have eliminated many manual labor and clerical jobs that have been the backbone of the American middle class. These forces have resulted in a polarization of earnings so extreme that the majority of Americans are now sinking toward poverty. We must do all that we can to ensure that our families and loved ones are provided for, and we need to make, save, and invest money while and when we can.

### The New Economic Reality

Rate Yourself - 1 2 3 4 5+

*By becoming the last employee that you employer would want to lose, you gain income, security, pride and dignity. It also equips you to better contribute to the healing of your community.*





# Financial Literacy

**F**inancial literacy starts with knowing the basics of how to earn, borrow, save, invest, spend, and protect.

Understanding these six principles is essential to achieving a working knowledge of your finances and will help you make informed and effective decisions in your life.

## **Are you getting it while the getting is good?**

Position yourself to earn as much as you can, and know the details of both your paycheck and your benefits. In these difficult financial times, you must be certain to earn what you can while you are able.

### **Optimally Earn**

Rate Yourself - 1 2 3 4 5+

## **Is the payday loan man your best friend?**

Borrowing money is a way to purchase something now and pay for it over time while incurring interest. Sometimes it is a wise investment to borrow for a home, a practical car, education, or an entrepreneurial pursuit. However borrowing for consumption and necessary living expenses most often indicates that difficult decisions are being delayed while your financial health is rapidly crashing.

### **Minimally Borrow**

Rate Yourself - 1 2 3 4 5+

## Will a rainy day wash your savings away?

Open a bank or credit union account and “pay yourself first” by immediately saving a portion of all you earn. Savings are essential to achieve comfort and security in life and in retirement, are essential for investment, and are necessary to successfully handle unforeseen needs and life’s inevitable rainy days.

### Maximally Save

Rate Yourself - +

## Does Your Money Work for You?

The wealth-building potential of regular savings is enormous. Even a small amount of regular savings, combined with the power of compound interest, is an effective means of creating wealth. Why only earn money by working for a wage or salary? Why not save and invest on a regular basis so that your money can work for you?

Investing requires both knowledge and discipline. Many types of investments exist, and we should choose our investment vehicles based on our risk tolerance and our financial goals. Financial vehicles such as savings accounts, certificates of deposit, stocks and bonds, indexed funds, employer provided retirement accounts, and Individual Retirement Accounts (IRAs) should all be considered. Only invest in things that you understand, and never hesitate to seek competent financial planning and investment advising assistance. It is wise to hire competent financial professionals to aid you in wealth accumulation, and remember that wealth accumulation takes time.

### Invest Wisely

Rate Yourself - +

## Who controls your wallet?

To get a handle on where your money is going, it is important to make a budget or plan and to track your spending. Remember that “friends” who encourage needless spending are only “fair weather friends” who probably struggle with their own finances. Family members who want you to provide for them what they won’t provide for themselves (especially while not contributing what they can non-monetarily) require that you insist that they become more motivated and self-sufficient.

### Control Spending

Rate Yourself - +

## Do you believe in protection?

Insurance, wisely bought, can help assure you and your family’s financial security given sickness, disability, or death.

A will and insurance that is tied to a trust can help ensure that you will be able to provide for your loved ones “from the grave.”

### Assuredly Protect

Rate Yourself - +

*Never spend more than you earn and always make intelligent decisions with your finances. Spend consciously! When you circulate money within your family and community, you create wealth, provide jobs, and actively improve your community.*





# Physical and Mental Health

**O**ur failure to critically examine the tragic diet, lifestyle, and abuse of our enslaved ancestors has unconsciously resulted in horrible health in our community. Once aware, we must love ourselves enough to change our behavior. We have the power to dramatically improve our health by living in ways that promote good health. Our amazingly strong ancestors endured hardship beyond belief, simply so we could know today. Surely they want us to value and care for ourselves.

## **What do you feed yourself?**

A healthy diet, which is high in fruits, vegetables, and grains, while low in calories and fats, is absolutely essential for good health, long life, and advantageous weight. It will result in your feeling vastly better, having greater vitality, and improved mental alertness. It also will help prevent all of the major diseases which are contributing to sickness and premature death in African Americans: hypertension, diabetes, and coronary heart disease.

A "soul food" diet was once all that was available to us, yet now it is wise and beneficial to reconstruct our eating habits and our culture.

### **Eat a Healthy Diet**

Rate Yourself - 1 2 3 4 5+

## Cardio or no go?

Being physically active for at least 30 minutes three or more times a week will also significantly improve your health, vitality, and mental well-being. The medical community is in total agreement that regular physical activity is one of the most important things you can do for your health. Fitting regular exercise into your daily schedule may seem difficult at first, but as little as ten minutes at a time is fine. Even the Wii and PlayStation can involve exercise, such as aerobic activity or yoga. The key is to find the best exercise for you, which is the activity that you enjoy, fits within your schedule, and matches your abilities.

### Exercise Regularly

Rate Yourself -      +

## Are you toxic to yourself?

Striving for good health requires you stop the behaviors associated with self-hatred, depression and escapism, which are so very destructive to health.

Smoking is a significant and preventable cause of premature death in the U.S. It is a leading cause of lung and throat cancers and has been linked to bladder cancer, high blood pressure, emphysema and heart disease.

Never use illegal drugs, for a healthy body comes from a healthy lifestyle. Addiction for many is instantaneous with the very first use, so you won't know if it is an instantly addictive drug for you until you try it. Given the horrors of addiction, a brilliant decision is to never try illegal drugs or abuse prescription drugs. Half of the 1,000,000 African Americans currently in prison were convicted of drug charges, and their incarceration negatively impacts all of their relatives and loved ones.

Alcohol use should be minimized as it has many negative effects on our bodies. Heavy and even habitual drinking has links to anemia, increased risk for cancers, cirrhosis of the liver, cardiomyopathy, heart attack, and stroke.

Correctly using condoms is wise for a sexually active person (unless both partners are exclusive to one another and have tested disease free) because they help prevent the transmission of sexually transmitted infections and diseases such as HIV, syphilis, gonorrhea, and chlamydia. Reliable birth control (ideally by both partners) is essential unless pregnancy is being consciously and actively pursued. Today there is absolutely no reason for us to make poor lifestyle choices. It is time for our actions to reflect self-love rather than racial self-hatred.

### Healthy Lifestyle Choices

Rate Yourself -      +

## Does your doctor know your name?

Although eating right, exercising, and making healthy lifestyle choices can greatly reduce your risk of developing many chronic illnesses, it may not stop them entirely. When illness does strike, you can ease its effect on your life by catching it early, which is when it is most treatable. The key to success is to see your doctor or health care professional at least once a year for a check-up, or more often if you have a family history of disease or sickness. Federal law now requires every health insurance policy to provide regular check-ups and normal vaccines, without requiring a separate fee or co-pay. There really is no reason today to fear doctors, and with President Obama's Affordable Care Act, healthcare is now affordable for almost everyone.

### Get Regular Check-ups

Rate Yourself -      +





## Is your mind in shape?

In addition to your physical well-being, you must also take into consideration your mental state. Untreated mental illness can be just as deadly as physical ailments. We cannot allow fear and/or stigma to stop us. The quality of life for far too many is seriously compromised by failure to seek mental health treatment. It was one thing to hold the treatment of mental health in contempt when we could not safely access it, but this is no longer the case. To heal from rape, incest, physical and/or emotional abuse, severe guilt, depression, and racial self-hatred often requires the assistance of a mental health provider.



It is also important, when indicated, that children receive a prompt and full mental health assessment and appropriate treatment. We often fear that our child will be misdiagnosed or that an unnecessary diagnosis is designed to bring financial gain to a public school system. Parents, however, rarely regret having sought competent mental health assessment and treatment for their children; necessary treatment is beneficial and life enhancing. Today, all medical insurance policies must cover the treatment of mental illness, for which you can thank Obamacare.

### **Mental Illness Requires Treatment, Too**

Rate Yourself -      +

*Health is what gives life its zest, its glow, and its energy. We have the power to dramatically improve our lives by making choices that promote good health. Make the most of your "today" and your tomorrow via a commitment to being healthy.*



# Religion and Spirituality

**S**piritually healthy people come from a variety of belief systems (religions) and backgrounds and often find their lives more meaningful and joyful; their days are filled with purpose and passion, and their relationships are more satisfactory and intimate. Most spiritual practices have the same ultimate goal—providing guiding values and morals for our daily lives and connecting with a higher power or purpose that focuses us in positive ways.

### Are you a believer?

Most African Americans are joyously Christian. We were both allowed to and encouraged to embrace Christianity as enslaved Africans in America. Living in America, a country deeply committed to freedom of choice and practice of religion, allows us to live in peace regardless of our religious beliefs.

#### Carefully Consider Religion

Rate Yourself -      +



### Do you live the Golden Rule?

Fortunately, most find that the basic teachings of every religion are greatly similar. "Do unto others as you would have them do unto you," says Christianity. "What is hateful to you; do not to your fellow man. That is the entire Law; all the rest is commentary," says Judaism. "No one of you is a believer until he desires for his brother that which he desires for himself," says Islam. "Hurt not others in ways that you yourself would find hurtful," says Buddhism. "Blessed is he who preferred his brother before himself," says Baha'i.

#### Live a Righteous Life

Rate Yourself -      +

### Do you nurture your spirit?

Some separate religion from spirituality, although most religious persons are and consider themselves spiritual, and most who define themselves as spiritual but not religious report a belief in God. Even those who reject all religion generally believe in expressing love through actions and thoughts. Essentially everyone today recognizes the great value of prayer, meditation, yoga, and communing with nature. They provide us with sacred time apart from the rush of our everyday lives, and these practices can strengthen the connections between our mind, body, and spirit.

#### Get to Know Spirit

Rate Yourself -      +



*Taking time for your religious and/or spiritual well-being is time well spent. For billions of people, faith and religious practice is at the very core of their being and they find peace and satisfaction in their religious practices.*



# Voluntary Service & Time Tithing

**S**ome perform episodic (one-time) voluntary service, but at its core Time Tithing is about consistently volunteering a portion of the time that you control (hours spent not working or sleeping) to on-going community service. When we engage in on-going voluntary service, we begin to see the change that our communities need.

## **Do you take pride in being of service?**

By serving others, you will feel better about yourself and will be more likely to have a positive view of your life and future goals. Service builds social skills and is an excellent way to find new friends. Research reports that it increases happiness, benefits physical and mental health, and results in a longer life.

### **There Are Joys and Benefits of Voluntary Service**

Rate Yourself - 1 2 3 4 5+

## Is money your only incentive?

Just because volunteer work is unpaid does not mean the skills you learn are basic. Studies have shown that those who volunteer often report gaining skills such as communication, project planning, budgeting, and employee management. These skills can be used in your current workplace and/or can help you gain employment. Recent research found that 73% of employers say that they would hire a candidate with volunteer experience over one without, and 94% of employees who volunteered reported learning valuable skills that helped land a job, improve their salary, or gain a promotion.

### Service Strengthens Resumes

Rate Yourself -      +

## Are you motivated enough?

It is important to understand your personal reasons for volunteering. About what are you passionate? What change do you wish to see in the world? Who do you desire to positively impact, and why? Once you have these questions answered, you will find it easier to narrow down the many volunteer possibilities to a few specific choices.

Internet sites like the United Way's Volunteer Center ([stl.unitedway.org/get-involved/volunteer](http://stl.unitedway.org/get-involved/volunteer)), [501connect.com](http://501connect.com), [STLvolunteer.org](http://STLvolunteer.org), and [volunteermatch.org](http://volunteermatch.org) are great resources for finding your perfect volunteer opportunity.

### You Can Find a Great Opportunity to Serve

Rate Yourself -      +



## Will you act to change the world?

The truth of Margaret Mead's famous quote is undeniable. She shared, "Never doubt that a small group of thoughtful committed citizens can

change the world. Indeed, it is the only thing that ever has." Believe in your power to impact positive change, and recognize that a small number of Time Tithers, who share the same passion, vision, conviction, and willingness to act, can and do change the world. So if you have been blessed with the skills and passion to change the world, or are willing to support those who have been blessed to, then by all means don't just think about it—do it!

### Change the World

Rate Yourself -      +

*No one will heal our community for us, and healing is exactly what we need.*



# Finale: Growth, Service, and Secret of Life

**N**ow is the time to transform your life by making positive choices and executing them. You have examined empowerment, and you are now ready to complete *The Personal Empowerment Analysis Tool*, and to set goals and objectives for your transformation.

## Are you willing to transform?

Our daily task, one that we carry with us throughout our lives, is to become better than we were yesterday. Our mandate is to strive to be the best that we can and to grow into our best possible selves. We do this by loving others and ourselves, by being generous and kind, and by taking the actions required to realize our own possibilities. A joy of being human is that we can wake up any morning and choose to recreate any aspect of ourselves.

### Grow as a Soul

Rate Yourself - 1 2 3 4 5+

## Do you spread love?

We are called to gift our time, treasure, and talent to benefit others; we are called to be of service to people in need. Service to others is the ultimate expression of love in action and an essential part of our time spent here on planet Earth.

### Be of Service

Rate Yourself - 1 2 3 4 5+

## Will you embrace your calling?

The secret of life, as reported by grandfather in our beloved short story, "Listen to the Ancestors," is:

*Love begets love, and evil begets evil. And love will always overcome evil when love acts to. Yet evil always acts, while love often waits. Yet a life is just a moment in time without a proper name, while those we enhance or harm, enhance or harm, and enhance or harm for countless generations.*

*Love, love deeply; and know that love is an action word. What good does it do to love if you can't act out love selflessly, nor speak it one to another? Love is the weapon, and dignity is the prize. For the sake of every ancestor who ever lived, and each whoever will be, create a culture of love!*

*Your time is now! Live a life full of joy, love, positive accomplishment, high character, the highest virtue, and exceptional values. It's in your genes; it's the essence of who you are. Empower yourselves with love. Create a healing community of love, and you will thrive beyond your wildest dreams.*

### Practice the Secret of Life

Rate Yourself -      +



# Your Self

## PERSONAL GROWTH

Are you your own boss?	Understand Habits	_____
Who's loving you?	Love and Believe In Yourself	_____
Shall you overcome?	Willpower + Grit = Success	_____
Are you accountable?	Accountability Partnership	_____
Do you sink or soar?	Joyously Embrace Hard Work	_____
Do you learn from mistakes?	It's Not Failure; It's Growth	_____
Are you in it to win it?	Learn, Modify, and Pursue	_____

## RELATIONSHIPS

Would you be your own friend?	Be Trustworthy and Sincere	_____
Can you hear?	Take An Interest and Listen	_____
Do you live in a bottle?	Open Up, Share, and Care	_____
Have you made respect optional?	Avoid Unhealthy Relationships	_____

## LIFETIME PARTNERS

Only talking to yourself?	Never Stop Communicating	_____
Is the fire still burning?	Physical Intimacy is Important	_____
Do you nurture?	Spend Quality Time Together	_____
Is it in writing?	Create A Relationship Agreement	_____
Do you fight fairly?	Respectfully Resolve Conflict	_____
Are you able to love?	Love is An Action Word	_____

## PARENTING

Strong bond with your child?	Gift a Meaningful Relationship	_____
Dedicated to your children?	Enter Into A Parenting Agreement	_____
Showering your child with love?	Love More Than Life Itself	_____
Committed to your child?	Position Your Child for Success	_____
Teaching your child to soar?	Set High and Consistent Expectations	_____
Are you listening?	Keep Lines of Communication Open	_____
Utilizing parental controls?	Control Your Child's Friendships	_____
Is your child well-rounded?	Keep Your Child Supervised	_____

*Will You Choose*

# Evaluation

## PROFESSIONAL

Are you truly employable?  
Have you stopped growing?  
Looking for your father's job?

Essential Characteristics \_\_\_\_\_  
The Importance of Education \_\_\_\_\_  
The New Economic Reality \_\_\_\_\_

## FINANCIAL LITERACY

Are you underemployed?  
Do you use payday loans?  
Ready for a rainy day?  
Does your money work for you?  
Who controls your wallet?  
Do you believe in protection?

Optimally Earn \_\_\_\_\_  
Minimally Borrow \_\_\_\_\_  
Maximally Save \_\_\_\_\_  
Invest Wisely \_\_\_\_\_  
Control Spending \_\_\_\_\_  
Assuredly Protect \_\_\_\_\_

## PHYSICAL AND MENTAL HEALTH

What do you feed yourself?  
Cardio or no go?  
Are you toxic to yourself?  
Does your doctor know you?  
Is your mind in shape?

Eat A Healthy Diet \_\_\_\_\_  
Exercise Regularly \_\_\_\_\_  
Healthy Lifestyle Choices \_\_\_\_\_  
Get Regular Check-ups \_\_\_\_\_  
Stay Mentally Fit \_\_\_\_\_

## RELIGION AND SPIRITUALITY

Are you a believer?  
Do you live the Golden Rule?  
Do you nurture your spirit?

Consider Religion \_\_\_\_\_  
Live A Righteous Life \_\_\_\_\_  
Get to Know Spirit \_\_\_\_\_

## VOLUNTARY SERVICE AND TIME TITHING

Enjoy volunteering?  
Is money your only incentive?  
Are you motivated?  
Will you act to change the world?

Joys of Voluntary Service \_\_\_\_\_  
Service Strengthens Resumes \_\_\_\_\_  
Find Opportunities to Serve \_\_\_\_\_  
Be Change In the World \_\_\_\_\_

## FINALE: GROWTH, SERVICE, AND SECRET OF LIFE

Do you choose transformation?  
Do you spread love?  
Embracing your calling?

Grow As A Soul \_\_\_\_\_  
Be of Service \_\_\_\_\_  
Practice the Secret of Life \_\_\_\_\_

*to Transform!*

*Total*





# Your Resolutions

We know that nothing happens until someone does something. And you must be the someone who does something in order for you to grow in empowerment. So, why not set five resolutions and then decide that you have declared them to be rituals — and so it is.

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