



ALLOVEME **EMPOWERMENT** CHAT – June 2022
“EMPOWERED WOMEN EMPOWER WOMEN”
RESOURCES

WAYS TO EMPOWER OURSELVES

GIVE OURSELVES PERMISSION TO:

SAY NO. As people pleasers and caretakers, we sometimes do not know how to say NO. No is liberating and powerful. Knowing when to say NO is key. Release all things that do not serve you or no longer work for you.

SAY YES. We often put ourselves last on the list of who gets our time and attention. Say Yes to yourself, yes to your health, yes to your future and yes to your happiness. Dr. Thema Bryant offers this as HOMEwork: Write vows to yourself. Make a commitment to YOURSELF going forward from today and for the rest of your life.

REST. We can feel like if we aren't always doing something that we are wasting time. There is power in rest. Time to yourself, to reflect, to rejuvenate, to enjoy, and to breathe.

EXPRESS OURSELVES. *“Being able to express how you feel in a poem, song, dance, prayer or journal entry can be clarifying and empowering.”* Dr. Thema Bryant from the book HOMECOMING.

BE VULNERABLE. Risky, yes but we need to take the chance so we can find out where and with whom we are safe.

SPEAK OUR TRUTH – Refuse to be silenced. We speak truth with CARE and TACT.

KNOW OUR TRUE ANSWERS TO THE 4 SOUL QUESTIONS

- ♥ **WHO AM I?**
- ♥ **WHAT DO I WANT?**
- ♥ **WHAT AM I GRATEFUL FOR?**
- ♥ **WHAT IS MY PURPOSE?**

ONLINE RESOURCES:

[SistersInc. - Black Enterprise](#) Black Women Entrepreneurs

[Home | BlackWomenEmpowered](#)

[I Am African & I Can-Black Women's Empowerment Blog \(iamafrikanandican.com\)](#)

Mental Health Resources (see our website for additional information [Resources | ALLOVEME](#))

[The Homecoming Podcast with Dr. Thema on Apple Podcasts](#) A mental health podcast to empower people to make the journey home to their authentic selves.

[MHA Screening | Mental Health America \(mhanational.org\)](#) for you, your children, and family members.



WAYS TO EMPOWER EACH OTHER

[The Magic in Empowering Black Girls | Taria Pritchett | TEDxWilmingtonLive - Bing video](#)

[Black Women Empowerment - Bing video](#)

[Black Women Validating Each Other Is So Powerful \(msn.com\)](#)

Vow to Respect Self and Respect Others.

SPEAK to one another – Do not let your brother or sister cross your path without acknowledging them.

Share your stories with those you know trust and love you.

Avoid & Diffuse unnecessary confrontation. Don't waste or deplete your positive energy.

Develop and Maintain healthy boundaries in relationships – it empowers you and them.

Connect with us – info@alloveme.org

STRAIGHT FROM THE CHAT

From ALLOVEME Ladies: Ways to Empower Ourselves and Each Other

Forgive yourself for past mistakes.

Keep pushing forward.

Know that you are enough!

Forgive, educate yourself. Listen and share with others.

Talk to one another, and listen.

Encourage, support, laugh with one another.

Give each other that space to talk.

Notes, Songs. Believe in yourself.

Educate yourself. Education empowers the willingness to learn and grow.

Look at the whole picture and not judge people.

Love yourself so you can love others.

Know your worth.

More comments...

So proud of ALLOVEME and what all of you do! Glad to be a part of such a positive and empowering group.

Hairstyle looks great on you Ms. Claudette.

Yes mam God will bring you back to get the lesson

Preach Rhonda!

Congratulations on the award, ALLOVEME!

Great chat ladies and as always we love you and appreciate your support.