

5 Ways to Empower Yourself

LEARN

Life is a series of experiences – be it a sport, a craft, an art, or an application of a skill. Our responsibility is to integrate those experiences into learning lessons.

WORK

There is dignity to work. Putting yourself into your work means you are applying what you know to what you can do. There is a satisfaction to labor, a job well done.

CONNECT

Loneliness is so widespread that it has become a health condition. Too many of us lack connection with others. We create connections that build community, a place where we feel we belong.

LOVE

Without love, our lives would be empty. We need it to enrich us as we, in turn, use it to enrich others. Love powers our ability to serve.

SERVE

Service is fundamental to our humanity. You serve yourself through learning, connecting, working and loving. Doing so puts you in a position to serve others.

What you do with these five words will empower you to define how you want to live your life. Choose wisely to make a positive difference for yourself and others.

