

*Judy H. Wright*



*47*

*Steps To*

*EmPOWERment*

# 47 Steps to EmPOWERment

with Judy Helm Wright

She will walk the steps to your power

*With you*

In a community of sharing, support and synergy

“Empowerment” refers to **increasing** the spiritual, political, social or economic strength of individuals and communities. It involves the empowered developing confidence in their own capacities as they remember their destiny and fulfill their dreams. Plug in your power today.



**P.. passion in what you do**

**O.. own your choices**

**W.. what do you *really* want**

**E.. enjoy the people around you**

**R.. recognize your successes**

[www.EmpowermentWithJudy.com](http://www.EmpowermentWithJudy.com) is a global community of sharing, support and synergy. As you join this community you will be not empowered *by* Judy, or *for* Judy but *with* Judy. We will walk life’s journey *together*...step by step.

Please sign up for a no obligation Free 15 minute consult with an empowerment coach at [www.EmpowermentWithJudy.com](http://www.EmpowermentWithJudy.com) today. You will always be glad you did.

# Greetings to you wherever you are in the world

We are all more alike than we are different. We share a common bond of personal development and self improvement whether you are in Montana or Moscow.

Thank you for finding this online global community and being in a place in your life where we can share and support each other on this incredible life journey. The 47 steps listed here are just samples of the wonderful path we will take together as you make a decision to empower yourself and fulfill your destiny.

Please stay open to the wisdom offered you. Take what you need. Some may appear too touchy-feely or have spiritual overtones which will trigger reactions from your past experiences. Suspend judgment and be open to what may be right for you now.

I come from no religious viewpoint and have no desire to convert anyone to anything. I dislike being told what to believe and how to behave so I did not offend “their” rules.

My goal is to empower you to make wise choices in your life that will bring you joy and contentment. This may be the first time in your life you are given permission to choose what to believe and how to shift your past subconscious beliefs into something that will serve you better in the present.

In our community at [www.EmpowermentWithJudy.com](http://www.EmpowermentWithJudy.com) you will find many venues and offerings that will be just right for you. Private mentoring, membership sites, mastermind groups, tele-seminars, books, info products and much more are waiting for you..

You have the power to decide what is right for you and when. Enjoy these 47 steps. You don't have to climb them all at once. Remember that you are never alone. I am here to walk with you. This journey is one of support, synergy and success for everyone.

*Judy Helm Wright*

- 1. Believe You Are Special!** As an infant, you were whole in spirit and filled to the brim with potential. It never even occurred to you that there was such a thing as failure or disappointment. You went for what you wanted with enthusiasm and joy. Your self-esteem is not founded on the approval of others. The respect you desire is from within. Even if no one else is applauding and encouraging you (please know that I am your advocate) you have unique gifts and talents. You have something valuable to share with the world that no one else can contribute. Are you special? You bet you are!
  
- 2. Know Who You Are - Spirit and Soul!** You will recognize the truth when you are re-introduced to it. When the dream you had as a child is re-kindled, it will sound familiar and feel right in your body, mind and soul. There are many souls in the world, with a divine spirit that connects and sustains us.
  
- 3. Stay Open To Possibilities.** A chance meeting, an overheard conversation on a cell phone, an article in the paper and suddenly *Bang!* there it is; the very thing or person you have been searching for. When the student is ready, the teacher and answer appear. If your fist is clenched around a dollar bill so tight that I cannot pull it out, how can I give you a hundred dollar bill or a thousand dollar bill? If you are in a state of non-acceptance, it is difficult to see opportunities and possibilities.
  
- 4. Make Sacred Choices.** A sacred choice is a private and soul touching one that will empower and support you. Most people spend more time planning a vacation than planning their lives. The greatest factors in happiness and contentment are the choice of your mate and the choice of your career. Make very sure they help you to be the best person you can become. .

- 5. Sow Positive Seeds In The Garden Of Your Mind.** Our minds are very fertile ground waiting for the seeds of ideas to germinate and bear fruit. When negative seeds are planted, not just one negative thought is harvested, but multiple. In order to counteract negative self talk and doubt, you must plant positive thoughts each day. You do this with positive affirmations and acknowledging all the successes you have now. Set intentions daily and start to notice all the things you do that help you move forward. This helps you to remember how smart and strong you really are. It is important for you to remember that the seeds planted in your mind today may not sprout and bloom right away. It may be some time before you see the fruition of all your dreams, intentions and effort. All things will happen when they are supposed to happen. The important thing is to keep your intentions clear to allow them to continue to grow and bloom.
- 6. Share Words of Gratitude.** The more grateful you are, the more you have to be grateful for. As you strive to count your blessings and express gratitude, you will find that more and better things come your way. Is it that you have more or that you are more observant of what you have? Say “Thank You” often to clerks, family, co-workers and yourself. You are learning how to take care of you.
- 7. Create Shifts In Your Belief System.** Change your thoughts and change your life. The events of life happen, and even though events cannot be changed or altered, we can re-frame the life lesson to serve us better now. Even if you just take a second to stop your current thought and ask yourself the empowering question; “What am I actually thinking?” Now ask yourself “What else could I be thinking?” Take time to examine why you believe what you believe. If old patterns of belief are no longer serving your highest good, then shift them to something that is beneficial to you. You will find instructions and examples of doing this at [www.EncourageSelfConfidence.com](http://www.EncourageSelfConfidence.com)

- 8. Shake-It-Off With The Power of Resiliency.** Look at the world of animals and how they handle life after a conflict. They shake their muscles to release any pent-up anger and hostility there. They do not want the anger to lodge in their cells. They want to be free to fight again, if necessary. Shake your arms and hands right now. Are you more relaxed?
  
- 9. Practice Self-Soothing Techniques.** As a parent educator and family coach, I teach families to assist each other in self-soothing methods. There are many ways that are not harmful or destructive that make it possible to calm down and regroup after a disappointment. Some of the ways you may use can be with music, silence, sleep, or perhaps a favorite old shirt or blanket that says “You are safe and it will be okay.” If you have panic attacks, there is an incredible program at [www.AnxietyAndFear.org](http://www.AnxietyAndFear.org)
  
- 10. Trust Support Groups Over Self-Pity Parties.** It is great to receive practical information and learn new strategies from others who have “been there and done that.” These groups can help you to find solid ground again. But be cautious when the main agenda is to tell and re-tell and wallow in the old story, leaving no room for the new and improved version of your reality.
  
- 11. Spend Your Money Wisely.** You are the determining factor in how you will spend each dollar in your wallet. When you give that power to the financial guru, the salesclerk or the splashy sales letter on the Internet, you are becoming dis-empowered. Once that dollar is gone, it is gone forever. You are a smart person, be wise with your spending. It or something even better will be there tomorrow. Many of the clients who have worked with me admit that they have given their power over to credit cards and stuff. Buy less stuff and you’ll be rich is once again the adage of true happiness, by giving up what you really want (a secure future) for what you want right now (a new pair of shoes).

- 12. Sing or Whistle Out Loud To Be Happier.** When you are being vocal or singing out loud, you are not listening to the negative self talk in your head. You are giving the overwhelming list of things to “do” a chance to move to the background for a few minutes. Who knows what solutions you may come up with when you are a little more relaxed. My father always said “A man who whistles or sings makes at least two people happy - me and him.”
- 13. Ask Yourself Super Empowering Questions.** Instead of beating yourself up when you make an incorrect choice, try giving yourself more power to act differently next time. Instead of “Why did I do that?” ask “What did I learn from doing it that way?” Ask yourself “How can I do that successfully next time?” This is much more empowering than “Why do I always screw up?” If you would like a free ebook I wrote about the power of words, claim it now at [www.UseEncouragingWords.com](http://www.UseEncouragingWords.com).
- 14. Stumbling Blocks - Go Over, Around or Under Them.** We all face hurdles in life. The journey we are on is filled with potholes, bumps and detours. If we get stopped by stumbling over the pebbles in the parking lot, we will never find a way to climb the mountain. Life is full of good-byes. We mourn each loss, no matter how big or small and keep going. Just like a physical wound takes some time and special care to heal, so does a block to our energy. Be determined to move forward as quickly as you are able. Determine how to make each stumbling block into a life lesson and keep going. The Universe rewards action.
- 15. Signal With Non-Verbal Language.** Clients ask me frequently what they can do to discourage time stealers or negative people who gobble up their time and power. In order to be empowered, you must send out the message you really mean to send. People read body clues before they hear the words. Look at

your watch; walk them to the door, cross your arms, or lean back to indicate their time is up. You will learn a great deal more at [www.CreateAConnection.org](http://www.CreateAConnection.org).

- 16. Set The Timer! Get More Done.** When you are working on a project, you need blocks of time to really get in the flow of inspiration or consistency. Interruptions break up the flow of concentration and fragment your attention. Work in chunks of time. If you know that you can check your email after you get the letters out, you will focus on completion before the timer goes off. It is silly, I know. But it works.
  
- 17. Spend Time Wisely.** Time is money, and when it is gone, it is gone. It has been estimated that the average worker wastes at least 90 minutes a day getting coffee, visiting, complaining etc. If you were your boss, how would you feel about that? Give and get good value on your time. Oh yes, by the way, you are your boss. Someone else may sign your paycheck but you control the quality of your work.
  
- 18. Seventeen Minutes A Day And Your Book Is Done.** My first book (I have written over 20) was done in 15-minute chunks. Instead of wasting time at the water cooler, I made notes. While the potatoes were cooking, I did an outline. You can, too. I believe in you. Give yourself a minute to set your intention, 15 to write and a minute to set your intention for your next session. Have you always wanted to capture your life story or write a memoir of a family member? Great information at [www.MontanaStoryKeepers.com](http://www.MontanaStoryKeepers.com).
  
- 19. Choose Today** Have you always said that someday you would travel, start a business or develop a hobby? Are you waiting for divine permission? What are the steps you can take today to make your journey to *Someday* go faster? As you begin to grow, you will notice that you no longer want to be around toxic, negative people. You can choose. As you become more aware, you will be

drawn to those that are more uplifting and supportive of your dreams and intentions. We have a number of mastermind and membership sites that are designed to support like minded people. Contact me today to schedule a 15 minute free consultation. The Universe rewards action. Move toward that dream today.

## **20. Stop Thinking or Feeling That You Are Less Than**

**Anyone or Anything Else.** You are exactly who you are supposed to be right now in this instant. It doesn't mean that you can't change and become better or worse. But you are as good as anyone else. Everyone has insecurities and fears. They are just different. Some can speak in front of 5,000 people at a minutes notice, but put a checkbook in front of them and they get sweaty palms. You may be excellent at managing people, finding new ways to save money, keeping your house in order or remembering birthdays and sending cards. You have your strengths and individual talents that add to the wonderful mix of humanity.

## **21. Say YES To Receiving.**

When you receive a compliment, accept it. When a friend offers to help, allow it. When a clerk at a store offers you a sample, say "Thank you" with such enthusiasm the Universe will know that you enjoy receiving gifts and more and more will flow to you. Sign up for every drawing in the grocery store. Buy a ticket for the raffle at a fund raiser. You may or may not win, but you are taking action that shows you are open and appreciative to receiving.

## **22. Say NO To Being Used.**

Practice saying this phrase; "That just doesn't work for me." Say it over and over again until you start to believe that you have the right to set boundaries and have a life of your own. It may take some time for others to believe you, because you have caved to their demands and requests before. No is a complete sentence. You probably don't like to tell people

something they don't want to hear. It is in your best interests: physically, emotionally and mentally to say NO when you would be overloading your own schedule. Others may be unaware of your situation. But you are taking your power back so - "That just doesn't work for me."

**23. Do Not Apologize When You Are Not Wrong.** I used to assume that other people's time, wisdom and experience were more important than mine. As I have grown in authenticity and empowerment, I have come to realize what I have to offer has value and importance and that I have the right to share. However, if you were wrong, then it is empowering to ask for forgiveness. If you do not reconcile a rift in the relationship, it tends to fester and grow worse. There is great power in forgiveness.

**24. Assume Leadership.** Some of the most empowering lessons I have learned in life were by watching the interactions of animals on my parents' farm in Southeastern Idaho. Sheep are stupid and will starve rather than brave a new trail. There is a wonderful article about what sheep taught me on my blog at [www.EmpowermentWithJudy.com](http://www.EmpowermentWithJudy.com). Growing up around animals has given me insight into why humans do what we do and why we do it. Each one of us influences others and needs to be willing to lead more authentic and empowered lives.

**25. Live Your Uniqueness!** Just like snowflakes we are special, separate, and individual from one another. And yet....we are all united and linked. Yes, you are an individual particle of the larger snowfall of humanity. We are all inter-connected and inter-dependent. We are more alike than different.

- 26. Sandwiched In The Middle.** My contemporaries are called “The Sandwich Generation” because we were parenting our parents at the same time we were parenting our children. But, the reality is that you will always be torn by choices. Rarely are they between good and bad, but more often between good and really good or good and okay or good and pretty darn empowering. Choose to join our community of empowerment today. You will be so glad you did.
- 27. Sometimes Bad News is Good News.** If I had a dollar for every person who told me that his or her divorce, firing, move to a new place, betrayal of friendship, embezzlement or physical issue was the worst thing that ever happened I would be rich. And I would also be rich if I had a dollar for all of those who then told me it turned out to be a blessing. Many did not realize how strong they really were until they hit the low spot in the road.
- 28. Snap Out Of It - Eventually.** Did your parents ever say snap out of it to you? How ridiculous to assume a child or adult can go from sorrow to smiles just because someone with more power and authority tells them to do it. It takes time to snap out of it. Just commit to finding your safe space, ask for what you really need and know that this too shall pass. If you are looking for guidance on making a more balanced life, check out my eBook at [www.BounceBackFromAnything.com](http://www.BounceBackFromAnything.com).
- 29. Speak Kind Words.** When others around you are “dishing the dirt” it is a temptation to listen or join in. My mother, who was a very wise woman taught us; “If they gossip *to you* about someone else they will also gossip *about you* to someone else”. Make sure you spread only the good words and kind thoughts of others. The less you judge or try to control, the more empowered you become.

- 30. Solve Your Own Problems.** Empowered people do not want someone to solve their problems. They want to be able to help themselves with a little guidance and direction. Empowered people recognize that everyone has talents and tools in different areas. Gather information, look at different solutions, and then solve your own problems.
- 31. Commit to Self Growth and Personal Development.** You are the only one who can control your confidence and empowerment. If you *really* want to be in a position to skyrocket your life and fulfill your destiny, then you need to make a choice and a commitment to take action. You will find assistance and guidance at [www.EncourageSelfConfidence.com](http://www.EncourageSelfConfidence.com).
- 32. Establish Yourself As A Business.** It really does not matter who signs your paycheck, you work for yourself. You are the CEO and the janitor. Your business is to make the very best version of you that is possible. As you become more confident and empowered you will witness that you alone are in charge of your future. Every profitable and successful business has a plan, have you set yours up yet?
- 33. Some Will Like You, Some Will Hate You.** Out of every 10 people you meet, 4 will immediately like and accept you, 4 will be on the fence and withhold judgment until you have proven yourself and your intentions, and 2 will dislike you no matter what you do, say or offer. It is an irrational, subconscious belief that they may not recognize. Let them go and concentrate on the four on the fence. Bill Cosby said “I don’t know the key to success, but the key to failure is trying to please everyone.”

**34. Stand Tall. Good Posture Shows Leadership and Authority.**

Posture is an attitude, a conviction and a nonverbal cue that you know where you are going. Standing or sitting with your shoulders back and your chest open indicates that you are approachable, but also an authority to be reckoned with. Do what your mother told you and stand up straight. Your body language is sending out signals whether you realize it or not. For more information on body language and nonverbal communication, check out [www.CreateAConnection.org](http://www.CreateAConnection.org)

**35. Own Your Salesmanship!**

Nobody enjoys pushy sales people, yet we all sell all day long. As a parent educator, I am selling a philosophy of child rearing that is kind and respectful. As an empowerment mentor, I am persuading you to sign up for a free 15 minute consultation. As a spouse you are selling the idea of what to have for dinner tonight. As a co-worker, you are selling your ideas of how to systemize the work. As a leader you are selling or persuading others to go forward towards a goal. We are in the middle of persuasion constantly; we might as well learn how to do it well. Empower yourself to gain the skills to get your idea or product into the hands of those who will benefit.

**36. Share Your Time, Talent and Treasure.**

At different periods in your life you will have a shortage or abundance of one the three T's of life; time, talent and treasure. As an empowered person, you will want to choose wisely which of them you can contribute to the community and causes you believe in. It will vary from project to project as well as be dependent on your life circumstances. It is your choice and you must make the decision knowing that at another period in life, you may be free to share more.

- 37. Stick With It - Be Consistent.** Once again, my wisdom comes from experience and observation. It is easy to quit, to stop just short of your goal because you are not sure how much more you can do. When I reconnect with a group of friends; many more intelligent, well financed and creative than I am, who started their own online business five years ago, most have quit. Was it stubbornness that kept me going, when financial and creative rewards were hard to come by? It was challenging, but I just kept taking tiny steps forward. My friends and colleagues admit that they didn't want to give up what they wanted right now for what they really wanted. How do you know if you really want it? Because if you want it bad enough you will never give up.
- 38. Suspend Judgment Of Others.** As you grow in empowerment, you will find yourself focusing on what is right, rather than what is wrong. If you think of yourself as an observer rather than a judge, you will remain neutral and unattached to the results. This skill will benefit you in your life journey as well. You will find that as you suspend opinions, evaluations, assessments, criticisms, rules, rigid boundaries of right and wrong you will not only feel lighter but more empowered. Let it go. Truly let it go. Everyone is on their own journey.
- 39. Shape Your Own Destiny.** Do you feel you can only earn as much as your most successful mentor or adult in your life? Do you sometimes think that you are destined to be a certain way because you didn't have the schooling or opportunities to do anything else? You are the captain of your own ship. You and you alone get to shape your destiny. Chances are great that you are worth much more than you are being paid. You are so much smarter and stronger than you think you are. You have talents and skills inside of you that have not even been discovered yet. These golden nuggets are waiting to be discovered or rediscovered if you have given your power away for most of your life. Go for it. I have confidence in you.

- 40. Self-Fulfilling Prophecy - Pygmalion Effect.** People tend to live up to what is expected of them and they tend to do better when treated as if they are capable of success. If you were labeled clumsy as a child, every time you slipped or tripped, you would say “Yep, I have always been clumsy.” This is why it is important to give yourself positive affirmations. Self fulfilling prophecies are powerful and real.
- 41. Students are Ready and Eager To Learn.** We are all here on this earth to learn and to teach. I firmly believe that when you are in a situation or relationship where you have learned all you can learn and taught all you can teach, you have an obligation to move on so others can learn and teach. All of us have weakness or areas that need assistance. The important idea is to determine which one or more of your skills and talents that are improvable. If you are beating yourself up because you feel you are not good at bookkeeping, if it is something you would enjoy doing, then find a teacher. If not, then find someone who not only knows how, but enjoys bookkeeping and hire them. Your responsibility is to take your passion, dreams and intentions and to parlay them into the highest possible achievement.
- 42. See The Good In Others and In Yourself.** Focus on the positive. Look and support what the others who are around you are doing right and they will naturally want to do more. When you are appreciative and grateful for the world around you, you build a network of kindness. What you focus on, you will get more of in your life. So focus on the positive.
- 43. Secrets of Feeling Important.** Look at what brings you the greatest moments of joy and a peace in your heart and then do more of those things. Do you feel important when you are trusted? Or in a position of leadership? Or serving others? Or teaching? When you look back on your life, when was it that you felt the most powerful and in “the zone.” I have a wonderful free report for

you on how to determine what makes you and other feel important. Please accept this as my gift to you. Claim it at [www.MakeMeFeelImportant.com](http://www.MakeMeFeelImportant.com). You will be glad you did.

**44. Speak Your Truth.** Every time you keep your word your self esteem and confidence soar. Don't make promises you cannot keep. But keep doing what you say you will and soon you will recognize yourself as a speaker of truth. As a parent educator and personal historian, I have been struck by how harmful a lie can be to someone's life. Secrets can make you sick and not speaking your truth becomes a secret which takes too much of your energy to keep it buried. Because of these experiences, I wrote a wonderful eBook called "Cancers of Character." You will find it at [www.CultivateCharacter.com](http://www.CultivateCharacter.com).

**45. Success Habits.** Research and common sense tells us that 90% of all our behavior is because we are creatures of habit. Choose two bad habits and replace them with new, productive habits that will support you in living your dreams and fulfilling your destiny. Small changes reap big rewards.

**46. Save Space.** Where is your sanctuary, your warm and nurturing spot where you can re-group, recover and feel protected? Each of us must construct this little safe spot either in our physical surroundings or in our mind. We all need a place to just be. Ideally, it will be in your home and especially in your bedroom. What would make that space more sacred and special for you?

**47. Serendipity And Coincidence - You Are Very Lucky.** When you realize how fortunate you are to be right here, right now, holding this paper and reading these words, you will be amazed. Out of the billions of people in the world, you have been drawn to this message. The truth of what I am saying resonates with your soul and spirit and you want to know and do more. You are so blessed to be at a place in your life that you are open to growth and self

development. You want something more and are searching for those who will support you on this incredible journey. Take my hand; I have confidence in you and your ability to be an empowered and powerful person. You are not meant to do this alone.



I hope that you have made the decision to join our community of like-minded people who want to support you on your journey to empowerment and dream fulfillment.

Sign up today for your FREE 15 minute consultation with an empowerment coach and let us walk this journey together.

I have confidence in you and I am eager to walk and talk with you.

*Judy Helm Wright*

[www.JudyHWright.com](http://www.JudyHWright.com)

[www.ArtichokePress.com](http://www.ArtichokePress.com)

[www.EmpowermentWithJudy.com](http://www.EmpowermentWithJudy.com)

About [Judy Helm Wright](#) and [www.EmpowermentWithJudy.com](http://www.EmpowermentWithJudy.com)



### **Bio for Judy H. Wright**

Judy is a noted author, life educator and international speaker. You will find her workshops, books and articles empowering and filled with interaction and laughter. She will help you to discover “the God within” and open your life to a wider range of possibilities, options and new adventures.

Judy is a parent educator, empowerment coach, and well respected personal historian who has written more than 20 books and many articles and speaks all over the world on empowerment issues.

She and Dwain, her husband of 40 years, have six grown children and nine grandchildren. They consider their greatest success in life that their children like themselves and each other.

The symbol of the artichoke has great meaning for Judy in her teaching and writing. “Auntie Artichoke” is a honorary title given to her by friends from other cultures. Auntie means a wise woman who loves unconditionally.

As she works with families, she sees that frequently only the outer edges are exposed and they can be prickly and sometimes bitter to the taste. But, as you expose the artichoke and people to warmth, caring, and time, gradually the leaves begin to open and expose the real treasure—the heart.

The artichoke also became a teaching lesson when Judy, with her young family, moved into military housing in California to find Artichokes in their yard. Given that it takes two years for the herb to flower, the original gardener never got to see the seeds of her labor. Many times, our actions and reactions in life are felt by people we will never meet, but we plant the seeds of kindness anyway.

You will feel inspired, entertained and especially motivated to live your life more abundantly after an encounter with Judy, whether in person, a tele-class or through the written word. Sharing time with her has been likened to having a cup of tea with a wise Auntie who wants the best for you and yours.

Visit Judy's website [www.ArtichokePress.com](http://www.ArtichokePress.com) for excellent references and a full listing of books, topics, past clients and testimonials.

At [www.EmpowermentWithJudy.com](http://www.EmpowermentWithJudy.com) you will find a community of like minded people who enjoy and participate in:

- A free Self Awareness Quiz on Empowerment
- An ezine or newsletter filled with information, solutions and stories about others who are on this journey of empowerment.
- Announcements of tele-classes and radio shows available for your enlightenment and enjoyment.
- Discounts on books, products and recommended resources from Judy H. Wright
- Membership sites where you can share with confidence in a small group setting.
- Mastermind Groups-Select groups of participants who want a fast track to success.

Join us today at [www.EmpowermentWithJudy.com](http://www.EmpowermentWithJudy.com)

You will be glad you did.

Take the steps today to bring you the tomorrow of your dreams.