



PRINTABLE “EMPOWERED LIFE” CARDS

By EmpoweredMebyHT

PRINTING YOUR CARDS

Print with an Inkjet or Laser printer. First and foremost, check to see the thickest your printer can handle before starting. Do a test print with regular paper first to see the final look. Then experiment with a few different types. We recommend printing them on coloured paper using thick paper or card stock between 160-240gsm+ (60lb-90lb+). You can use paper with your favorite color and texture. I recommend Astrobrights brand 65lb Champagne and White Silver. Alternatively, you do not have to use color ink. The cards are classy and professional when you only use Black Ink. The choice is yours!

NO PRINTER AT HOME

Please save the file on a USB drive and take it to your print shop. Alternatively, you can email them the file. They will have a wide range of paper types for your selection. Most print shops will cut the cards to size.

DISPLAY

Cut them with scissors or a paper cutter. Then display them on a vision board as a reminder of what you need to focus on for the day. You can even carry them with you as part of your development journey. You can get creative and use a corner hole puncher. I use Kadomaru PRO.

BOX

The cards are 13 by 9 cm. If you don't keep the cards on your vision board, we recommend storing them in a small gift box. They are your guide to your self-empowerment journey. Thank you for supporting our little shop. We wish you a day that matters.

Please share your experience by posting it on
<https://www.etsy.com/ca/shop/EmpoweredMEbyHT>

NOTE: Printable EMPOWERED LIFE cards are for personal use only, not to be redistributed or resold without permission.

LOVE

Love is one of the few things that will increase in value when you give it away.

You grow and intensify love by giving more. And the love must be unconditional. But it must be reciprocated by the person you are giving it to. Otherwise, unrequited love only leads to an empty relationship.

*Fuel Your Soul with
Love!*

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MY LOVE

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INSPIRATION

Live an inspired life.

Be "the inspiration" for someone else. Do not wake up holding your breath in anticipation of being inspired. Do not wait for something to make you tick.

Wake up every day, happy to explore. All you need to do is reach into your mind and create magic.

Live To Inspire!

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MY INSPIRATION

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VICTORY

Do you hate your scars? Do they make you cringe in disgust?

It depends on how you choose to see them. You can see those scars as spoils from battles—the battle against pain, against fear and circumstances that overwhelmed you.

See them instead as trophies from wars you fought and won. See them as countless victories.

Embrace the Stories of Your Scars!

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MY VICTORY

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VULNERABILITY

Perfection is a hard taskmaster.

It is constantly offloading burdens of unrealistic expectations and urging us to believe that we can only be accepted when we have done everything right.

We must break free from its grip and embrace vulnerability. We must learn to be comfortable with who we are at all times while we desire to improve.

To Feel Is to Be Vulnerable. Embrace It!

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MY VULNERABILITY

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INTENTION

Ikigai: Japanese concept for “reason for being” Ask yourself these questions:

- 1. What do you love to do?*
- 2. What are you good at?*
- 3. What does the world need that your skills can fulfill?*
- 4. What can you do and get compensated for?*

*Find Your Purpose with
A Passion!*

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MY INTENTION

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NON-NEGOTIABLES

“No exceptions rule” means you have a list of non-negotiables: your beliefs, values, integrity, family, and other identity-based factors. Take a non-negotiable oath of always committing 100%.

Commitment reflects your integrity. Make it count. Imagine if a pilot committed to fly the plane 99%, or a doctor who commits to surgery 99%? Set your measurement of achievement and stick to it.

Never beg for anything!

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MY NON-NEGOTIABLES

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GIVING

*Life is about loving and sharing.
It's about lighted faces and
broad smiles.*

*It is about the cheer that comes
from sharing hope through your
gifts. Do not believe for a second
that you do not have anything
to give. Instead, take from that
which you have and share. That
is the heart of giving.*

***Give without
remembering!***

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MY GIVING

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ATTITUDE

*Many times, we are not aware
of how much power lies in our
hands. We do not realize that
we are in control of how we
respond to life's threatening
waves.*

*Learn to stay encouraged,
always. Fight back when things
are tough and enjoy every
fleeting moment of pleasure.*

Enjoy life!

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MY ATTITUDE

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AUTONOMY

Having autonomy means self-legislation. While we are crowded by noise, we must not lose ourselves to it.

Wake up each day convinced that your opinions are indeed yours. Confirm that your choices align with your values and NOT the opinion of others. We enjoy personal autonomy when we free ourselves from the need to be validated by others. Believe in what you have to say and say it without fear.

The World Awaits to Hear You, Speak Up!

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MY AUTONOMY

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FORGIVENESS

"Offence" is a two-timing thief who steals our peace and pretends to be on our side by teaching us to stay angry forever.

This resentment is why we must choose power. Forgiveness is power. It realizes that you do not have to bear the baggage of another's foolishness or perhaps yours.

It is extending grace to yourself and others and making sure your inner strength always blossoms. It connects us to the part of us that is truly divine. We must all learn the empowering art of forgiveness.

Learn From Your Buried Story. Create Your Love Journal.

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MY FORGIVENESS

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ABUNDANCE

We are more than what we think we are. But sometimes, we claim that it is "lack" that made us happy.

Lack is a shameful thief. It weaves illusions of pain and a state of low spirit, teaching us to forget about the little we have. It turns our eyes away from the unique things that make us abundant, our experiences, wisdom, skills, perspective, self-respect, ideas, etc. All those deep-rooted things make us abundant, and no one can ever take them away.

***Live Abundantly Filled
With Joy!***

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MY ABUNDANCE

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NUTRITION

The work for a healthy life rests on our shoulders. We must take responsibility for what we feed ourselves.

Detoxify your body from toxins.

We must also nourish our souls, offering them wisdom as much as we can. We should never leave any part of us lacking the nutrients required for growth. After we look after ourselves, we can then nurture others.

Practice Eating to Live!

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MY NUTRITION

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TENACITY

Sometimes life throws hard knocks, expecting you to back out, cower or stop dreaming.

Learn to tap into your strength. Do not believe for a second that you lack what it takes. You are a combination of strength, drive, and epic comebacks.

Just decide to fight again. And again. And then you will win.

Still Going, Keep On Going!

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MY TENACITY

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AUTHENTICITY

Confidence is beyond squared shoulders and bold stares.

It is a measurement of how much you believe in your uniqueness and how you see the world around you, as blessed to have you in it.

It is about enjoying your quirks and every other thing that makes you, You.

There Is No One Else Like You!

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MY AUTHENTICITY

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SPIRITUAL

True power does not come from brawn, beauty, or status. It does not come from how much information the mind holds.

True power comes from our divine selves. It is from this source, every other power passes through us and attracts the good for us. Do not live life on the surface; go deeper to your authentic power source and see yourself become unstoppable.

Accept Others As they Are!

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MY SPIRITUAL JOURNEY

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THANKFULNESS

Some of the things that profoundly impact our lives are those that are free, such as a co-worker's encouraging smile, partner's trust, a parent's love, a stranger's kindness, and many other treasures life gifts us.

We must lead thankful lives, reflecting on the good and grateful for the many gifts we have received.

End The Day Thankful!

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MY THANKFULNESS

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COURAGE

Most of the time, courage is simply taking tiny steps forward. It is moving ahead with clammy palms and a fluttering heart.

It is about not letting fear hold you back. It is about being a light for others as you uncertainly travel through the darkness.

***Embrace Vulnerability
And Exhale!***

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MY COURAGE

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INTIMACY

Intimacy is an elevated risk that rewards highly. It allows us to travel through the depths of our souls, accept our mistakes and hope for a better future.

It fuels us to have wholesome relationships with others based on trust, respect, and vulnerability. Seek to be intimate first with yourself and then with open arms welcome others.

Be One With Yourself!

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MY INTIMACY

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LAUGHTER

Very few things enrich the soul like laughter does.

Like a pleasant stream cascading over you, it refreshes and energizes you.

Create time to laugh about things around you. Laugh; it will change your life.

*Listen To Your Soul
Dancing!*

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MY LAUGHTER

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INTEGRITY

In a world of constantly blurring lines, standing for the truth has become more challenging than ever.

However, our convictions are tested in moments like this. Be true to your values and stand by them. Be who you say you are. Continue to lift the standard for people wherever you are.

*Be the Reason Why
People Embrace the
Truth!*

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MY INTEGRITY

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FAILURE

What happens when you try and fail at something? Is it time to question your ability, efforts, and resources?

NO, IT IS NOT.

Failure is an opportunity to garner experience. To strengthen the mind and to take away limits. Do not respond to failure with shame because you have not utterly lost but learnt.

Try Again, Wisely!

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MY FAILURE

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FEAR

Fear, with its subtle suggestions, aims to deceive. It paints pictures of hopelessness and worst-case scenarios.

On the other side of fear, there are many great things—rebel against its oppressive voice and reach for the stars. You will succeed. If not this time, then the next.

Fear Is A Liar.

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MY FEAR

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FREEDOM

Whether there are problems or storms in your life, you can choose to live genuinely free.

To do this, you must first learn to breathe and then decide to enjoy every moment. Nothing can rob you of your joy unless you let it. Give yourself the freedom to make mistakes. Do not shy away from things that make you feel free. Keep anxious thoughts at bay and dispel lingering hurts.

Desire the Freedom to Depend on Nothing!

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MY FREEDOM

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ENTHUSIASM

Stay inspired. Trials often try to blur our vision till our dreams seem like a distant whisper.

Cultivate an adventurous spirit. Journey through the unfamiliar path with faith in your heart.

Do not let anxiety keep you at the water's edge, forever testing the waters. Plunge into every day with joy, eager for the next best thing.

Trust Your Emotion!

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MY ENTHUSIASM

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EMPOWERMENT

You are not weak. You are strong beyond measure.

Your life is designed to be stronger than any external pressure. No force can ever swallow it. Only you can surrender it.

Never let the fight leave you. Stay in charge.

You Are Empowered!

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MY EMPOWERMENT

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DAILY RITUALS

Wake up each day, determined to make the day work for you.

Do not let uncertainty seize your heart and make you feel stuck.

Ask yourself often, "How does what I am doing now prepare me for the life I want?"

What is my intention today?

Prioritize the essential things and repeat—every single day.

Make Today Count!

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MY DAILY RITUALS

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LIVING A FANTASTIC LIFE

L- LOVE

I – INSPIRATION

V – VICTORY/VULNERABILITY

I – INTENTION

N – NON-NEGOTIABLES

G – GIVING

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F – FORGIVENESS

A – ABUNDANCE

N – NUTRITION

T – TENACITY

A – AUTHENTICITY

S – SPIRITUAL

T – THANKFULNESS

I – INTIMACY

C – COURAGE

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A – ATTITUDE/AUTONOMY

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L – LAUGHTER

I – INTEGRITY

F – FAILURE/FEAR/FREEDOM

**E – ENTHUSIASM/
EMPOWERMENT**

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