



# What Is Girl Power?

## 15 Tips to ignite your inner girl power!

We've all heard the term used over and over again. But, have you ever stopped to think what "Girl Power" really looks like? Who has it and who doesn't? The truth is, Girl Power doesn't look like any one thing. It's a combination of many different things and it is a right for every girl and woman. So, when do you know you've tapped into your powers? Take a look at the following list to learn or revisit those special qualities that will help you as you **glow** up!

### **Girl Power Is:**

1. Being an advocate for what's right.
2. In positive and safe situations, be a woman (or girl) of your word.  
Be accountable.
3. Going after your dreams!

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4. Seeing yourself as awesome, because you are!
5. Supporting other girls by encouraging them and celebrating their accomplishments
6. Lending your time and energy to helping a good cause.
7. Taking the words “I can’t” (when paired together in that order) out of your vocabulary.
8. Finding a hobby that is positive, safe, and that makes you happy while doing it.
9. Realizing you can be anything you’d like to be in this world so DREAM BIG & WORK HARD.
10. Being grateful for your blessings and not being envious of others.
11. Realizing there's a difference between confidence and conceit. It's far better to be confident!

12. Not letting gender stereotypes dictate your interests. Ignoring statements like you can't do that because you're a girl... or, girls can't do\_\_\_\_\_.

13. Understanding the importance of education and seeking opportunities to continue learning both in and outside of school.

14. Not letting fear stop you from going for your goals

15. Speaking up for the importance of girls empowerment and sharing what you know to help others.

**Show & Share what you know.**

*Encourage & Empower One Another*



*Now That's Girl Power!*