

## SisterGirls Are Empowered!

Learning to love yourself is very important for good self-esteem. If you do not love and respect yourself, it is hard for others to love and respect you, too.

Focus on yourself without comparing yourself to others. Your self-worth and self-love does not come from how well else does a certain activity or task. This can decrease the amount of self-love we show ourselves. We all have certain talents that we can do better than others and others can do better than us. Do not let this discourage you. Focus on what YOU can do.

Practice loving yourself everyday:

- Focus on the positive.
- Compliment yourself.
- Take a compliment when someone gives it to you.
- Look in the mirror and tell yourself something good each day.

Memorize the Sisterhood Agenda Empowerment Principles

- Sisterhood
- Self-knowledge
- Self-development
- Self-esteem