Empowerment Assessment Chart

We all have set boundaries in many areas of our lives within our comfort zone, but sometimes the dramas of our lives cloud our boundaries. Commitments from work, family, friends, social obligations, intimate relationships, etc. can cause you to become overwhelmed and lose your "sense of self." Your boundaries become overlapped and undefined, with you, in the middle, feeling lost.

You don't want to let this happen because it diminishes who you are. However, sometimes you just can't help it. The diagram below shows you what this looks like. So the question here is, how do you regain your autonomy, so that you once again feel empowered, strong and focused?

The first thing to do is become aware of your situation and remind yourself that you are important. Then look at the choices you make and whether they are benefiting your personal well-being. This exercise will make you aware of areas that need some nurturing and TLC (tender, loving care). Respond to the statements below by examining whether you totally, sometimes or never agree with them.
<table>
<thead>
<tr>
<th>Totally Agree</th>
<th>Sometimes Agree</th>
<th>Never Agree</th>
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<tbody>
<tr>
<td>1</td>
<td>2</td>
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1. ___I am aware of all my commitments and remember that I can say NO when I need to.
2. ___My number one priority is me and when I become overwhelmed, I give myself time to regroup.
3. ___Even with all my relationships, I still know the importance of maintaining my own friends and personal interests.
4. ___I do not compromise my integrity or the standards I live by for the sake of any relationship.
5. ___When things don't "feel" right, I do not ignore the message, knowing that this information is in my best interest.
6. ___I understand that happiness comes from within and that I cannot rely on someone else to make me happy.
7. ___I do not assume anything, and I am very specific about my intentions in my personal and business life.
8. ___I am very important and want to be an equal partner in my relationships.
9. ___I know that every relationship teaches me something new about myself and that I am a work in progress, in terms of my growth and awareness.
10. ___I take things in stride because I know how too much stress impacts my life.
11. ___I keep my focus on positive, healthy solutions when I am met with adversity.
12. ___If I am faced with personal challenges I cannot resolve myself, I am able to seek professional help.
13. ___With all my close relationships, I am looking for someone with the qualities I want in a friend.
14. ___I understand the value of keeping a sense of humor when the "going gets tough."
15. ___I am aware of my self-talk and keep my inner dialogue away from negative, self-demeaning comments.

SCORING:
If you "totally agree" with 13-15 statements, you are in a good state of empowerment and are looking out for what's best for you. If you answered "sometimes" to four or more of these statements, it means you occasionally go against your best interest and are willing to sacrifice your health and well-being. Any "never" statements should be seriously looked at because you are sacrificing too much of yourself for others.

For more empowering information, go to [http://www.bummedoutboomer.com/ecourse](http://www.bummedoutboomer.com/ecourse).
The Joy of Optimism 10-Lesson eCourse gives you the wisdom you need to make healthy, positive changes in your life.