



My
Empowered:
One Planet at a Time
E-Journal

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My Empowered: One Planet at a Time E-Journal for the book, *Empowered: One Planet at a Time*, published by Author Academy Elite, 2019.

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Foreword

How I feel about "We Cannot Be Too Loud" by Aberdeen Leary

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Chapter 1

Standing Up for My Future Begins with Me

What Matters to Me

Changes I Desire

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Chapter 2

The Nature of Power Within Me

Notes About My Courage and Confidence Assessments

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My Story

Setting/Community

Family

Activities

Friends/Mentors

School

Environment

Significant Events

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Reflecting on My Story

What I have learned about myself

My roots to the land and my community

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How my core values have been tested in my life thus far

Platforms for action taking shape in my life

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My Pivot Points of Courage and How I Feel About Them

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How I Tap the Powers of Nature

Zooming in

Zooming out

Ways to expand my access to the powers of nature in my life

Some favorite quotes about nature

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Lessons from Nature in My Life

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Chapter 3

The Nature of Power Around Me

My connections and networks

How I maximize the power around me

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An issue or opportunity where I would like to make change

How I could expand my horizons and potential for making an impact

Notes on my results from completing the [Impact Checklist](#)

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Chapter 4

Making Change Happen

Notes about my readiness for action after completing the *Individual Readiness Checklist*

Notes about the *SMILES* categories for action and me

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What "standing up" means to me

***What difference my "standing up" makes to others,
my community, my planet***

How votes and voting fits in

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My Plan for Action

My target for making change:

Research I have done

How I have narrowed my scope

What I stand for on the issue or opportunity

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How I know I have courage on the issue or opportunity

My strengths on the issue/action

My weaknesses on the issue/action

My methods or pathways to action and SMILES categories

My timeline

How I will evaluate my actions so I can adjust and improve

How I will know I have been successful in my efforts to make change

Who will help and how we will work together

Challenges anticipated

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Chapter 5

Growing and Sustaining Myself Through Action and Service

Celebrations of progress in my life

How I know I am not perfect (and it's okay!)

Lessons from tough times

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How I give a voice to others and what it means to me

How I routinely renew myself

Ways I can and will enhance my routine

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How I plan to sustain myself on my journey of making change on my target issue or opportunity

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Chapter 6

Living Empowered: The Nature of My Legacy

How I already "pay it forward" or how I plan to do so in the future

What "living empowered" means to me

*How my life's purpose **shines** through*

*What "**legacy**" means to me*

*A promise I make to myself about reflecting on my experiences
and learning from them*

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Afterword

Thoughts I have about "Together, One Planet at a Time" by Dieter, Bernd, Helmer and Patty

How I connect globally

How I matter globally

Global movements that interest me

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What *"Taking it One Planet at a Time"* means to me

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