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Girl's Standing In Their Power by Debra Beck

"I don't care what others think of me, I want to make decisions for myself, based on how I feel, not based on what someone else thinks".

~ This is a statement from a teenage girl standing in her power



I was a very insecure teenager. I was one big ball of anxiety, everyday during the school year, and it only diminished slightly when school was out. I was always looking outside of myself for approval and because I rarely received it, I felt like something was desperately wrong with me. It wasn't until I had 2 daughters of my own, did I realize this wasn't exclusive to me; it was a universal issue among teen girls.

My passion is helping girls learn to fill that big hole in themselves that makes them feel so worthless. When we have a big hole in us that we have not filled with our own love and confidence, we are always looking outside of ourselves to get it filled. All of our

decisions are based on getting someone to like us, instead of making decisions that are good for us. If we have confidence in ourselves it's easy for to say no to the things that aren't good for us.

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An example of this could be as simple as: a couple of kids in school ask you to ditch school, and go party. Inside you don't really want to do this, but you do because you don't want them to dislike you. If you felt good about yourself it would be easy to say, "no thanks, but have fun". When we are confident, we come from a different place inside our self, we carry our self differently. People have respect for us and don't question the decisions we make for our self.

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I love it when I see these shifts in girls, and they love it too. When young women start filling that hole with satisfaction and confidence in them selves, their whole life changes. They are no longer making decisions for the wrong reasons; the decisions they make are decisions that are good for them. I get to watch their appearance actually change too. They stand straighter, they walk with a sense of sureness, and they speak with confidence, because they are. There is nothing more inspiring to me than a girl learning how to stand in her power or a girl standing strong in her power. I feel so lucky in my life to be able to witness these miraculous changes in girls who start loving themselves. It reminds me how big love is.

