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Speaker



## Empowered From Within The Narrative Project Thursday - June 11, 2020

It was my pleasure to be part of this phenomenal project:  
**Empowered from Within.**

Author, Bridget C. Williams

The challenge for me was to fight to survive. My change from the past to the present. I was pushed out of my comfort zone and had to be transparent through my dialogue. I was no longer hiding in the shadows of others.

The trajectories in my life were many challenges. I had to ride this train consciously and not be consumed by it. God destroy every root of disappointment, humiliation, rejection, and failure in my life.

What happened next? I was being restored to resilience, recovered from all the hurt and anguish. **I am the Ultimate Survivor.** I arose up from the ashes and had been transformed like the phoenix from my circumstances. I found my power through my pain. I have emerged and is amazed by the accolades, while being humbled at my new beginnings.

What and who are at the helm influencing me? It was the things of the world that influence me. I had influence myself and not the forces of the World.

Empowerment was most deeply cultivated during times of challenge. Without failure I would have nothing to improve upon. My imperfect moments provide the perfect trajectory for my growth.

Empowerment enables me to take initiative, make decisions and solve problems. As I begin to look back over my life I felt peace, strength, and authority. At one point I felt immersed into something special and original. An eventually realizing I was created for change and had to take back what was stolen lost and broken in my life, and remove the shadows in my life.



**Adjusting your Life Style**  
Frugal Spending -B. Williams



## Adjusting your Life Style Frugal Spending -B. Williams

My world was restored from my brokenness and the past no longer defined me. As I begin to write and peeled back one layer at a time. I was freed and liberated. I no longer stood under the bridge averted of defeat because I was more than a conqueror, and more than enough.

Eventually, I begin to embraced my transformation, to broaden and deepen my internal and external me. The women i became harness and lift up others. I feel we must bring totality and intelligence to the change and not be degrading or begrudging.

The decisions we make today are the decision that will affect us in the long run. Optimizing my possibilities to shift my mindset and focus on making an impact for change, and personal growth. Sometimes you just have to block out the noise, eroding thoughts, negative comments, and begin to value yourself, and yourself worth.

We must learn to love ourselves from the inside out. Don't allow yourself to get caught in this cycle of self-inflicted woes or eroding thoughts. What I did for others help me to rebuild my own life and self-worth. It is one of humble beginnings. My life was immeasurably enriched in unusual ways and it felt much more meaningful.

We rise by lifting up others. Lifting others is a beautiful way to engage with others.

Most people have a disregard for their own talents. Do not stand in your own way. We are wired to be compassionate and kind. Growth comes from giving back. It is a genetic necessity for human survival.

I believe by lifting up others it creates community, restores self-awareness of possibilities and brings joy. The simple knowledge that someone else believes in you----- can make all the difference. Be the one who stokes the fire of others' passions, and who inspires another's creativity.

People come to realize that someone sees me, hears me, cares for me, and I am not walking alone. To think and reset and become more comprehensive.

As you can see every negative word contours to a positive outcome. Realize your existence is a beautiful mosaic like the vibrant colors of the Rainbow.

### **Empowerment**

You are beautiful or handsome, You are victorious, You are enough, You are created AND IS wonderfully made, You are strong, You are amazing, You are dynamite, You are capable, You are Chosen, You are never alone, You are always love.

*Do not let what is happening in this world rob you from your fullest potential.*