

FIND YOUR KIND OF

POWERFUL

Here are some tips we developed with Girls Leadership to help you know your power, use your power, and then, change your world.

1

WHAT DOES IT MEAN TO BE POWERFUL?

Being powerful isn't about being pretty or polite—it's about influence. Your words and actions impact other people every day. Even small choices like making eye contact with someone can make them feel recognized and valued.

2

YOU ALREADY ARE POWERFUL.

You're constantly influencing your peers, teammates and family. Your hugs, high-fives, questions, opinions—all of it matters.

3

WHAT'S YOUR POWER STYLE?

Power looks different for everyone. It's not about being the loudest or the funniest—it's about being true to yourself. You can be you and be powerful.

4

POWER CAN ROCK THE BOAT.

Sometimes, your opinion might not be the most popular one. But speaking your truth is worth it. What matters isn't how others see you, but how you see yourself.

5

THERE ARE A MILLION WAYS TO BE POWERFUL.

There's no right or wrong way to own your power. Whether you're on a stage or a practice field, sharing your feelings or making space for others to do so—your power is limitless.

ATHLETA
G!RL