

Name: .....

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# Using Your Power: Independent Learning Guide

The role models in the video "Using Your Power" discuss the importance of cultivating and using your inner power to take control of your life and enact change in the world.

Watch the video "[Using Your Power](#)" at least once. Then read each statement below. Think carefully about each question before you answer it.

**1. There is power inside of everyone. Each person has been given talents and skills.**

What power is inside of you? When do you use it? What steps could you take to develop and strengthen your power?

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**2. One role model told us that "there's going to be folks who don't really want you to exercise your own power."**

Why might someone want to limit your power? What types of things might they do? How could you respond?

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**3. One role model said, "If you're not at the table, you're on the table."**

What does this mean? Why is it so important to always be "at the table" in your own life? What might happen if you're not "at the table"?

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**4. One role model emphasized the importance of "girl power".**

What is girl power? Has there always been "girl power"?

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**5. Listeners learned that understanding your choices gives you a massive amount of power because it means that you can control what happens to you.**

Describe a situation in your life where you were presented with multiple choices. What might have happened if you chose to do something different? Did you ultimately make the best choice? How do you know?

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6. Remember, you have the power to control your life and create change in your community and even the world. As one role model says, "Whatever bugs you, whatever you think is unfair, you can change it. You have all the power already within yourself."

What things "bug" you in your community or the world? How could you use your power to create change? What steps could you take?

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