**EMPOWER YOURSELF TO EMPOWER OTHERS**

*“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” —Margaret Mead*

The greatest contribution you can make to the world and anyone is a gift of empowerment and love. What could be more human than to love and help people you care about and empowering them to create the life that they truly want from the depths of their soul? What a wonderful world it would be if we all helped each other to grow. But how can one give to others without getting to the state of self-awareness, self-realization, self-love and inner happiness with one´s own life?

Therefore, I decided to start this blog, to scrutinize these questions, to get my answers in order to achieve that vital “inner peace” with myself, my confidence and self-respect through writing, reading and continuous development. I have always dreamed about helping other people, but recently I realized, I do not have a lot to give if I do not love myself and my life in the first place, I am not happy, so how can I actually help others, if I am trying to help myself to put my world into order?

By committing myself to write and publish meaningful content, articles, opinions I believe, it is a powerful way to learn and also to share the knowledge with others. It is necessary to clarify my ideas, confront inconsistencies in my own thinking, and more closely walk my talk.

I do not know so many things, and I will never know everything, but one thing I know for sure, it is important to never stop developing and moving forward. This blog is the mean by which I want to start my own journey of moving forward, learning, and sharing the information with others- and eventually- empowering people.

Without finding comfort in my own skin and in my own life, there won´t be much space for giving my full-self out there. Therefore- Let´s the journey begin.

-Tina-

How can I the reader move forward wq my live

Can you tell me what not to do