



Parenting **EMPOWERED KIDS**

# KEEP

Kids Emotional Empowerment Plan

**HIGHER VIBES**

- Empowered
- Excitement
- Happy
- Self Belief
- Optimism
- Hopeful
- Glad
- Bored
- Pessimism
- Frustration
- Overwhelmed
- Disappointment
- Doubt
- Worry
- Blame
- Sad
- Mad
- Revenge
- Hatred
- Jealous
- Insecure
- Fear

**LOWER VIBRATIONS**

**FEELING GOOD**

**FEELING BAD**

Help Your Kids Move Up the Ladder to Be Empowered!

Empowered Kids

- **Go for their Dreams!**
- **Think positively!**
- **Invite diversity!**
- **Live healthy!**
- **Embrace creativity!**

**Learn More:**  
 Free Parenting Empowered Kids E-Book  
[ParentingEmpoweredKids.com](http://ParentingEmpoweredKids.com)