

# Power and What Women Can Do

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Ministry and  
#MeToo

# 1. Learn to Love Yourself

Healing • Wholeness • Affirmation

# 2. Stop Apologizing

Words Have Power • Mindset Shift

3. Speak the Truth.  
Stand Up for the Truth.

Solidarity

# 4. Cultivate Authentic and Healthy Relationships.

Forgiveness • Reconciliation

# 5. Use Your Gifts.

Eye on the Prize • Don't be distracted