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Tips For an Empowered Gal Summer!

By Kate Whitfield

Empowered Gal
Empowering 100 Million Girls.

1: CREATE YOUR SIGNATURE SUMMER LOOK

Who wants to have their makeup melting off their faces by 1pm? Not me. So, summer is the perfect time to go bare, or at least look like you are going bare! Here are some tips.

1) Never go without sunscreen! This should be the first thing you put on in the morning. And, the higher the SPF the better. Skin cancer is no joke, so slather it on, Gals!

2) Apply a tinted moisturizer or a really light weight foundation if you need. I love foundation, so I am rarely caught without it, but for summer, the lighter the better. Apply where needed to even out skin tone. Swipe on a little cream bronzer while you are at it.

3) Pick a signature color, like aqua, purple, dark blue, etc. and use it to lightly line your upper lash line. Apply a couple coats of water proof mascara, and your set!

4) Find a really pretty, pale, shiny and lightweight lip gloss or lip balm. SPF is a major bonus.

5) Let your hair stay natural, beach-y and pretty. Go online or flip through magazines for easy, fuss free summer hairstyles perfect for you!

6) We all love dark, dramatic nails, but how about trading “Midnight Passion Red” for “Easter Bunny Pink” and have fun with the pastels, neutrals and barely there glossy summer colors!



And remember, you can never beat a simple sun dress, flip flops and a great hat to finish it all off!

2 Create a Summer Playlist!

Have you ever turned on the radio and heard a song playing from last summer and it brought back all the awesome memories and feelings associated with it? Do the same this summer by finding songs that represent what's going on with you right now, and play them at important moments in your life. This way, you'll create a soundtrack to your summer that you'll remember forever.



3 Start a Journal

Okay, so I say this all the time...but it's true! Start. A. Journal. Do it today, and I guarantee you will thank me! It's a private place for you to get your emotions, thoughts and feelings out. Cause, as a teen girl, you have a lot, it's natural. Us Gals have so much going on that it's such a comfort to write it out and have it all make sense. It can be in a notebook, or even online. You could even start a blog if that's more up your alley. The important thing is that you just get it out of your system and down on paper (or screen, as the case may be). If writing isn't your thing, make a video or audio journal. You could even post it on YouTube, ala Lonelygirl15!

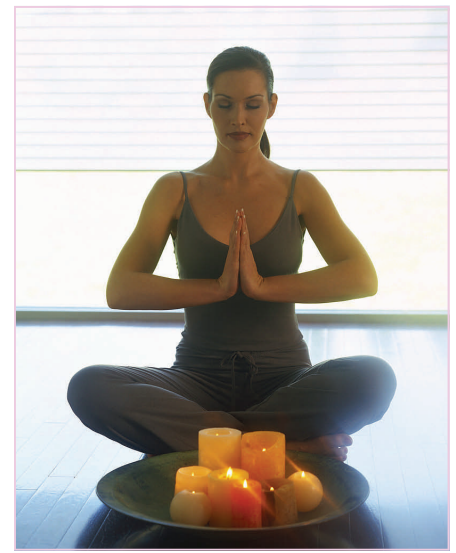
4 Do the Britney & Go Barefoot!

Well...maybe not into public bathrooms. (Okay, *definitely* not into public bathrooms!) But, not much beats feeling fresh, cool grass under your feet. Just watch out for bees!



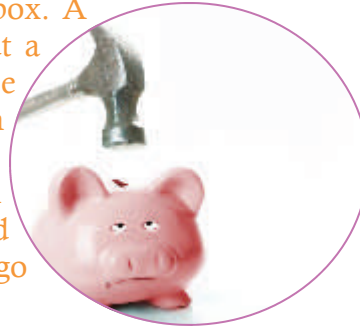
5 Tell Your Crush How You Really Feel!

Why not right? If you are having a great time doing that whole crushing-from-a-distance thing, then don't say a word, but if you feel he might be crushing back just a little, why not make the first move? Sometimes, as tough as they seem, guys are really insecure and shy. So, if you think it could be more, slide on over and tell him. But, remember they call it a crush for a reason-he may not feel the same way back. But, at least you found out early and can move onto the next lucky guy who deserves your energy and attention! Either way, your summer could be a whole lot hotter!



7 \$Make Your Own Money\$

Hate asking for the money you need to go to the movies or buy that awesome pair of jeans? Then make your own money this summer. There are lots of businesses looking for hardworking young people who would love to have you on board. But remember to think outside the box. A summer at Burger King may not do it for you, but a summer working as a photographer assistant might be just what you need. Find a field you are interested in and ask around. There are tons of resources online, or you could post an ad yourself on craigslist.com and see what happens. Just make sure it's legit and have one of your parents, guardians or older friends go with you the first time to make sure it's safe.



8 TAKE A ROAD TRIP

This is a must for you older gals out there. Your high school years may or may not be complete without at least one ultimate summer road trip! And, it doesn't have to cost lots of money or be too hard to plan. Here's what you need to do.

- 1) Find a car. A safe car! If you have one great, if not, you could ask to borrow a parent's or older sibling's, or see if you can use one of your friend's rides.
- 2) Pick a location. It doesn't have to be too far away to be a lot of fun. Go to your state's tourist website and see what you can find. Or, plan to visit an out of state friend or relative. It's important to plan your trip in advance, so that means knowing how far away it is, how long you'll be gone for, a budget, where you are going to stay, what happens in an emergency, and so on.
- 3) Pack the essentials: Music, snacks, lots of water, at least one cell phone with back up batteries or an in car charger, emergency contact numbers, a map, a first aid kit, and hopefully a little bit of knowledge on changing a tire!
- 4) Round up your friends and hit the road!



9 Paint Your Toes a CRAZY Color! (Hello Lime Green!)



6 Meditate

Ahh...quite time. No cell phones, friends, parents, pets or distractions. Find a quiet place to sit or lie down, close your eyes, and you can go anywhere you want. Explore your thoughts and feelings, ask your higher self questions, go to a tropical getaway, visit positive past experiences, project your future and connect with who you are. 5 minutes a day is all you need to start with, and increase it from there. You'll get a break from stress, and you'll feel grounded, centered and connected with the real you. Many of the world's most successful people practice meditation, so there must be something to it, right?!?



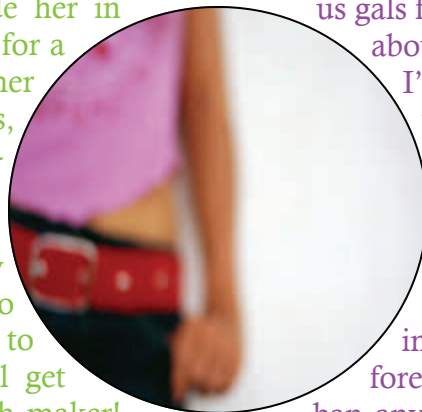
10 Celebrate who you are by naming 5 things you love about yourself every day.

11 Plan a Themed Party

Who doesn't love a party? And, a themed party is even better! Get your friends together for a beginning of summer, a mid summer, or an end of summer soiree and by adding a few personal touches, people will still be talking about it by the time school rolls around in the fall. Here are a couple theme ideas: Pink, orange, (or any color), black tie, black and white, your favorite decade, masquerade, toga, dress as your favorite character, Mexican, Moroccan, one (or all) of the elements, etc. Get creative and get to work! Find inexpensive touches to make the theme really pop. For example, if you are doing a culture themed event, like Mexican, serve virgin margaritas and hang piñatas and crate paper all over your house. If you are using the 1960's as a theme, have a 60's themed mix CD, hippie style face painting, and lots of "groovy" flowers all over the place. Plus, you can create awesome invites online and send to all your friends. Have them bring the food, games, etc, and you've got everything you need.

12 Befriend The New Girl

You probably know what it feels like to be the new girl-unsure, self conscious, lonely. So, if a new girl transferred to your school recently or just moved into your neighborhood, make a point to include her in some activities. Invite her over for a movie night, offer to show her some of your town's hot spots, or take her to an awesome, local's only hang out. She'll really appreciate it, and you might just make a great new friend in the process. If you two don't hit it off, introduce her to somebody who you think will get on well with her. Instant match maker! And, they'll both be super grateful.



13 Have a Body Loving Day

Skin is in during the summer months, and it can make some of us gals feel not so great about our bodies. But, I've never seen a girl who wasn't beautiful, and we need to stick together and redefine what beauty is. We start doing that by being kinder to ourselves, treating our bodies with respect, and loving the positive attributes that jump out at us, before moving on and embracing all of ourselves. So, ban any negative thinking today, and only tell yourself how beautiful you are. I don't care if you even mean it, just do it, and I guarantee you'll feel so much better! Make this a habit.





14 Turn Cell Off.

Yeah, I know. I even had a hard time writing this (with 2 cell phones sitting next to me, I feel like a hypocrite!) But, Gals, we can't be slaves to our phones. As hard as it is to believe, there was a time in which-gasp-there were no cell phones and people-double gasp-had to wait to talk to you! Do yourself a favor and have a no cell phone day where you just do your own thing. If it's really important, they'll find another way to get to you, but everything else, I think it's safe to say, can wait!

16 Create a signature summer drink

No, not *that* kind of drink, but something yummy, fruity and summery. Here are some ideas:

“The Empowered Gal”

1 Cup of Pink Lemonade
½ Cup of lemon lime soda
Splash of Grenadine
1 lemon wedge and a cherry for garnish
Serve in a cold martini glass!
(To make it extra special, dip the ring of the glass in grenadine and then in sugar!)

“A (your name)-tini” (a Kate-tini, for example)

1 Cup of your favorite juice
½ cup of lemon lime soda
Crushed up mint leaves or berries
Serve in your favorite glass with mint and lots of ice!

“The Healthy-Tini” (Full of skin loving antioxidants!)

1 Cup of Pomegranate juice
1 Cup of sparkling water (or lemon lime soda)
Splash of blueberry juice
Frozen blueberries or pomegranate seeds for garnish
Serve in a tall glass with lots of ice!

Great for get togethers, pool parties and sleepovers with your best gal pals. You could even get creative and try a whole bunch of different combinations and create your own yummy summer drink!



15 Pamper Yourself

Why? Well, because you deserve it is why! You just survived 10 months of hard work, tests, dealing with those dreaded mean girls and you have earned it! So, if a day at an actual spa is temporarily out of your budget, then bring the spa to you! There are tons of websites telling you how to make at home beauty treatments for you and your friends, so go online and see what you can find. Most of the ingredients are things you can find right in your very own kitchen or pick up at the grocery store for super cheep. Here are a couple essential at home treatments:

A foot and hand exfoliating and moisturizing massage, deep conditioning treatment (and dare I say lemon juice highlights!) for your hair, exfoliating and moisturizing body treatments, a facial, a mani and a pedi, and whatever else makes you feel like the goddess you are! Finish with a shimmering body lotion, and you are set!

17 Watch the sun rise at least once, and watch the sun set as many times as you possibly can.



18 Build a Reading List For YOU

Depending on what school or grade you are in, you may or may not have a summer reading list. I personally despised such lists, not because I didn't love reading, but I didn't want to read what somebody else picked out for me. So, whether or not you have certain books you must read, scope out books that you love, and read them just for you! There are so many awesome reads out there (if you wait a few months, mine will be available, too!) so find ones that excites you. Here are a couple tips on finding your ultimate summer reading list.

- 1) Write a list of novels and authors you have read before and really enjoyed, and see if your librarian or bookseller has any recommendations based on your list.
- 2) If non-fiction is your thing, how about browsing the isles at your library or bookstore and finding a couple that jump out at you.
- 3) Want to learn how to do something this summer? Pick up a how-to book on the subject.
- 4) Go online into message boards or to teenreads.com and see what other people your age are reading and enjoying.
- 5) Ask your friends for books they've read and loved, and see if you can borrow a couple copies over the summer. Don't forget to offer your books to them, too!

19 EAT HEALTHY

Summer is a great time to get in the habit of eating healthy. There are so many fresh and organic options, and you have more time on your hands to plan your meals in advance. Go to the grocery store and get a bunch of fruit and veggies instead of the usual junk food and just try it for a week. You'll defiantly find you have more energy and feel way better about yourself. Plus, if you get into good eating habits now, you'll be more likely to keep them up when you go back to school.

ing. You could also join a riding stable or see if any gym's in your area are offering any summer specials. Get your friends involved also, and keep each other motivated to keep moving. You'll all feel so much better about yourselves!

22 Spend Time With Somebody Older Than You.

This could be an older relative or neighbor, or you could volunteer at the care home in your neighborhood. They have so much to offer you, and even though they grew up in an entirely different time than you, they still have lots of interesting stories about their lives and our history. Plus, you'll make their day by listening to what they have to say and letting them tell their stories.

20 HELP OUT A FRIEND

Do you have a friend who's moving, just got injured, or broke up with her boyfriend? Offer to help out in any way you can. All it might take is an arm full of chick flicks, a couple pints of Super Fudge Chunk Ben and Jerry's ice cream and some magazines to put a smile on her face. Go the extra mile this summer for somebody who needs a friend. Not only will you feel great about cheering her up, but you never know when you might need somebody to repay the favor.



21 START A WORKOUT ROUTINE

You don't have an excuse not to exercise this summer. The weather is great and there are so many outdoor activities, no matter where you live. Go hiking, join a sports team, do yoga outside under a tree, swim in the lake or ocean, play summer favorites like beach volleyball or take up surfing.

23 Get Away By Yourself

Me time! It's such a treat to have time by yourself. Think about it, how often do you really get to spend time by yourself other than just sleeping, studying, or watching TV? Take a walk alone, go sit by a lake or river and read a magazine, mediate in your room, go to the book store and spend a couple hours reading about things that interest you, do yoga or lay in the grass and look up at the sky. Spending time with yourself is a must. The more you enjoy your own company, the more others will, too!



24 Create Your Own Sanctuary

You know that feeling of when everything is clean and tidy and you look around and just feel great about yourself? Why not have that feeling everyday? Spend an entire day (or many...depending on the mess level!) and organize your room. Here are some simple steps to follow.

1) Get three boxes, bags or piles. In one, put everything you want to keep, in another, put everything you want to donate or put into storage, and in the third, put all your garbage. The best way to do this is to use the five second rule. From the time you pick something up, you have 5 seconds to decide where it goes. So, you pick up an old shirt you really like but haven't worn in about a year. While it's in your hand, you have 5 seconds to ask yourself, keep, donate, or throw away. If you can't decide after your allotted time, it automatically goes in the donate pile. Deal? Okay, lets move on. Once you are done, take the garbage pile out to the trash, take the donate pile out to the garage, and then deal with the "keep" pile.

2) Give everything it's own space. You can get really inexpensive, really nice storage equipment for your room these days. From pretty boxes to plastic storage containers or shelving, invest in some of these mess savers today. Divide your room into the following designated spaces, depending on your needs: sleep (bed, night table, etc) entertainment (books, TV, couch,

games, stereo, CD's and DVD's, etc), homework (desk, chair, storage, books, pens, pencils, lamp, etc), and clothing (dresser, closet, mirror, etc). Define these separate areas of your room. Everything you pick up should be immediately placed in it's proper place.

3) Details: Now that your room is cleaned and organized, it's

time to make it your sanctuary. See if your friends have anything to 'donate' to your new space, like lamps, blankets, pictures, etc. If not, go to your local craft store, thrift store, second hand store, etc, and pick up some awesome things for your room that represent you. If you really want a change, ask you parents about painting it a completely different color. Offer to supply the labor (what are friends for?) and promise them you'll keep it as awesome as it is now, and they shouldn't have a problem with it! If they do, there are plenty of ways to make it your own space. Just get creative!

25 Plant a Garden, Or At Least 1 Plant!

Don't have a green thumb? Don't worry. Start by growing some herbs on your back deck or porch, or even on your windowsill. You'll have fresh, yummy ingredients to throw into salads and dinners all summer! You could also try veggies if you have a garden or an outdoor area, along with potted plants scattered throughout your house. Plant some lavender to keep by your bed at night to help you fall asleep. They'll brighten up your surroundings and if you pick great smelling ones, your house or room will smell fantastic! Go to your local garden store or ask your mom for tips and advice.



26 Forgive Something Really Big

This may not seem like the ultimate summer thing to do, but you'll instantly feel better. Holding a grudge hurts us way more than it hurts the other person. So, if somebody hurt you, betrayed your trust or wronged you in some way, be the big person and find it inside yourself to let it go and move on. You don't have to forget what happened, or even be friends with that person, but by letting go of that negativity, you'll see an instant boost in your spirits and you'll feel a whole lot better!



28 Have a Mom/Gal Day

It can be hard for moms to see their little girls grow up and become independent, and she may feel way out of the loop of your life, so invite her to spend a day with you. You could go camping together, for a walk through the park, have a shopping or a spa day, or just go for lunch together. Tell her about your life, how you are feeling, what's going on and what you are going through. She's been there before and just might have the piece of advice you are looking for! Plus, it would mean so much to her to know that you want to spend time with her, and it will instantly make you two closer.

30 Have a Relaxing Mantra

Hopefully you can leave your school stress at the door, but there may be other things in your life stressing you out. So, having a stress erasing mantra is just the thing. It could be a favorite quote, a line from a song or something you just make up. Here are a couple examples:

"I am breathing in relaxation, exhaling stress, and I feel cool, calm and relaxed. I can handle this."

"Don't worry about a thing. 'Cause every little thing gonna be alright"-Bob Marley

Repeat it to yourself as needed, and remember to take several deep breaths as you do so. You'll be feeling relaxed and stress free in no time!

31 GO SKINNY DIPPING!

Well, not necessarily *skinny dipping*, but you should defiantly have moments of total freedom and spontaneity. After all, people regret the things they didn't do way more than the things they actually did! So, try the escargot, go on the rollercoaster, dance naked with your music blaring, try the hot pink highlights, order the weird sounding thing on the menu, get the henna tattoo, and, by all means, jump in!



32 Plan a beach day with your best gal pals. Pack the sun screen, magazines, books, sun chairs, towels and healthy snacks, and RELAX! No beach in sight,? Try a lake, pond, or the paddling pool in your back yard!

33 SUPPORT AN ISSUE IMPORTANT TO YOU

There are so many horrible things happening to girls and women around the world, and one of the most powerful ways you can help is to educate yourself about what's going on. Knowledge is power, and education really will change the world. So, research a cause that's important to you and see what you can do to help out. Tell your friends about it, raise or donate money, add your name to the petition...it all helps.

our lives that are going right. Make a point this summer to focus on the great stuff you've got going on and be grateful for that instead of what you don't have or don't want. You'll have a great summer, great year and great life if you learn to be grateful for what you have and focus on the positive things that you have in your life now or are working to achieve. The key to real success is maga gratitude for all the amazing things we have in our lives. Plus, it'll only attract more things to be grateful for into your life. Can you say win-win?

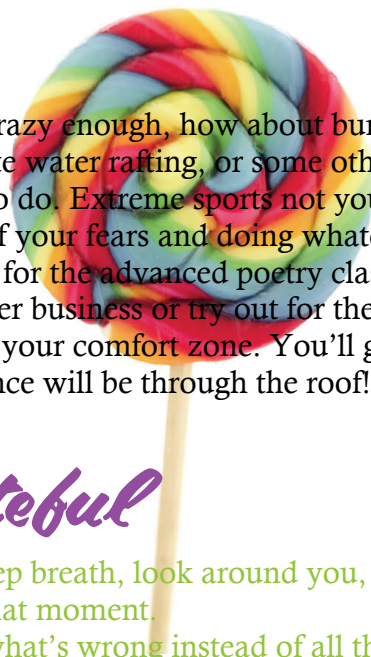
34 Do Something Crazy!

So, if skinny dipping wasn't crazy enough, how about bungee jumping, sky diving, ocean diving, white water rafting, or some other crazy fun thing you've always wanted to do. Extreme sports not your thing (Amen, sister!) how about letting go of your fears and doing whatever it is you've always wanted to do. Sign up for the advanced poetry class at your local college, start your own summer business or try out for the play. Expand your horizons and step out of your comfort zone. You'll grow so much personally, plus your confidence will be through the roof!

35 Be Grateful

At least once a day, take a deep breath, look around you, and name everything you are grateful for at that moment.

It is way to easy to focus on what's wrong instead of all the great things in our lives that are going right. Make a point this summer to focus on the great stuff you've got going on and be grateful for that instead of what you don't have or don't want. You'll have a great summer, great year and great life if you learn to be grateful for what you have and focus on the positive things that you have in your life now or are working to achieve. The key to real success is maga gratitude for all the amazing things we have in our lives. Plus, it'll only attract more things to be grateful for into your life. Can you say win-win?



Have a great, safe, empowered gal summer! For more tips, summer ideas, and great products for you and your friends, visit www.empoweredgal.com. Sign up for our FREE e-zine and receive tons of tips, strategies, advice, interviews, special offers and free e-books like this!

With Love, Your Founding Gal, Kate Whitfield