

Welcome to The Empowered Woman Weekly Newsletter!

Hello Empowered Women!

Welcome to the second edition of The Empowered Woman Weekly! I'm so happy to have you here. This week, we're exploring how to stay disciplined and focused on your fitness journey, sharing an easy, protein-packed cookie recipe, a grounding mindfulness practice, and answering four of your most-asked questions from the community.

Let's stay committed, inspired, and unstoppable—together!

Fit Tips

Discipline Over Motivation

We all love feeling motivated, but the truth is, motivation can fade. What keeps you moving forward when it does? **Discipline**. Here are five practical ways to build fitness discipline and stay on track with your goals:

1. Create a Workout Schedule

Treat your workouts like essential meetings. Set a time, add them to your calendar, and stick to it.

2. Start Small, Stay Consistent

Even a 10-minute walk is better than nothing. Consistency creates

momentum, and momentum builds results.

3. Set “Why-Powered” Goals

Go deeper than weight loss. Do you want to feel stronger? Improve your heart health? Be more energized for your family? Your “why” fuels your discipline.

4. Plan for Setbacks

Missed a workout? Ate off-plan? It’s okay. Progress isn’t perfect. Get back up the next day—*that’s* discipline.

5. Track Your Wins

Whether you completed a workout, got better sleep, or feel more confident, celebrate it! Keeping a habit tracker or journal can boost your commitment.

Remember: *Motivation gets you started. Discipline keeps you going.*

Your Freebie: The 7-Day Discipline Challenge

Want a simple, actionable way to build discipline and stay on track with your wellness goals? Download the **7-Day Discipline Challenge** and get ready to strengthen your habits, stay consistent, and feel empowered every day.

[Download The Challenge Here](#)

This Weeks Delicious Recipe

5-Ingredient Protein Cookies

Ingredients:

- 1 cup natural peanut butter (or almond butter)
- 1/2 cup protein powder (vanilla or chocolate)
- 1/4 cup honey or maple syrup
- 1 large egg
- 1/4 cup dark chocolate chips (optional)

Instructions:

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, stir the peanut butter, protein powder, honey, and egg until a thick dough forms.
3. Fold in the chocolate chips if you are using them.
4. Scoop tablespoon-sized portions onto the baking sheet and flatten slightly with a fork.
5. Bake for 8–10 minutes, until the edges are golden and the tops are set.
6. Let cool for 5 minutes before enjoying.

Why You'll Love It:

These cookies are packed with protein, naturally sweetened, and perfect for a pre- or post-workout snack. They're ready in under 15 minutes and require just one bowl—no fancy equipment or long ingredient lists needed!

Nutritional Information (Per Cookie)

Based on a recipe yield of 12 cookies

- **Calories:** 187
- **Protein:** 9.4g
- **Carbohydrates:** 13.2g
- **Fat:** 12.2g

This recipe is an original creation by Angelia Mendoza for The Empowered Woman Weekly.

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Grounding Body Scan

Give yourself 3 minutes of calm with this mindfulness exercise:

- Sit or lie down comfortably.
- Close your eyes and take a deep breath.
- Slowly bring awareness to each part of your body, starting from your toes and working your way up.
- If your mind wanders, gently bring it back to your breath and body sensations.
- Finish by taking three deep, cleansing breaths.

This quick reset helps reduce anxiety and brings clarity to your day.

Your Questions Answered

How do I stay motivated when I feel like giving up?

Remind yourself why you started. Visualize your goals, celebrate your progress, and surround yourself with positive influences. When motivation fades, rely on small, daily habits—progress over perfection. And remember: you're stronger than you think.

What's a simple way to add more protein to my meals?

Add protein-rich snacks like Greek yogurt, hard-boiled eggs, or a handful of nuts to

your meals. Add lean proteins like chicken, salmon, tofu, or beans to your meals. A scoop of protein powder in a smoothie is also a quick option!

How can I make time for fitness when my schedule is packed?

Look for small pockets of time: a 10-minute walk during lunch, a quick stretch while the coffee brews, or a short workout video after dinner. Remember, even small bursts of movement count and contribute to your well-being.

What are some quick tips for reducing stress during busy days?

Practice deep breathing for 2–3 minutes, take a short walk outside, drink a glass of water mindfully, or listen to a calming playlist. Remember to check in with yourself —*your peace is essential*.

Until Next Week...

Thank you for spending another week with The Empowered Woman Weekly! I hope today's tips, recipes, and insights inspire you to keep showing up for yourself —body, mind, and soul.

Let's keep the conversation going! Visit my blog for more wellness tips, empowering stories, and free resources to support your journey. And don't forget to follow me on social media for daily doses of inspiration, quick workouts, and behind-the-scenes fun!

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Together, we're building a community of women who lift each other up and grow stronger every day.

With love and empowerment,

Angelia

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