

Power Note Writing Prompts

Here's a list of inspiring Power Note prompts and messages you can include in Play Like a Girl Power Packs to encourage and uplift the girls receiving them:



Confidence & Courage

- You are stronger than you think.
- Never be afraid to speak up.
- Your voice matters.
- Confidence looks good on you.
- You've got what it takes.
- Be bold, be brave, be you.
- Courage starts with showing up.
- You are enough—just as you are.
- Walk into every room like you belong there.
- Shine bright, even when others dim.

STEM Inspiration

- The world needs your curiosity.
- Future scientist? Engineer? Coder? Absolutely.
- Ask questions. Explore more.
- Don't wait to be chosen—build it yourself.
- STEM is not just for boys. It's for leaders like you.
- You can solve real-world problems.
- Dream it. Design it. Do it.
- Your brain is your superpower.
- Mistakes are proof you're learning.
- There's magic in math and power in problem-solving.

Sports & Strength

- Play with passion.
- Every girl belongs on the field.
- Teamwork makes dream work.
- Sweat today, shine tomorrow.
- Strong is beautiful.
- You don't have to win to be a champion.
- Hustle beats talent when talent doesn't hustle.
- You've got the heart of a competitor.
- Fall down seven times, get up eight.
- Play hard, dream bigger.

Kindness & Empathy

- Kindness is your superpower.
- Be the reason someone smiles today.
- Lift others as you rise.
- You never know who needs your light.
- Empathy is strength.
- One kind act can change a life.
- We rise by lifting others.
- You are someone's role model.
- The world needs more girls like you.
- Be kind to yourself, too.

Dreams & Determination

- Keep going—you're just getting started.
- You can do hard things.
- You're on your way to something great.
- The future is yours to create.
- Never let fear stop your dreams.
- You were made for more.
- Trust your journey.
- Dream it. Plan it. Do it.
- You're going to change the world.
- Work hard, stay humble, dream big.

Motivational Quotes (Shortened for Youth)

- "Nevertheless, she persisted."
- "Be the change."
- "You miss 100% of the shots you don't take."
- "Shoot for the moon."
- "She believed she could, so she did."
- "Stay curious."
- "Dream big. Start small."
- "You are powerful beyond measure."
- "Believe in your power."
- "Small steps every day."

Belief & Potential

- You are full of possibility.
- Believe in your greatness.
- You are a difference-maker.
- The world is better with you in it.
- You're growing into greatness.
- You are the future.
- There's no one like you—and that's your power.
- You already have everything you need.
- You can lead.
- Keep learning, keep leading.

Encouragement During Hard Times

- It's okay to ask for help.
- This is just one chapter, not the whole story.
- You've made it through every hard day so far.
- Scared? Do it anyway.
- One day at a time.
- You are not alone.
- Keep showing up. That's power.
- You're doing better than you think.
- Your hard days are building your strength.
- The storm won't last forever.
- Own your magic.
- Don't change to please others.

Celebrating Uniqueness

- You were born to stand out.
- Be weird. Be wild. Be wonderful.
- You don't have to fit in to belong.
- Your story matters.
- Your uniqueness is your strength.
- Don't shrink—take up space.
- Shine bright like a diamond.
- You're a masterpiece in progress.

Joy, Fun & Playfulness

- Smile—your joy is contagious.
- Dance like nobody's watching.
- Keep laughing.
- Life's too short not to have fun.
- Play hard, laugh loud.
- You were made for joy.
- Don't forget to play today.
- Laugh often, love deeply.
- Your smile lights up a room.
- Be happy, be you



Power Pack★
GIVE BACK