



THE YOUNG WOMAN'S EMPOWERMENT JOURNAL

FROM DREAMING TO
REACHING YOUR FULL POTENTIAL

ADELA DALTO

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THE YOUNG WOMAN'S EMPOWERMENT JOURNAL

Today it is more important than ever to encourage girls and young women to establish and accomplish goals for the future. These pages will inspire them to consider their own unique qualities... empowering them to become what they dream.

FROM DREAMING TO REACHING YOUR FULL POTENTIAL

Have you ever tried to envision your future—what will your life be like five, ten, twenty years from now? This extraordinary journal will ask you thought-provoking questions, challenging you to become involved in your community, cultivate successful relationships, live a healthy lifestyle, and become everything you can be. What's more, *The Young Woman's Empowerment Journal* makes the process fun.



Adela Dalto is the founder of Adelante Productions, Inc., a New York-based company that concentrates on live music and recording projects, song publishing, product and apparel merchandising, and Mujeres Latinas, an initiative developed to increase awareness of the countless contributions Latin American women have made to society. In 2003, Governor George Pataki presented her with the Bobby Capo Lifetime Achievement Award, which honors Hispanics within the State of New York who have distinguished themselves in the arts and public service. Her experiences as a Latin Jazz recording artist, businesswoman, educator, world traveler and mother inspired her to create this wonderful journal, which will be a resource for generations of young women to come.



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