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A women's role has changed astronomically over the years, leaving a heavy impact in today's society. Prior to female empowerment and feminism, women never had very fulfilling contributions to society, because they are viewed as weak and inferior in comparison to men. In a man's world, they are expected to be domesticated; they are expected to stay home, clean, take care of the children, cook, and to sum it up do what their husband tells them to do. However, with female empowerment the tables have turned and the notion of *Balance for Better* is the necessary fight for a meaningful future for women.

Equality is everything. According to Research Gate, female empowerment can be defined as increasing and improving the social, economic, political and legal strength of the women, to ensure equal-rights to women, and to make them confident enough to claim their rights. Personally, I believe that female

empowerment is the stepping stone to equality. It is the gate way that encourages women to taken a stand and break free from the traditional gender stereotypes and make something of themselves. Female empowerment means stepping out and gaining independence, by obtaining meaningful jobs in life. It means having the confidence to type “me too” and sharing your sexual assault story. It means standing firm and following your dreams, when men stand against you. It means rioting to escape sex-trafficking and forced marriages. It means to shout out and let the world know that we are the ones who create men. Female empowerment holds many definitions; however, truly it means shattering the glass ceiling and limitations that have been held over women for centuries.

Women should not be celebrated on one day, but rather everyday as they are the ones who make the world spin around. They are at the center of every relationship on earth. Female empowerment should not only be a thing for the women of the western side of the world, but it should be a thing that encourages all women to fight for their rights. Additionally, there will never be a leveled playing field until men take this stand too. Female empowerment is not a male or female phenomenon; it is an everybody thing, as we are all members of one body.