

Women of Perfection Perfectly Imperfect

A Journaling Experience

By: Stephanie Mearse

© 2020

Dedication:

To all my fellow perfectionists;
we got this, my friends.

Table of Contents

Chapter 1: Perfection is not a bad word.....	5
Chapter 2: Core Issues: Yep, We all have them!	20
Chapter 3: Mindset, Rich people style.....	33
Chapter 4: Goal-Yes you!.....	46
Chapter 5: Self Esteem; Don't have any? You will now!.....	54
Chapter 6: Health.....	59
Chapter 7: Family; We all have one.....	67
Chapter 8: Friendships Matter.....	75
Chapter 9: Growing Wealth and your Financial Picture.....	84
Chapter 10: Community- Time to get involved.....	95
Chapter 11: Women Making Money.....	101
Chapter 12: Dress for Success.....	107
Chapter 13: It is Impossible to be Perfect.....	119
Chapter 14: Finally.....	124

Introduction:

Ladies, let's have a heart to heart. Life is a special thing. The opportunities we have are also obligations. We have so many qualities that are unique and special. You do not have to be perfect or your version of perfect. You just have to do your best each day and eventually you will see results that will astonish you. Each day, remind yourself that "Today is a day to achieve goals." You got this, ladies. Don't give up. This book is about how you, as a woman in this society and a perfectionist, can get to a new level without adding more to your plate. Here is what to expect from this book: GROWTH. If you do the exercises with honesty in your heart, you will achieve more than you anticipated. The goal of this journey is to end the internal struggle developed from unrealistic standards, create a obtainable vision grounded in your best self, and instill peace and acceptance in your perfectionism. This requires us to redefine what it means to be a perfectionist and challenge the motives of why are you one in the first place. Don't give up. I am confident that you are capable, loved, strong, intelligent, and you can do anything that you set your mind to. Now is the time to sit down and do the work. In two months, you will be thanking yourself.

Chapter 1:

Perfectionist is not a BAD WORD!

“I must always try to do better because perfectionism, and the need to always have new goals and achieve them, is a state of mind that brings profound meaning to life.”

Giorgio Armani

The stress, anxiety, and fear that resulted from my perfectionism literally sent me to the hospital. The constant pressure swirling in my mind physically manifested itself to the point of having to have my gallbladder removed—and later, heart, kidney, and liver issues. Who would have thought my textbook perfectionism would have put me in this position? But it did, and I am not alone. The definition of perfectionism is refusal to accept any standard short of perfection, and this mindset is what is over exhausting women.

In today's society, we are being inundated by this ideal of perfection. Whether it's a Christmas Hallmark movie, polished Pinterest life, the ideal Facebook feed, or the insta-perfect profile, this level of perfectionism is not sustainable. But this doesn't mean that perfectionism needs to be a bad word.

The goal of this journey is to end the internal struggle developed from unrealistic standards, create an obtainable vision grounded in your best self, and instill peace and acceptance in your perfectionism. This requires us to redefine what it means to be a perfectionist and challenge the motives of why you are one in the first place.

Unbeknownst to me, the need for perfection in my life was driven from an unconscious deep desire to feel accepted, and to be good enough and to prove all those who doubted me wrong. In the sections to follow, I will challenge you to uncover the driver behind your perfectionism.

But before we get there: who is a perfectionist? Are you a Type A personality that wants everything done perfectly, who admittedly believes everything has its place, over commits, and is constantly seeking outward validation? If so, then you maybe a perfectionist.

Think back to the last time you needed everything to be perfect. What was going on? Did you have guests coming over? Did you set up an event for your child where everything had to be perfect?

Did you write your answer? Or are you like me—too afraid to write your answers openly where someone else will see it?

Girl, it's time to dig deep and get your answers down!!!!

In my experience, being a perfectionist, or Type A personality, has both its pros and cons. Some of the pros for me are that I have a checklist for every day, week, month, and year of items to be completed. Sometimes my

daily checklist consists of one-hundred things. Sometimes it's five things. The perfectionist in me must check off every item every day to really feel accomplished. The other pros are that my house, car, kids, office, and myself are typically very clean and put together—which on the outside seems fabulous! The con? Too often, I feel overwhelmed by the never-ending constant bombardment of to-dos and feel like a failure if I am incapable that day of checking them off. Another con is if my house, car, kids, office or myself aren't completely perfect, I will stress relentlessly until it can be fixed.

Are you the same way? Do you feel that you must have your house, car, office, kids, house and whatever else you do to be perfect?

BUT why?

Having a better understanding of the driving force behind the need to be perfect will help you in achieving peace of mind. It is literally impossible to be perfect; however, we are constantly trying to achieve a view of perfection.

Often, the driving force behind perfectionism is rooted in fear; the fear of not being loved, the fear of not being good enough, the fear of looking stupid, the fear of being embarrassed, the fear of people seeing the true you and not liking it.

For me, when answering this question, I always come up with the same answer: I want everyone (literally anyone and everyone) to see me in a great light. To see that I am awesome and not a complete disaster. I still struggle daily with being a perfectionist because I want everyone to see me for who I am today and not a product of my horrible childhood. I lived in cars and drug dealer's houses with little or no food and no clean clothes or the ability to take showers consistently. These experiences taught me to put on "my game face" and not let anyone see the real me. I'll share more about me later.

I want you to think about you and why you feel this way. Did you have a hard childhood? Did you have something happen to you that was horrible? OR do you just want to have everything a specific way because you can? Why?

Why do we need to be perfect? Is this something you have asked yourself? Who are you a perfectionist for? Is it for your husband, boyfriend, mother, father, friends, other family members, society, social media? Who are you trying to impress? Why are you trying to impress them?

What is the Cause?

We all have a reason for being a perfectionist; we all have our stories.

It is our stories that shape and drive our behaviors. The meaning we give to our life experiences determine our character that, in turn, creates and shapes who we are. The perfectionist in each of us stems from your story just as it did with mine.

My reason for adopting the perfectionist persona was the belief that if everything seemed perfect on the outside, everything would be perfect all the time. That no matter what was happening around me, everything would be perfect in the end because I had everything in order, planned, and organized. But this not reality. Yes, everything may have looked perfect on the outside, but really, I was a mess on the inside. I didn't feel perfect, I didn't feel happy, and I was not as optimistic as I presented. I would fear being seen "inside"; that someone would see I wasn't as happy as I presented and would judge me on this lack of perfection. Yes, this might seem silly, but it was the reality I lived in.

So, what is your story? What is your reason for becoming a perfectionist? You have added your “why,” but what made you internalize this need to be perfect from your “why”?

Use this to your advantage!!!!

Now you might think: *Seriously, how could this be an advantage at all?* It really is.

By redefining what it means to be a perfectionist, setting more obtainable standards, releasing the fears clouding your worth, and cultivating a belief that your best is enough, you too can use being a perfectionist to your advantage. We can repurpose the energy of the perfectionist in more positive ways.

You can choose to change if you would like. You can also choose to be an inner peace believing, care-bear loving, yoga doing, perfectionist who does not stress over unnecessary core issues. I am still a perfectionist who understands her “why” and doesn’t allow her fears to control or dictate the outcome of her life. As a result of this positive spin, I have embraced my inner perfectionist and it is insane how much I can get done. So, who are you choosing to be? I am asking now!!! I am not asking

you to think about it in a week from now. I am asking you now....

In what ways has your perfectionism benefited you?

How are you going to utilize this information?

Form of ADD

Do you have ADD or ADHD? It's not uncommon for perfectionists to have ADD or ADHD. I have a self-proclaimed version of ADHD, primarily because I have a lot of energy! I can't focus on one task at a time, and I need to be active almost all the time. Use this to your advantage!

For example, I harness my energy by creating a task list that keep me hitting goals and are checked off daily. I CAN'T focus on one thing at a time, so I always have music in the background which allows my brain to focus 100% on my task. Sometimes, I use the TV in the background if I am really struggling to focus. I focus on not just the big tasks but, also, the smaller tasks in between the large ones. For example, I will toss laundry in, go do the dishes, play with the children, cook lunch, and then get the load out of the wash to fold. So, in one hour, I have gotten four of my list items done. If I lose my list, then I am scattered and can't focus. In the morning, I have a million task items to do so I do a "mind dump" of what must be completed.

If you are wondering what a "mind dump" is: go grab a piece of paper and write down everything in your mind. Literally, everything. Then start circling items that must be done today. Start a new list with those items. Then circle the items that can be done tomorrow. Put those on the list under the first items, and so forth. Before

you know it, you have your task list for the day! If you can't get everything done in one day, you have at least started your list and can finish your list tomorrow. In your perfectionism, you can utilize your "flaws" to your advantage. It is a miracle you can do so much more than most. You have huge capabilities and talent. It is time use them to your advantage!

Do you have any of these issues? What are your issues around finishing tasks? How can you use these to your advantage?

What are you encouraged and discouraged about?

What encourages you about life? What encourages you about you? What encourages you to be the person you want to be? Who do you see yourself becoming?

How do you see yourself now? What discourages you about you? What discourages you about life? What is your biggest discouragement?

As a perfectionist, you have big up days and big down days. I know I have had some days in which I feel like God has blown in my direction and I can accomplish anything in life that I want to. I am encouraged about life, in general. I genuinely love life! Every day is a gift from God, and I know that every day is special. I am encouraged that there are so many amazing opportunities in this life and that we can create who we want to be through hard work and a great mindset.

Discouragements for me are when fear pops up more than I would like. The reality is that fear can be paralyzing. The perfectionist in me says fear is a weakness and I should only ever be positive; however, that is not reality. Are you trying to only be positive because the perfectionist in you says so?

As a child, I remember being encouraged that I would turn out to be someone special, someone who could help the world. I was sitting in a drug dealer's house and wishing we had food, and I remember thinking that one day life will be amazing and I will not have a lack of comfort, love, support, home or family. I remember wanting to be lawyer (mainly because they made a lot of money and because they seemed very powerful). I look back now and I realize that in that situation most people

would take advantage of each other. I realized that I can change my circumstances and have the life I wished to lead. So, what have your circumstance brought you to? Really think about this. What moment was it that made you choose to be who you are? This is a big one, guys! It's time to figure yourself out. You can do this!

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Are you ready to become the next level of perfectionist?

Are you ready? Are you ready to go to a new level in life, in your career, as a mother, father, sister, brother, son, daughter, friend, community, wealth, spirituality? Are you, really? Well, let's do this together! I am far from being where I want to be, yet I am thrilled about what I have accomplished considering the difficulty that I had overcome. So, how do you do it? How do you get to this new level? Well, great news! You have already started!

CONGRATULATIONS!

By starting your journey as a perfectionist, you have started your journey of getting to the level you have always wished to be. This will take work, and it will not be easy. Don't give up! If you know a fellow perfectionist, you can complete this book together. Have an accountability partner that you won't want to let down. This will ensure more success.

Each chapter in this book will help you get to the next level. At the end, we will sum up what to do to be successful so you can be proud to call yourself a *perfectionist*.

Chapter 2:

Core Issues: Yep, We all have them!

“Acceptance does not equal acceptable.”

Bonnie Kelly

What are your Core issues?

What are your Core Issues and Core Meaning? A core issue is a person's false, negative belief about who he/she is and how he/she fits into the world. Unlike core issues, core meaning is positive in nature and can help us heal as individuals and families from the problems your core issues can cause. Do you know what they are? Do you know how to determine what they are? I am not an expert on core issues determination, but I can give you a very generic overview. I highly suggest

you purchase Bonnie Kelly's *True to your Core* if you would like to go further in depth on this matter. But let's start with the basics so we can get to that next level.

Basic core issues:

I am unworthy

I don't deserve

I am not smart

I am unlovable

I am worthless

I am unattractive

There are a lot more, but these seem be the core issues of majority of perfectionists. Now, you might be thinking: *I don't have any of these core issues*. Hmmm, do you really? Look inside. What do you feel? Within your heart and not your head?

Every woman has a story. A life-altering story so unique that often times it becomes the testimony to the woman she has developed into and the ever-changing idea of who she 'thinks' she should be. These stories are personal and often painful. I'd like to share mine with you.

In 1982, I was born to a mother who struggled with mental health issues stemming from the loss of her own mother at a young age. She was so desperate to get

away from the pain of her loss that she dropped out of high school, married an abusive man (my father the ‘carnie’), and relocated from her hometown of Willits, California to Sacramento, California. My father was abusive in every sense of the word. Mentally, emotionally, and physically he raged and often set the tone of fear in our home. Being a child who was abandoned by his own father, my father harbored years of animosity and pain. Eventually, his feelings of unworthiness and abandonment developed into abusive patterns that lead to violence, drug addiction, and the destruction of our already dysfunctional family.

More often than not, I found myself protecting my younger sister of two years. We would hide in the closet and play with our dolls to escape the reality of our lives. For me, being protective over my sister became a natural instinct that was triggered often. This remained true through my mother’s second marriage to a wonderful man, who I had grown to love, trust, and accept in this new family dynamic. He embraced my mother, my sister, and me and brought a feeling of acceptance and new hope to all of us.

Unfortunately, my mother revisited the habit of using drugs, thus spiraling downhill and taking my sister and me away with her once again. She and my stepfather divorced. I was devastated. The very life I had needed and wanted was once again ripped from me. The well-being of my sister and me were no longer a concern of

my mother's. Her addiction controlled her life; therefore, she had no regard for the lives of her children.

Often we were homeless, living in our car, at friends' houses, or wherever else we could lay our head. Now, having children of my own, I'll never understand the choices some people make that mirror the complete opposite of protecting our most valuable assets—our precious children. To this day, my sister and I remain close, and in spite of all destructive behaviors we were subjected to as children, we both turned out pretty well.

As I reflect on those feelings of fear, panic, and pain as a young child, I can't help but wish I could somehow go back in time and show the 'childhood me' that she's a survivor who turns into a warrior. A fighter so fierce that she can overcome even the most difficult challenges. I would assure her that the ugly thoughts and feelings plaguing her mind now will one day be replaced by thoughts and feelings of aspirations, dreams, and complete self-worth.

As an adult, I don't remember every detail of the many challenges I faced when I was a child. Until recently, I was too afraid and ashamed to share my story. I was ashamed of the sexual abuse I endured, and I didn't even know how to have an honest conversation about it. It's a part of my past I'm still working through. Though this is only a small part of my story, it is my goal to share my whole story. Empathy, compassion,

and the acceptance of people and circumstances have been imbedded in me. It drives me to continue to build on a foundation of support and encouragement while empowering women and children to live healthy, full lives, even if they are coming from the bleakest of situations.

Coming from such a difficult past, I decided I wanted to live in a Hallmark movie, with my husband, son, and daughter, the job, the house, and the car. And yes, everything had to be perfect all the time. The difficulty is that it's impossible to be perfect—and have everything be perfect—all the time. So, I realized that it was time to look inside to see what the cause of this need for perfection was and how to overcome it.

My goal in this lifetime is to help as many women and children as possible; to make a lasting impression and help people who will help others and, hopefully, make a dent in trying to help the world. I want everyone to know that you can change where you are, and you can decide who you want to be. I want so badly to pull people from a place of dysfunction and bring them onto a positive path. Through Empower Hour and The Butterfly Element, I finally feel like I am making a difference. Here are just a few of the resources and partners we have been able to provide women and children:

- Butterfly Element nonprofit (Kristin Hughes) have branches that are helping women and children on the street. We are also
- Women's networking groups
- Revive your Hope (Cassandra Sullivan) a grieving coach,
- Every Day University (Earlene Coats), an online institution that helps youth and adults with financial literacy
- HeartCORE (Jennifer House) our in-office team building for business
- Confidence coaching with Erin Summ
- Maximize your Brilliance (Carolyn McGraw) who coaches youth and children.
- The Women's Business Network with Christina Paul Matcham
- Women Veteran Alliance with Melissa Washington

Empower Hour loves to partner with likeminded people and organizations. We love helping as many people as we can. This is what fuels me.

I came from the streets but have since become a vice president of an investment firm and a CEO of women's empowerment group with a following of over 200k, obtained a master's degree, and am a loving (and loved) mother and a wife. Who would have thought? No one is stuck in a bad situation; there are always options to

make your life what you want it to be. We can create a life of joy and excitement. We can create great friendships, family, and communities. So, look inside yourself today and ask what you have already created that you love. What have you created that you don't love? Now is the time to change what you don't love. Not next week and not tomorrow. NOW. So, you might be wondering: *how do I change what I don't love?* The answer: HEART

- H- HEAL – is for looking into your heart to see what you don't love and seeing it for what it is
- E- Evaluation__ of the situation in depth with different strategic tools like a SWATT
- A- Action! Action is key. Once you have evaluated the situation and have a way to implement the change. Action. Do it today
- R- Results – Reassess the action and make sure it is what ending result you would like
- T- Thankful__ for the opportunity to make the change and for recognizing the change in you that needed to be made and that you took action to do it

In the depths of my past, William Shakespeare pulled me out of my abyss and I took heart to this quote:

“It is not in the stars to hold our destiny but in ourselves” William Shakespeare.

You have the choice to make the changes if your life. In dealing with my core issues and beliefs, I can evaluate and see how to move forward and how to improve.

Where are you? Do you see your core issues? Have you already worked out some of them? Think with your heart on this section—not your head—and can be more truthful with yourself than ever before.

What are your Core issues?

What causes you pain?

Your core issues subconsciously shape who you are, perfectionist or not. Every person has these core issues. When you feel pain, is it something stemming

from your core issues or is it stemming from the different reason? When I think of what causes my pain, it has a lot to do with things I can't control or things I don't plan. The perfectionist in me likes to have everything planned a year (yes—literally a year) in advance, which makes me feel prepared. This, in turn, helps me not to feel as much pain. This stems from my core issue—that I don't deserve. So if I plan and prepare, then I feel that I do deserve. When something bad and unexpected happens, I feel the reinforcement of "I don't deserve". When something comes up and it's unexpected, I feel massive pain.

What is your cause of pain? What core issue do you believe that is stems from?

How do you overcome these Core issues?

Can you overcome core issues? Yes, you can—if you put in the effort and work. This work needs to be done in your heart and not your head. The first thing is to recognize your core issues. If you have, great job! You have already started overcoming these core issues. Next is to make a plan—a long-term plan and not a short-term plan. The first step is to overcome your core issues by creating a positive spin on your negative core issues. So, what I mean is: if you say “I am unlovable” and you have a vision of something negative that happened to you, you created this core issue and now it’s time to find a way to create new space within your head.... I am loved! Have the happiest moment of your life take over in your brain. Every time you recognize a negative core issue, replace it with the positive.

The next step is to journal about these feelings every time they come up. Can you journal while driving in your car or in a business meeting? Technically not. Unless, of course, you’re using the voice-recording function on your phone. However, after a meeting you can always take five minutes to journal—either on your phone or a physical journal. Once you write down these emotions, bring the ending of your journaling to: *how do I make this a positive emotion? What tasks can I do to bring the emotion down and go to the next level?* Again,

I highly recommend going deeper with *True to your Core* by Bonnie Kelly.

What can you do to get over your core issues?

DO IT NOW!!! There is no time better than now! No one ever loses weight on a diet and exercise plan by saying they will start tomorrow. Think about it. If you start now, tomorrow you will be a step farther than you are today, and this book is all about getting you to the next level.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Are you ready to go to the next level? Let’s make this interesting! After your analysis, how do you feel? What do you want to do about this? Where do you see yourself next week with this information? Be true to yourself, my fellow perfectionist.

Chapter 3:

Mindset, Rich people style

“People with a growth mindset believe that they can improve with effort. They outperform those with a fixed mindset, even when they have a lower IQ, because they embrace challenges, treating them as opportunities to learn something new.”

Travis Bradberry

Do you have a positive outlook or a negative on life? When you see a situation in your life, are you optimistic that it will go well? Or do feel like everything is going south? Let's really evaluate where your heart and mind are at. Are they linking up, or are they completely different? Yes, we all have days that are good and bad, but did you know that you have the choice to wake up in the morning and have a positive day? Bad things happen.

But 90% of life is our reaction to these things. If you start yelling and screaming that you are upset, does that make you feel better? No, not usually. And the reality is, it usually makes life more difficult. So, when you think about where your mindset is currently and how you are reacting, is that what your life is representing? Is it where you want to be?

As a perfectionist, I have a hard time with wanting to be positive at all times and never let myself feel negative emotions. However, this is not real life. The more that I allow negative emotions to overtake me, the more I see something I do not need in my life. If I eliminate the negative person, place, or thing from my life, I will be happier in the long run. So, the perfectionist in me sees the situation not as having negative emotions, but rather as how to attach a checklist to the emotion so I can fix the situation. I see the negative emotions as coming from a place of fear and that fear comes from a core belief. Since I see that, I can eliminate that issue. So the perfectionist in me tries to be positive every day and remind myself to react in a calm matter. I am far from my version of perfection. However, there are tools and techniques to help with this.

Let's start....

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Are you an optimistic at heart? Or is it the perfectionist in you? Do you start your mornings with a

positive outlook and gauge your reactions most of the time? When you see friends and family, do you only see the positive qualities in them and not the negative ones? Do you see your future with rose-colored vision and only see the positive things coming in your direction? Well, sister, then we need to be friends because that is amazing, fabulous, and rare. Let's hear all about this....

Do you start your mornings with a positive outlook? When you see friends and family, do you only see the positive quality's in them and very few negative ones?

Are you a Pessimist?

Are you pessimistic about life? Do you mainly see the negative in friends, family, and everyone else in your life? Do most of your days seem very negative? What do you find is the cause? Where do you think this comes

from? Is this something you inherited? Do you want to change?

If you do, here are some ideas to help. Use YouTube—there are a ton of free positive affirmation videos available. My favorite ones—as I work in the financial industry—are about health, wealth, and family. Meditation or prayer can also help with creating a grateful mood. Also, watch the Hour of Power by Tony Robbins. This video will help you start your day off positive and make you feel ready to take on the day! It's available to watch on YouTube and it's a game-changer!

Waking up in a bad mood isn't uncommon. You could have had a horrible dream or are just not excited about something planned that day. But before you put your feet on the floor, picture what you want your day to look like. It will make your energy positive and start you in the right direction. Drink water when you wake up and really let that sit before you pound a pot of coffee. Work out—even if you don't feel like it because having a morning routine that is productive will help *you* be more productive, and that, in turn, brings positivity. This is a quick description of how I create a positive start. So, let's hear about you.

Are you pessimistic about life? Do you mainly see the negative in friends and family? Do most of your days seem very negative? What do you find that is the cause? Where do you think this came from? Is this something you inherited? Do you want to change? What are you going to do differently?

[illegible]

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Now, close your eyes and picture a moment you felt that you made the right decision, and write it down.

Close your eyes, and picture four people you loved and appreciated when you were a child. Now say to yourself with your eyes closed, *Thank you for supporting me, loving me, finding me, showing me that I deserve, that I am loved, that I am worthy, I am smart, and I am attractive. Thank you for being with me in this life and making me into the person I want to be.*

Now close your eyes again. I want you to picture where you would like to be in five years. What do you look like? What does your bedroom look like? What does your husband or partner look like? What do your children look and act like? What kind of car do you drive? Are you working? If so, what do you do? What is your position? What does your office look like? How much money do you make? What do your days look

like? What does your night look like? How do you end your night? Now write it down:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Now let's go to work: Use these following steps to get to the next level with your mindset. They may seem repetitive, but the more you read them, the more likely they will hit home.

5 Things to Do in the Morning:

- **YOU: Before your feet hit the floor, make the decision to make today the best day of your life.** Drink some water and close your eyes. Now envision what your day will look like; who will you see? What do you want to achieve? (write these down) How will people react to you during the day? How will you feel? How do you want to end the day? What did you achieve?
- **YOU: Workout.** Yes, Seriously. Go to the gym, go out for a run, do yoga. Get your body moving, and while you are working out, start prepping for your day. While on the treadmill, look up the stock market, the weather, the business articles, and the newest information that came out today. Look up what outfit you want to wear (I love Pinterest). You do not have to match what you find exactly, but using that as a template helps prepare you. Look up anything else that would be informative to you about your day and educate yourself to the fullest before you start your day.
- **YOU: While taking a shower, eating a healthy breakfast, doing makeup or hair, put on your positive affirmation in the background.** If you repeat your positive affirmations, you're more

likely to believe them to your core. This seems small but really, it's setting you up for success.

- **YOU: Prayer or Mediation.** You don't have to be religious to mediate or pray. When you are meditating or praying, wrap all your negative emotions in a ball surrounded by white light and then command to have them leave so you can start the day fresh and new. Ask that any negativity leave you and that positivity comes through you. Then ask for protection every day. Protection from anything that is not love and light and positivity.
- **YOU: Create your task list.** If you have already created a task list for the day, then you are ahead of the game. However, most mornings I think of other items that must be done that need to be added to my task list. So, start now on the goals you want to achieve today and focus on the tasks that need to be done first and then *do them*.

Are you Time blocking? Check this out!

What will your schedule look like?

5:00am:

6:00am

7:00 am

8:00 am

9:00am

10:00am

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

6:00pm

7:00pm

8:00pm

9:00pm

10:00pm

How is each hour of the day helping achieve your goals?

[illegible]

Now that you have a great start to having a positive mindset, let's go over goals!

Chapter 4:

GOALS- Yes you!

“Successful people maintain a positive focus in life no matter what is going on around them. They stay focused on their past successes rather than their past failures, and on the next action steps they need to take to get them closer to the fulfillment of their goals rather than all the other distractions that life presents to them.”

Jack Canfield

It's not just New Year's resolutions that never get achieved. Goals are just a wish unless there is an action. A dream can become a goal. A goal can become an action. An action helps you achieve success.

Let's go over goal writing basics:

What are your dreams for your life?

What dreams do you have for the next 5 years?

You can achieve anything you put your mind to, so let's break down how you can transition these dreams into reality. A dream becomes a goal, and a goal can be broken down into tasks—weekly, monthly, and yearly.

Let's start big and move smaller:

Dream:

Annual Goal:

Monthly Goal:

Weekly Goal:

Daily Goal:

Hourly Goal:

So, let's use an example in case you're stumped:

Dream: To lose 50 lbs.

Annual Goal: To lose 50 pounds in 12 months

Monthly Goal: Lose 4.6 lbs. a month by going to the gym 3 days a week, eating 1200 calories a day, and food prepping on Sundays.

Weekly Goal: Lose 1.2 lbs. a week by going to the gym, doing cardio for 20 minutes, and having no sugar, no carbs, no alcohol and only lean meats, almond milk, veggies and limited fruit.

Daily Goal: Going to the gym and doing 20 minutes of cardio on the treadmill and eating only on approved foods. Have them ready and available so I don't starve.

Hourly Goal: Stay on Task with my goals. Write my goals every day and include my eating and working out plan. Check it off when the day is over.

When you have an outstanding life, you work hard to have an outstanding 5 years, 3 years, 1 year, one month, one week and one hour. Every day of progress increases your outstanding life goals.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Focus on five main objectives per week to help you achieve your goals. If you have five big goals achieved per week, you are more likely to have a successful month, year, and life. What five big objectives do you want to achieve this week?

If you are struggling with these goals and need accountability, get a coach or a friend that will hold you accountable.

Whew! That was a lot of information about mindset and goal setting. This is a huge part of my life. In order to go from being a child on the streets to a millionaire by thirty-five, I was determined to be nothing like my parents. I saw their lives as a life experience I didn't want for myself. I was determined to make a life for myself that included a "normal" family, career, friendships, and husband . I wanted to try to make a difference in the world. By knowing what I didn't want

and watching movies like Clueless and Legally Blonde (which outlined some of things I did want), I set goals. My mindset helped me achieve these goals and dreams. I want to help everyone on this planet with love, support, goal setting, and mindset! You can change your life with the right attitude.

You're doing great! It's time to go to a new level!

Chapter 5:

Self Esteem; Don't have any? You will now

“Love who you are, embrace who you are. Love yourself. When you love yourself, people can kind of pick up on that: they can see confidence, they can see self-esteem, and naturally, people gravitate towards you.”

Lilly Singh

Some may say self-esteem and mindset are the same. I disagree. Once you have self-esteem, it's easier to have a positive mindset. The definition of self-esteem is confidence in one's own worth or abilities; basically self-respect.

What is your self-esteem like right now?

Where did you get your self-esteem from?

Why did you evaluate yourself with this self-esteem?

When did you start having issues with your self-esteem?

How can you overcome this issue?

Are you having trouble with this chapter? Did you have the same difficulty with your core issues? If you have a lot of the same issues with similar situations, how can you overcome these issues? Let's evaluate this. Finding the cause of your issues and identifying your triggers will be one of the best techniques for improvement.

What are the triggers for your self-esteem faltering?

Now that you are able to see these triggers, you can avoid these issues. Is it a person who causes your trigger? Avoid speaking to that person unless necessary. If you have to speak with that person, go into that interaction with a positive mindset and don't let anything they say get into your head. There are so many ways to deal with these types of triggers. If you want to dive deeper into the world of self-esteem, this is a great start.

Chapter 6:

Health

“Learning is the beginning of wealth. Learning is the beginning of health. Learning is the beginning of spirituality. Searching and learning is where the miracle process all begins.”

Jim Rohn

Everyone from Tony Robbins to Oprah believes health is important. When you feel exhausted, frustrated, fat, ugly, tired, sleepy, and don't fit in your clothes, you feel a lack of confidence all tied to how you feel. What do you do? Do you recognize that this is the problem?

Let's start here. Sometimes, it's hard to see the obvious. When you feel good, feel beautiful, feel sexy, fit in your clothes, have energy and are overall happy, what are you doing different?

When did you last exercise or eat healthy?

Are you happy in your skin?

Are you happy or thrilled with your weight?

Where would you like to be idealistically?

What is stopping you?

What is your “Why”?

Change your rituals to change your life! What are you current rituals?

Now, it's time to change any bad rituals into good ones. If you wake up early, you are more likely to be a millionaire. If you work out in the morning before 6am, you are one step further ahead than most of society. If you eat a healthy breakfast, you're on a path to success. It's time to use the chart for your goals and mindset to create the rituals that will help you achieve success. Write on a separate piece of paper your ritual changes, goals, and daily schedule and post it on your mirror so every morning you have a reminder of what you consider success. If you add these to your calendar, you're more likely to be successful.

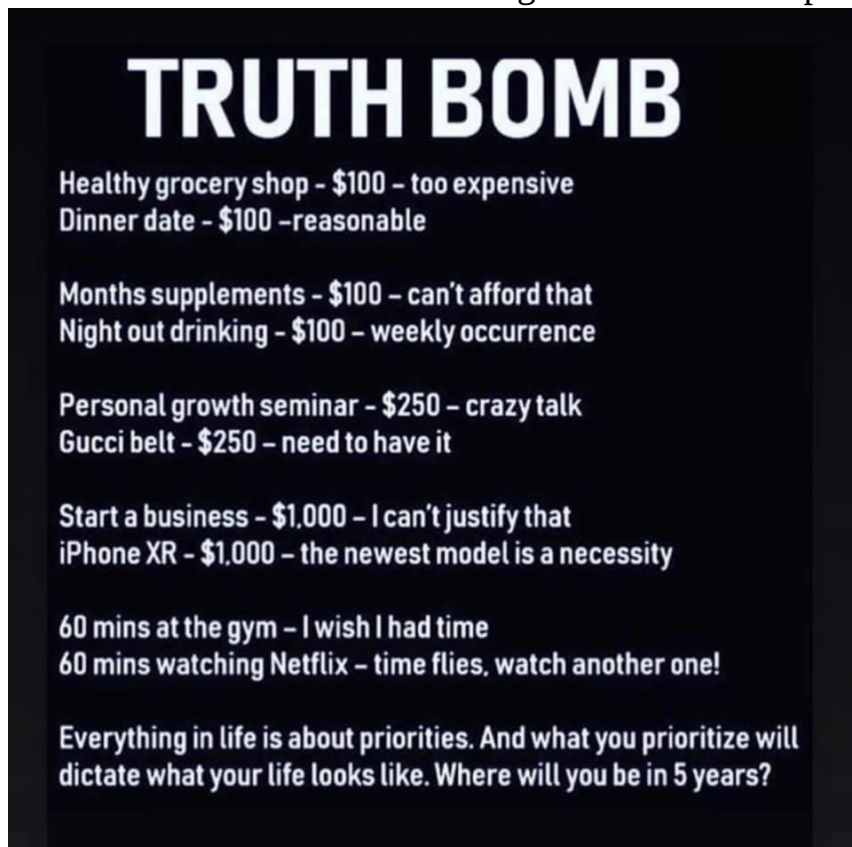
If you haven't ever been successful at losing weight and feeling great, go see a doctor as soon as possible to get lab work done to see if you need to make changes to your diet and exercise. If you have been successful on an eating plan and exercise routine, then do what you did when you were previously successful. For me, I go to the gym three days a week, eat lean meat, veggies, and limited fruits. I don't eat carbs, or sugar, and no alcohol. I food prep every Sunday, so I have my lunches readily available throughout the week. At the gym, I do twenty minutes of cardio. I will be adding weights soon to tone. In 2019, I did a 90-day cleanse which included all of the above and I also did not log

onto social media. It was amazing because I felt more energized in two months of this program than I had felt in the last ten years. I lost 39 pounds and focused intently on my family and business. It's genuinely amazing what you can achieve when you lose the distractions and have a well-planned idea in place. For myself, I had an accountability partner and I had to pay her five-dollars per day if I didn't go the gym and two-dollars per day if I went over my calories. I was also calorie counting. Plus, I had a huge "carrot" hanging over me at the end of my six months. Paris! The city I have always wanted to visit and the city I have dreamed of and longed to be a part of. Not a bad reward for kicking my own butt to get to a new level!

Coaching: if you are struggling with the idea of getting a health coach, they are phenomenal at accountability and food planning. If you can't seem to get to the next level by yourself, investing in a coach is a great way to help you get to that next level and achieve your dreams and goals.

Personal Trainer: if you are struggling with your workouts with either accountability or you're just not losing the pounds you want, a personal trainer is there to help you do this. I know you might be thinking: *well a personal trainer and a coach cost a lot of money*. But is there a price to your health? It's all about perspective.

Here is a great example:



If you value your health, a coach or a personal trainer may be the best route. Plus, you'll feel a thousand-times better. If you can't go to the gym, hire a personal trainer, run, visit a yoga studio, do something! There are all kinds of workout videos on YouTube that will help you with all different kinds of needs. There is no excuse for not working out or eating healthy *aside from you!*

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Chapter 7:

Family—We All Have One

“Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how precious the time is you must spend, whether it's at work or with your family. Every minute should be enjoyed and savored”.

Earl Nightingale

Most people, when they hear the words “work” or “family”, have an instant reaction. Some have good feelings, and others have bad. Let’s get to your core with your family:

What is your family like?

Are you happy? _____

Why?

Where does your family fit in your life?

What did you feel when you saw “family”?

When do you spend time with your family?

Who would you prefer to be as a mom?

Are you the mom you always wished to be?

Why? Why not?

What does your “idealistic family” look like?

What can make that into a reality?

[illegible]

Did you know that you can have goals that help you meet your family's needs? Let's say you want to have a husband that is loving, caring, and understanding, yet your husband right now does not quite fit that bill. There are ways to change your circumstances by having a goal. You can break it down just like we did with being healthier. Let's look at an example:

One Year Goal

Husband who is loving, caring, and understanding

Monthly Goal

Counseling, marriage books, marriage therapy videos

Weekly Goal

Attending counseling and following through with the requests or suggestions

Daily Goal

Tell the husband you love him; show him the love and attention you want from him

These are just suggestions and show an example of how to set a family goal. If you set goals as a family, you can help your entire family to grow which then helps you in the long term.

With my family being so dysfunctional, as a child, I watched Hallmark movies. These families were kind and loving! In these movies, there was always a loving husband and wife who have the perfect son and a daughter. The family loved each other and the children were perfectly behaved. As an adult, I know that no family is perfect –in any fashion. But the reality is: there is a good reason to try to achieve this view of perfection. The reality is: if you shoot for the moon and only make it halfway, you're still in outer space. You are still achieving a goal. It might not be the initial goal, but at least you have achieved something.

Do you have a dysfunctional family? My guess is “yes” or “mostly”. Considering that, have you chosen to take a positive or negative route on this path? Are you planning on being at the same place as your parents or do you want to go farther?

In the middle of the chaos of homeless life, we were fortunate to have had a wonderful support system that took over for my mother. My Grandma Mary and wonderful aunt and uncle adopted us, and we were able to live a more normal life because of their support and kindness. We were fortunate to have our family! We

cannot pick our family, but we can become more emotionally stable and decide to forgive and move forward with a relationship with our dysfunctional family. It's up to you how you deal with these emotions and how they will affect future outcomes of your life. There is so much more to my story, but the reality is that each one of us has a big story and a big life. It's now time to live and in the present and learn from the past.

Let's go to the next level.....

Chapter 8:

Friendships Matter

“You are the average of the five people you spend the most time with.”

Jim Rohn

The first time I heard the above quote, I didn't believe it. But I then started to analyze this to my core. Who was I around the most? Of course, my children and husband will always be in my top 5 in my life. But outside of my family, I was surrounded by friends I have had for years. I realized that if I wanted to go to the next level, it was time to reevaluate each friendship and see which were helpful and which were harmful. After reviewing my dreams, goals, and aspirations, I realized that I was not surrounded by what I wanted in a friendship and in life. Before you do anything, review your goals, dreams,

and aspirations for yourself. After reviewing, ask yourself and answer honestly:

1) Who are you currently surrounded by? Who do you hang out with most?

[illegible]

2) Why are you friends with them?

3) What are their values? Dreams? Goals? Aspirations? (If you don't know, ask!)

4) Do you feel good when you leave your friends?

5) Do you feel enlightened or educated after leaving them?

6) Do you have friends you wish to be like? Or aspire to be like?

7) Do you feel like you are helping your friends and getting nothing in return?

8) What are you like around your friends? Are you portraying your future you or your past you?

After answering these questions, do you feel that your friends should be in your circle? That is the real question! If you feel like your friends have like-minded dreams, aspirations, and goals, then you are a step ahead of where I was. If you learn something or feel inspired every time you hang out with your friends, you are doing even better.

The real question is: how would you make the changes you need to make to move in the right direction? I noticed that once I quit trying to spend time with friends that weren't right for me, they didn't put effort into seeing me. The less we saw each other, the less we had in common, and eventually the friendship fizzled. I would never be rude or impolite, but I wouldn't try to spend time with them without their initial effort. And for each friendship I lost, I gained other friendships that flourished and really helped me become a better woman. I noticed

that I had even more in common with the individuals in these new friendships. All my new friends were health conscious. They were notable businesswomen in the area. They all had families and wanted friendships that were like-minded. It's amazing how that works. Of course, I still have some friendships that I fostered over twenty years ago that I still love and adore. I didn't give up all of them, just the ones that were hindering my success. It's time to make the difficult decisions and act on these decisions.

You might be asking yourself: how do I find these likeminded friends after giving up my unhelpful friendships? The answer: work on you and become the person you want to be. As you grow and move to new heights, these friends will find you. You will be astonished to see how God and the universe will provide you exactly what you are looking for when you put yourself out there. Most importantly, start to work on yourself, and the people around you will notice the changes. And eventually so will you!

It is now time to reevaluate and start making these changes. Believe me, you will thank yourself! It may be six months from now, or a year, or five years, but all of a sudden you'll realize you have massively grown because you have made changes (taken action) to move your life forward. You got this, girl! If you are looking for likeminded women, check us out at empowerhour.net.

We have a wonderful networking group specifically for women like us and the women we want to be. This is another reason I started the group Empower Hour – to have friends who care about me, support me, work with me in business, and so much more! If you don't have an Empower Hour chapter in your area, become a leader and create a branch of your own! Just contact us and we will help you to get to a new level.

Chapter 9:

Growing Wealth and your Financial Picture

*“Attaining possessions is not the goal. Money itself is not the goal. **Our worth is not measured by the weight of our bank accounts but, rather, by the weight of our souls.** The path to money, the places money can take us, the time and freedom and opportunity money can bring—these are what we’re really after.”*

Tony Robbins

Ladies, do you have the time and freedom that you need? For most people, this answer to that question is a resounding “No!” Most people struggle with living

paycheck to paycheck. Most people want more money so they can have a greater peace of mind. The problem with this situation is that when you *have* more money, you tend to *spend* more money. So, let's get to the heart of the situation you are in.

How are you financially?

Are you happy with your financial situation?

Are you on a plan to retire? Do you have a savings account?

Do you spend your money on vacations or items? Or do you save everything?

Do you feel your economic class?

[illegible]

Who influences your money?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What influences your money?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

What is your “money blueprint”?

How do you feel daily, weekly, and monthly about your financial situation?

[illegible]

Where do you want to be financially?

Why?

So—how do you achieve your financial goals? That is the most important question inside this chapter. How do you get from your current financial situation to your goal financial situation? What steps do you need to take?

First and foremost, after evaluating your answers, let's check out your options to get to the next level. If you don't have a budget, make one. Most people have an idea of how much money they get paid monthly and approximately what their bills are. The problem with this is that they don't have an exact sheet of all the bills, dates, upcoming possible charges, and savings plan. It's now time that you make one. Check out www.everydayuniversity.com for the basics needs for

budgeting, balancing a checkbook, and basic savings education. It is very simple if you let it be.

Next, look at what you have planned for retirement. If you are not getting at least 5% annually on your investments, you need to seek a financial advisor. A financial advisor can help you outline where you are now and create a plan to get you to where you want to be. Believe it or not, having that person there to help you stay accountable makes it easier to stay on track. There are also money coaches that can help you obtain your financial goals. But let's keep it easy:

Income: _____

Bills: _____

Savings: _____

Retirement: _____

Do you own a home or rental property?

What do you owe?

What is the value?

Now to determine your net worth, add the difference between what you owe and the value of the house + your retirement number + your savings = BOOM (Net Worth)! Are you starting to see the bigger picture? Does your net worth include the Rules of 25?

The Rule of 25

25% - Real Estate

25% - Stocks and/or Private Equity

25% - Mutual Funds and/or Bonds

25% - Miscellaneous

The miscellaneous category includes things like your business, paintings, or wine. Whatever you have a good portion of your funds invested into.

Now, let's really think: if you don't have a savings account or retirement or a home, where do you start? Start with getting a savings account and putting 10% of your income away per month. Once that adds up to \$10,000, start investing in mutual funds or something lower risk with a decent return, along with continuing to contribute to your savings. Next, buy a house and seek a financial advisor. But the first thing to do is to START!

You are going to come across pitfalls. But once you start, you'll create a habit and are more likely to be

achieve your ultimate financial goals. If you are thinking, “What I don’t have any money left after paying bills?” Then it’s time to get with that coach and create a plan together that outlines your spending habits and your outstanding bills verses income. There are so many ways to get started. If you start today, you are one step closer then you were yesterday; and if you continue to progress then you are not regressing. There are so many stigmas about money, but the reality for anyone who hasn’t had any money is that: **we have the power to control our situation.**

We have the power to get a different job or a second job to make more money. Or we can reduce our spending on coffee every day or perhaps spend less on clothes or nails or hair. We have the power to control our situation and not let the situation control us.

This is where I can personally attest. I was broke, living in a two-bedroom apartment with one barely working car. We barely had enough food to get by and a lot of bills that were piling up. I was a stay-at-home mother and my husband worked—but as you know in this society, it really takes two incomes to sustain a decent living. I realized one day that I didn’t want to live that life anymore, but childcare is truly astronomically expensive. We had to figure out how to change our situation. With God’s help, we were able to make that happen. Now seven years later, have a comfortable living and can retire

with a level of freedom that thrills me. I was hired on with a financial advisory company and with their help, we made it happen. And so can you!

But it is a choice. You have to *choose* to start this process. If you are still struggling with how to move forward, contact me and I can forward you to the help you need. There is always help, you just have to find it. I care about you and I want you to become financially free! Start today, and you will thank yourself.

Let's go to the next level, together!

Chapter 10:

Community- Time to get involved

“Every successful individual knows that his or her achievement depends on a community of persons working together.”

Paul Ryan

Our community is great reflection of what we want to achieve. If you don't currently have a community you are working with, then let's think about this:

What are you doing to help others?

When?

How?

If you are not doing anything in your community, ask yourself why not. Why are you choosing not to participate? Are you avoiding the community? Or are you active?

If you are the type that says “I don’t have time”, I completely understand that. Being the perfectionist that I am, working two jobs, working in five businesses, having active children, being married, and having a very active home life makes it hard to find time for my community. When you have a heart to help people and decide to be a part of a community, you will notice that Karma will HIT YOU with amazing opportunities, new knowledge, new relationships, new experiences, and—most importantly—allow you to become someone’s miracle. YOU CAN BE SOMEONE’S MIRACLE. By helping someone in your community, you can make someone’s life better without much effort. You were created to be a

light in this world and when you shine your light, your world will be bright. So, it's time to think about how you would like to help. Do you enjoy helping seniors, children, or adults? Do you enjoy giving business advice, providing coaching, or fostering youth? There are a ton of opportunities in every community to make a difference.

But when will you have time? Great question! Think about that for a moment. Do you spend an hour or more each day playing on your phone? Then you have time to help in your community.

So, let's structure it a little bit:

What is your passion? Who do you like working with?

Do you know of anyone who could use your help?

Where can you meet? Or are you able to help from home?

**When do you spend an hour doing little or nothing?
(phone, TV, gaming, etc.)**

If you find your passion, you will find a way to save the world. With passion, anything is possible. Make it happen; set up a time right now! Put it on your calendar, and call a center where you can help. You will receive so much more than what you are giving, and you will not regret helping people.

If you are still struggling with finding your passion or you are interested in helping, contact me; I can help. There are so many amazing non-profit organizations looking for help. We can guide you to your “right fit” and you can make a difference in another person’s life. More than likely, it will make a difference in your life too.

Chapter 11:

Women Making Money

“You're seeing women starting new businesses like crazy. Now, they may not be technology businesses or internet businesses, but they are starting businesses - to help support their families and to in some cases to be the major breadwinner in their families.”

Meg Whitman

One hundred years ago, women received the rights to vote. In that one hundred years, we have accomplished so much. From Abigail Adams imploring her husband to “remember the ladies” when envisioning a government for the American colonies, to suffragists like Susan B. Anthony and Elizabeth Cady Stanton fighting for women's right to vote, to the rise of feminism and Hillary Clinton becoming the first female nominee for president by a major political party, American women have long fought for equal footing throughout the nation’s history. And while some glass ceilings have been shattered, others remain. But progress continues to be made. As Clinton said while accepting her nomination, “When there are no ceilings, the sky's the limit.”

Let’s break some glass ceilings!

We have come so far from where we started. We have opportunities that many women never had. We have the opportunity to make money!

- The purchasing power of women in the U.S. ranges from \$5 trillion to \$15 trillion annually.
- Women control more than 60% of all personal wealth in the U.S.
- Women purchase over 50% of traditional male products, including automobiles, home improvement products, and consumer electronics.

- Approximately 40% of U.S. working women now out-earn their husbands.
- Women make 70% of all travel decisions. (Source: Bridget Brennan, “Why She Buys”.)
 - 73% of travel agents surveyed noted that more female travelers embark on solo trips than their male counterparts. (Source: The Gutsy Traveler)
 - According to 68% of travel agents, most female clients taking trips in small groups are over the age of 45. (Source: The Gutsy Traveler)
 - The average adventure traveler is not a 28-year old male, but a 47-year-old female who wears a size 12 dress. (Source: Travel Industry of America)
 - One in four women have participated in a “girlfriend’s getaway” and 39% plan to do so at least once in the next three years. (Source: AAA)
- Women spend more money per shopping trip – \$44.43 per trip compared to \$34.81 for men. (Source: Todd Hale, “In U.S. Men Are Shopping More Than Ever, While Women Are Watching More TV” Nielsen (2011)).
- 60% of moms believe that organic foods are better for their health. (Source: Food and Drug Administration).
- 84% of women are the sole preparer of meals in the household, with 61% stating that they prepare meals at least five times per week. The majority of these

meals are not prepackaged, as 64% said they make most meals using fresh ingredients. (Source: “Today’s Primary Shopper”, Private Label Manufacturers Association)

- Millennials are most likely to engage with retailers using social media or other digital tools. (Source: US Grocery Trends, 2016)
- Facebook, Pinterest, and web searches are among the most common ways consumers digitally engage with food culture. About half of all shoppers engage with food digitally through social media – especially younger generations. (Source: US Grocery Trends, 2016)
- 59% of women feel misunderstood by food marketers. (Source: Greenfield Online for Arnold’s Women’s Insight Team)

One out of every 11 American women owns a business.

That is a lot of information to unpack. But do you see YOU can make money! We, as women, have a ton of opportunities. If you don’t know how to make money, let’s do an activity:

Are you passionate about your job?

What is your dream job?

As a child, what did you want to be when you grew up?

What is stopping you from doing your dream job or starting your dream business?

The average millionaire has 7 streams of income. How many streams of income do you have?

There is passive income, regular income, investment (portfolio) income.

Do you have passive income, regular income, and/or investment (portfolio) income?

If you don't have all of these types of income, then you need to make it happen! There are so many options. If you still need help, contact me and I can refer you to the right resources. Let's go to a new level!

Chapter 12:

Dress for Success

"A girl should be two things: classy and fabulous."

- *Coco Chanel*

Ladies—believe it or not—but it does matter what you look like on the outside. Now work with me here; coming from being a child on the streets and seeing what gang members, homeless people, sex traffickers wear, I found that the similarities are prevalent. I know this might seem weird, but if you go to a low income area, look at how people are dressed and how they hold themselves. Now go to an upper class neighborhood. The outfits will be different, the way they hold

themselves will be more formal. Watch what they are doing.

Life isn't always fair, but life will become what you make of it. You can create yourself in a new light and take control of your "full" you. This is the hard part—it's time to evaluate yourself:

What similarities do you see in your clothing in both places outlined above?

What do you like?

What do you dislike?

Think about your idol or someone you look up to. Do you have similarities to that person in your clothing choices or how you hold yourself?

People who are successful have a journey we should understand and have a knowledge that we want. Use their journey and knowledge to move yourself forward—with your own spin on it, of course! I am not saying to change yourself completely. I am saying to become the person you want to be. Don't make excuses.

Here are basic tips that helped me from the streets to success, and they can help you too!

Be clean. Practice good hygiene. Take a shower when you need to and keep your hair clean. Brush your teeth, and use deodorant to keep yourself smelling fresh.

Be tidy. Keep your hair brushed and your nails reasonably trimmed. Any excess body hair should also be carefully maintained to reasonable lengths.

Use subtle makeup. Use only enough concealer, foundation, and powder to even your skin tone and cut down on shine. Eye shadow and lip colors should be subtle and use neutral tones like browns and grays. Eyeliner and mascara should be minimal. Check out YouTube for makeup tips and ideas. You can learn how to do your own makeup like a pro.

Choose sleek hairstyles. When you think elegant women you usually think of women like Audrey Hepburn, Veronica Lake, or Nicole Kidman. And what do they have in common? That sleek, beautiful hair, of course! Choose hairstyles which show off the satin quality of your hair and compliment your features and dress style. This will give you a more elegant look. Pinterest is a massive help with ideas for styles and YouTube can show you how to achieve them. If you are not able to achieve the look, see a local hair stylist.

Get your nails done. Good choices for nail polish are pale pink, clear, or a French manicure. But remember that any color can look elegant, it all depends on how you carry it off. Don't rule out any color - including black - unless you don't like it. Look at some photos of celebrities' nails at events.

Use good perfume. You may not see when someone smells nice, but it will form a certain picture in your mind and leave a lasting impression by using a subtle perfume, applied correctly. Go to Ulta and try on different scents. Your body chemistry may go perfectly with a Chanel or a Gucci. But you won't know until you try it, and it's free to sample.

Stand tall. Having good posture will go a long way towards being perceived as elegant. Work on your posture, and make sure that you are standing nice and tall. This will also make you look thinner and curvier.

Wear nice clothes. Avoid clothes which look overly casual, dirty, stained, or ruined. Don't wear clothes that have holes or otherwise look distressed. Try to go out in nice – smart but simple – clothes when you run errands.

Wear classic cuts. Avoid trendy clothes like bell-bottomed jeans or over-sized shoulder pads. Instead, opt for classic cuts on most items of clothing. This will keep you looking timelessly elegant. Knee length skirts with even hemlines, tailored button-down shirts in men's style, and knee-length trench coats are among a large number of classic cut items. (Go to a high-end secondary store. Also, Postmark (an app) has beautiful pieces. You can get beautiful items for half the cost.)

Wear clothes that fit. Make sure that the clothes you do have fit. They should not be too small (showing or creating bulges) or too large (hanging from your frame). Don't get married to a size; every time you try on new clothes, also try on a size up and a size down. Get items tailored, if you can, to ensure an even better fit.

Choose quality fabrics. Lean away from cheap acrylic material or cheap cotton and opt for clothing made from more luxurious materials. This will show and make your clothing look more expensive, even if it isn't. Silk, satin, modal, cashmere, Chantilly or other quality lace, many sheer fabrics, and limited velvet are all acceptable options. Thick materials that add bulk should usually be avoided, as these will detract from your smooth lines.

Choose high contrast or classic colors. When choosing colors, go for high contrast colors that are very light and dark compared to each other (red and white and black, for example). Classic neutral colors also work well (grey, beige, navy, plum, emerald green, champagne pink, etc.).

- Other elegant color combinations include blue and gold, pink and white, and white and teal/sea foam.

Keep it simple. Keep your outfits simple; not too many accessories, not too many layers. Avoid patterns and pattern mixing. Don't get overly showy either. Jewelry should be simple and should go with what you are wearing and doing. Don't wear anything that is too dressy for what you're doing; go for nice, but not unreasonable.

- For example, a cocktail dress is a bit much for going grocery shopping but a black or navy pencil skirt, a cream-colored sweater and brown

jacket and boots are about right. Sweats would be a bad choice as they are too casual.

Accessorize strategically. Choose accessories which compliment your outfit without going over the top. Accessories should also compliment your features and physique. For example, avoid wide or large earrings if you have a big face, or wear vertically striped stockings to make your legs look longer and thinner.

Keep it classy. Don't wear clothes that reveal too much skin, are too tight, or use materials which look low-class (leopard print, fuzzy materials, lamé, etc). Dressing this way can make you look cheap or like an escort. It will also make you look like you're trying too hard. Dress classy by following the advice above and avoiding these pitfalls, and you'll look elegant all the time.

Being fashionable is extremely helpful; but when you go to the next level, you want to look at your mannerisms and improve them if necessary. Here are ways that I improved and that I continue to work on.

Speak exceptionally well. Use proper grammar and possess a broad vocabulary. Avoid contractions and colloquialisms, and enunciate when you speak. This will make you come across as classy and elegant. If you aren't in the habit of speaking like this, practice while you are alone, possibly in front of a mirror. Do not feel

like you have to take on a different accent in order to sound more elegant. An accent is rarely as much of a problem as vocabulary and grammar.

Stay calm at all times. Do not get overly emotional—either very sad (dramatic crying) or angry (yelling at people and making a scene). This will undo every bit of elegance in an instant. Instead, be calm and relaxed.

- Remember: if you're not going to die (and neither is anyone else) it's probably not that big of a deal. Breathe and take things one step at a time.
- If you find yourself unable to stay calm, excuse yourself and go somewhere private until you calm down.

Act like you don't care. Like not getting too emotional, you should also give off an air of not caring. This will make you seem more classy and elegant. Getting overly excited or enthusiastic can easily make you seem child-like and immature.

Be polite to everyone you meet, whether you think they deserve it or not. Don't be passive-aggressive or sarcastic when things go wrong. Just get through all situations with perfect politeness. Treat everyone as if your grandmother were watching you and there was a nice piece of candy in it for you.

Be as graceful as you can be. Walk like a supermodel no matter where you are or how you're dressed. Take care not to fall or trip when walking in high heels. Don't try to dance above your skill level. If you want to improve your grace, then practice walking in heels, up and down stairs, etc. You can also practice your hand and leg movements in a full length mirror.

Be confident and act confident. Of course you don't have to actually be confident (for a lot of people, it's mostly an act) but act as confident as you can. Tell yourself you're beautiful, intelligent, and that you know what you're doing...because you are and you do! Project confidence out to others by not constantly apologizing for pursuing the things that you want, even if they aren't popular.

Have excellent manners. Real ladies have perfect manners. Practice good manners as you go about your day, and especially when you eat. Don't ever burp or fart in public. Hold doors open for others and wait your turn for services. Drive courteously. And of course, eat without making a mess or being gross.

Be intelligent. Don't act dumb just for the sake of it. Sometimes people act dumb to stand out. While you may stand out that way, it won't be in a way you want! Be careful also not to act like you know everything about every subject. Talk about subjects you truly know

about or say you don't know much about the topic. Your honesty will be appreciated.

I understand that this is a lot of information, but it's classic. If you stick to these guidelines, your likeliness of success is higher. Look to your mentor and see if they are doing any of these things. More than likely, they are. Dressing for the job you have, versus the job you want is so important. You have the basic information for moving forward your success. Now it's time to implement it.

Look in your closet and see if you have a classic piece or two. What are they? How can you use this knowledge to add to your pieces to complete the look?

Expand this idea within your closet over time you're your classic pieces. Eventually, you will have the clothes your boss has and you will become the BOSS!

We have stated a ton of information about your physical appearance in this chapter. But it is important to remember your motivation and heart are what will guide you to your success. These are just tips that will physically help you.

Chapter 13

It's Impossible to be Perfect

“Perfection is impossible; just strive to do your best.”

Angela Watson

While reading the above quote, it might have hurt your heart a little, but there's a lot of truth here. It's impossible to be perfect – the perfect mom with the Pinterest arts and crafts, the perfect healthy food chef for the family, the perfect soccer mom, the perfect friend, the perfect wife. Do you want to look perfect by your view of perfectionism? The perfect house with everything clean and organized at all times, the perfect car – clean and organized at all time – the perfect employee or CEO, the perfect caretaker. Do you get where I'm going here?

It's impossible for everything to be done perfectly all the time and have a full, meaningful life. More than likely, if you're the perfect mom doing all the perfect crafts and serving the best food ever, your house is probably a disaster and you look a mess. There is nothing wrong with this, my fellow perfectionist. You must get down to what made you this way!

What are your expectations for your home, car, family, husband, friends, and job?

[illegible]

Why?

Where did this stem from?

When you were a child, did you have a lack of structure?

When you were a child, did you have a lack of control?

Who are you trying to be perfect for?

Are you driving yourself insane in your attempt at keeping everything perfect?

When you are a perfectionist, it usually stems from a lack of control or structure in your childhood. Therefore, you are trying to control all aspects of your life. To be perfect in your eyes is to feel that sense of control.

There is nothing wrong with being a perfectionist, but the reality is that you don't want to drive yourself or the ones you love crazy in the process. I know I drive my husband completely crazy about the house and the car everything being clean. BUT I have tried hard to lower my expectations to where it's manageable. If you are struggling, get off of SOCIAL MEDIA as soon as possible. When I compare myself to all the other people on social media, I notice immediately that my perfectionism comes back fast. If you have only a few things that you are a perfectionist about, that is wonderful. Just make sure it doesn't exceed your capability of management. Evaluate your answers and do what you think will help you.

Chapter 14

Finally

“Be who you want to be, and don’t be LAZY!”

Stephanie Mearse

Life takes you all over the place. But the reality is, in the end, will you be happy in five years? What about ten years? Where do you want to be in life? Do you want to be a billionaire, middle class, a stay at home mom, CEO, best-friends with everyone, or have one quality friend?

Join groups to help and don’t be afraid to ask for help because no one is perfect, no matter how things seem. You have the choice. It’s your blueprint. They are your goals. It’s your life. Now, my fellow perfectionist, it’s time to get to your next level. You can do anything you choose to do. If I can come from two drug-addicted parents, living on the streets, and become a millionaire

who has two amazing, happy children and an amazing husband, then you can do anything you put your mind to.

Who are you now? I want to hear. Seriously. I care. I want to help in any way possible. It's time for your story to be heard. I still struggle daily with wanting everything to be in my "blueprint" of perfection. My reality is that I will never be perfect. But I know someone thinks I'm perfect just the way I am, and I am loved. With that, my fellow perfectionist, know that you are loved, and that someone does think you are perfect. You got this, my friend!

We want to hear from you and Get your free download at:
www.stephaniemearse.com/book

Thank You

I would like to thank my wonderful husband for his support over the past 17 years. Thank you to my amazing son for your love and admiration. Thank you to my beautiful daughter for your love and understanding. I would like to thank my aunt and uncle for adopting us when we struggled. Thank you to my dad, Jim, and Michelle for your emotion support over the years. Thank you to my grandparents, Mary, Pat, and Joe, for your help and knowledge over the years. Thank you to my friend Bonnie Kelly, who offered support to renew this book and help with the rewrite. Thank you to all my wonderful girlfriends who have supported, loved, and helped me over the years. Thank you to all of my family and Joe's family for your support and love! Thank you to my wonderful mentor (Steve) – over the past 8 years I have overcome so many fears because of you. I don't know if I could have done it without you! A HUGE thank you to my new editor and friend Rashele Wiltzius! Girl, thank you for all you do and have done over the years.

Reference:

Giorgio Armani, Read more at: <https://www.brainyquote.com/topics/perfectionism>

Bonnie Kelly, www.bonniekelly.me

Jack Canfield, https://www.brainyquote.com/quotes/jack_canfield_637648?src=t_goals

Travis Bradberry, Read more at: <https://www.brainyquote.com/topics/mindset>

Lilly Singh, Read more at: <https://www.brainyquote.com/topics/self-esteem>

Jim Rohn, <https://www.brainyquote.com/topics/health>

Earl Nightingale, <https://www.brainyquote.com/topics/family>

Jim Rohn, <https://medium.com/the-polymath-project/you-are-the-average-of-the-five-people-you-spend-the-most-time-with-a2ea32d08c72>

Tony Robbins, <https://www.movemequotes.com/tony-robbins-quotes-on-money/#part2>

Paul Ryan, Read more at <https://www.brainyquote.com/topics/community>

Angela Watson, Read more at <https://www.brainyquote.com/topics/perfection>

Meg Whitman, <https://www.forbes.com/sites/women2/2012/04/19/words-of-wisdom-from-meg-whitman-hewlett-packard-ceo/>

<https://girlpowermarketing.com/statistics-purchasing-power-women/>

<https://www.wikihow.com/Be-Elegant>