

*During the month of March, we at Unbeatable Spirit are celebrating **Women's History Month** which recognizes the contributions of women in history and contemporary society. As part of our focus, The Positive Perspective will show you how to affect change and leave your own footprint in history.*

A Woman of Influence: One Step at a Time

(Reading Time: 5 minutes)



Women's History Month. If you're anything like me, this phrase might be a bit confusing. What is its purpose and how do we "celebrate?" Simply put, the purpose of Women's History Month is to recognize and honor the accomplishments of women who have had a positive influence. Starting as a celebration for Women's History Week in Santa Rosa, CA in 1978¹, Women's History Month has grown into being a federally recognized commemoration celebrated with local gatherings, art displays, essay contests, and more.

3 Amazing Women

When you think of women's history, who comes to mind? For me, it's names like Marie Curie, Rosa Parks, and Saint Teresa of Calcutta (Mother Teresa). They each had such an impact with their work that I can't help but appreciate their contributions. They not only improved their local communities but bettered the world as a whole because of their individual passions.

Marie Curie's passion for physics ultimately led to discoveries shown in the x-ray capabilities we use today. As a civil rights campaigner, Rosa Parks's iconic refusal to sit in the back of a city bus helped spark

continued conversations and action to ultimately end racial segregation. And the missionary work of Saint Teresa of Calcutta caught worldwide attention and helped develop 700 branches of care and compassion connected to her order, “The Missionaries of Charity,” in over 130 countries.

As a woman, I see these three as role models. Their passions of discovery, equality, and care are inspiring. Although I may never make a molecular-level scientific discovery, end a severe injustice, or save countless lives, I do have the ability to make an impact in other ways by using my unique talents and skills as a woman.

Influential Qualities



By our very nature, women are influential. Statistically, we are more comfortable with compromise than men and tend to be less extreme in our positions². This approach helps us when it comes to implementing new ideas and improving conditions.

According to Lorri Sulpizio, founder and principal consultant for Lotus Leadership Institute, a leadership development company for both individuals and companies, there are eight qualities of impactful women³:

1. **An Optimistic Attitude.** *With an optimistic perspective, one expects the most favorable outcome, and as such, is more likely to get that favorable outcome.*
2. **Persistence.** *Persistence will often look like a willingness to fail, all the while keeping at it, learning from the mistakes along the way.*
3. **A Strong and Powerful Voice.** *Your voice doesn't have to be loud, but your voice belongs to you and only you.*
4. **Living with Passion and Purpose.** *Whether the work is raising young children, running a company, teaching 6th grade, or working for social change, it's your work, and having enthusiasm and excitement will keep you persistent and optimistic.*
5. **A Strong Sense of Self and Confidence.** *Believing in oneself allows us to take on challenges, continue on in times of stress, and reach out to connect with others.*
6. **Embody and Embrace Change.** *Embracing change and being willing to work in the face of change is the embodiment of leadership.*

7. **Authenticity.** *It means a willingness to author your own story, to be the person you want to be, not who others expect you to be.*
8. **Seeking and Receiving Support.** *No one can do it alone. Impact women know they need the support of family and friends.*

Our three historical women easily shared these qualities. Through their mental mastery and bold visions, they changed the world. They were positive, persistent, intentional, and authentic. They knew what they wanted and went after it.

Inspiring? Yes. Humbling? For sure!

Define Your Plan

While we may not all feel called to effect change on a global level, we can do great work close to home, including in our families, schools, and communities. According to Psych Central⁴, a mental health publisher, any plan for effecting change must consist of the following:



- **Be Motivating** - a course of action that you cannot only see yourself taking, but one that fills you with vigor and excitement.
- **Be Workable** - a blueprint that you readily accept and believe yourself capable of putting into action. Deciding on a plan that's going to put you in a position of tackling goals currently far out of reach is not the way to go.
- **Consider Potential Hurdles** - and contain alternate scenarios and courses of action.
- **Be Modifiable** – being constrained to a rigid plan is a quick recipe for disappointment and abandonment.

No matter how you want to effect change or impact the world around you, focus, set a plan, and get to it. After all, the worst kind of action is inaction.

Do you want to show your kids how to live a healthy lifestyle? Take them on a bicycle ride. Do you want to improve conditions at your job? Find the right avenues for change and follow them. Do you want to make your community more walker-friendly? Go to a city council meeting, join a commission, or offer to volunteer. There are always ways to become a “woman of history” without necessarily qualifying for the history books.



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As a woman, you have the capacity to lead societal change. You can make seen the unseen and provide guidance in the presence of uncertainty. If, by chance, you feel unprepared or undervalued, take heed. All women of influence start their journey one step at a time.

Look Around



As you think of Women's History Month during the 4 ½ weeks of March this year, I encourage you to look around your community. Are there areas in which your individual talents and interests match up that could benefit from your presence? Maybe you could offer to pick up items for a local food pantry, volunteer at a nursing home, or put together backpacks with supplies for kids in need. Our world always has a need for women and it's your turn to be a woman of great influence. It's time for you to take that first step.

¹ [Women's History Month | National Women's History Museum](#)

² [\(1393\) Qualities of leadership in women | GIBLIB One-On-One - YouTube](#)

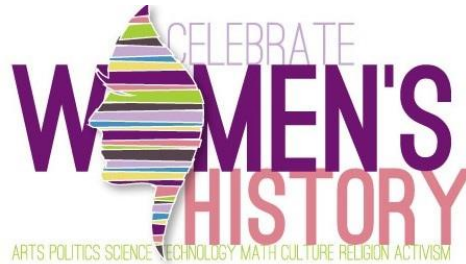
³ [Be a Woman of Impact With These 8 Qualities of Women Leaders | HuffPost](#)

⁴ [The Best Way to Effect Change \(psychcentral.com\)](#)



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As an additional way to help you celebrate Women's History Month, Unbeatable Spirit encourages you to check out the following powerhouse women:

- **Hungarian Biochemist Katalin Kariko**
[Katalin Kariko, the scientist behind the Pfizer Covid-19 vaccine \(france24.com\)](https://www.france24.com/en/20210308-katalin-kariko-the-scientist-behind-the-pfizer-covid-19-vaccine)
- **6-time Olympic and 12-time World Champion Allyson Felix**
www.olympicchannel.com/en/stories/news/detail/allyson-felix-greatest-of-all-time/
- **U.S. Air Force General Lori Robinson**
www.britannica.com/biography/Lori-Robinson
- **Super-Human Athlete Courtney Dauwalter**
[Courtney Dauwalter: The best ultrarunner in the world \(redbull.com\)](https://www.redbull.com/us-en/courtney-dauwalter-the-best-ultrarunner-in-the-world)
- **First Female Private Space Explorer Anousheh Ansari**
[Anousheh Ansari | Biography, Spaceflight, & Facts | Britannica](https://www.britannica.com/biography/Anousheh-Ansari)