

Module 1

Just to tell you a little bit about myself. When I arrived in this world, I was welcomed and named by my older sister Betty Jean. Good southern name, right? I'm sure she had her reservations about this little thing who cried and wanted a lot of attention, but she and I became close. After all, we were the two that were not wanted by our mother. We had spoiled her fun of going out and looking for love in all the wrong places. In my mother's defense, she grew up without a father because he passed away shortly after she was born. My mother was always seeking the attention from men because she never had that in her life. It's a natural instinct and one that many young women suffer from while growing up fatherless. I grew up without a father as well and always dreamed my father (whoever he was) would find me one day and help me to escape all the poverty around me. That dream never happened. We grew up in a lot of different homes. We had places to live so we were never homeless (Thank the Lord) but we moved around more than I would have wanted. We lived in the projects, run down homes, you name it and we probably lived in it. Our mother was searching for

something that I don't think she ever found, which is very sad. She was a good person but she just didn't know what she wanted which kept her from getting ahead. What I realized after thinking back about this is if you are not completely clear on what you want, you're just being thrown around by life's, winds and waves this way and that way, and you know you're searching for something. You know you're searching for a better life. But if you don't put a clear direction on it, if you don't have clear goals, and don't put clear systems into place to reach them, you are just dreaming or hoping that life will change and turn out better.

No one taught my mother about clear goals. No one taught her about putting systems and strategies into place to reach them. My mother was unable to frame it in a way that it allowed her to grow from the hardship. I'm sure she didn't want to live the way we lived. She just got stuck in the poverty and dug herself deeper and deeper into that hardship and couldn't get out. Looking back, I could have easily lived like my mother. I thank God every day I did not. Like her, most of my young life, I was searching. Searching because I knew I wanted a better life. I didn't want to be in poverty and I never wanted to worry

about where I was going to live or if I was going to have food to eat. It took me awhile to be able to, but as soon as I could, I started searching for self-help books in the library and at book stores. Some of the authors I could relate to but the one who resonated most with me was Tony Robbins. He was straight and to the point and I knew I had found my mentor. I knew I had to get out of survival mode and get to where I wanted to be. This was a huge struggle at first due to all the ugly things I had been through. Honestly, it still is a struggle sometimes. Negative thoughts still come to me as they do everyone but I have trained myself to stop those before they go very far and focus on positive things. I was able to use that hardship to grow. My determination to make a better life for me and my future offspring led me to try to figure out what others knew but no one in my family did. Knowledge is what I was searching for. Knowledge of how to live the life I wanted to live.

I had so much fear in my mind that it was difficult to concentrate on moving forward. Fear of not knowing if I could succeed. When you are never told positive things, you believe the negative until you find something or someone that challenges

those negative beliefs. I knew I had to figure it out or else I would live just like my mother had. I also knew if I ever had children, I couldn't and wouldn't let them live the way I had lived. My mother lived with no peace, no money and no hope. When someone lives without hope, they are all but dead inside. We as humans have to have hope. There was a survey from Harvard of all the centenarians (people who were at least 100 years old) and were alive at the time of the research. When asked what kept them going the response was 100% - Hope. Something to look forward to. That's what makes us human. We have to have hope or something to look forward to.

If you are wondering how I was able to overcome all of the things I endured. I will tell you it was not easy. It is a step by step, day by day process that kept me moving forward. It took a lot of persistence and a lot of resilience. One more book, one more YouTube video on mindset. If you persist, with anything you want to achieve, you will become what you want to become and have what you want to have but you have to go about it the right way. Listen to the still small voice or that inner voice that says you CAN do it. Do not ever fall into listening to anything or anyone that says

you can't. They are only trying to keep you down. Get away from those type of people. That is how I was able to break through all the "crap" was to listen to MY inner voice. That little voice that helps guide you. I believe that is God helping us each day. However, I also believe there are 2 of those voices so make sure you listen to the positive one. Not the one that says you can't do it. That is not from God.

What words are you saying to yourselves? What sentences are you continually feeding yourself? Become aware of how you speak to yourself inside your own head. This is huge and will help you tremendously when you wake up in the morning. The first thing we hear sometimes is something we failed to do the day before or how bad the day is going to be. When you recognize these types of thoughts, immediately switch it around and think good thoughts. What did you accomplish the day before? Who did you see that made you smile? Think of any good thing and that will start training your brain for the positive. Never let anyone tell you cannot do something because that is simply not true. You can do anything you put your mind to. I want you to think about this... If my mother or anyone else

struggling had been in a different environment, her whole life would have been different. If someone would have just taken a little time to show her a way out of poverty, she could have prospered instead of languishing in the environment she grew up in. Think about this also. What environment are you in? Are you allowing yourself to be conditioned that everything is ok. Life should not be OK. It should be amazing. I'm not talking about no responsibilities or behaving irresponsibly. I know not every day can be amazing, but every day should have something to look forward to for you. Life is a gift and we never know when it will be over so we need to live each day as if it's our last because one day it will be.

I am not telling you my story so you will feel sorry for me. I'm telling you this story so you can understand where I came from and how, even coming from a background where you are being told that you are useless and worthless, and won't amount to anything, you don't have to listen to that. It takes A LOT of work to not hold on to those horrible, demeaning words BUT you can overcome them. It took me years to work through them and many other circumstances that I faced on almost a daily basis.

My mother and aunt were identical twins which would be another story all by itself!! They worked to support the family while my grandmother raised all 7 of us (my aunt had 3 children and my mother had 4). My poor grandmother!!! I don't know how she had hair left after dealing with all of us rambunctious kids!!! Even though my mom and aunt worked, they didn't make much money so we had very little food and went to bed hungry most of my childhood and early teenage years. I truly believe the only way we survived was free breakfast and free lunch at school. I honestly do not know how my grandmother survived because she had almost nothing every day. I didn't realize it until I was writing this, but I had suppressed so many feelings of those days. I was so very fearful growing up. I didn't know if we were going to be able to have food at night and mostly, we didn't so we were extremely hungry almost every night. I was fearful wondering if we were going to be in the same house as we were living in or if my mother would just come home and tell us we were moving like she had so many times. When I was around 10 years old, my mother married my youngest sister's father the only thing he could do was put all of us down. Especially my older sister and myself. He told both of us we were stupid and

would never amount to anything. Can you imagine if either of us had listened to that crap? And it is Crap!!! My sister would never have become a highly skilled and successful nurse and I would never have gotten to be the success I am today. I certainly would never have made the money I have made nor would I have written two books. We eventually were able to leave and go back to our home state when an uncle came with a gun and had to hold this man at gunpoint until we packed everything we owned into a car and was able to leave.

I am on a mission to help as many people as I can to know they can and will get through all the horrible and ugly things said and done to them when they were growing up. That is why I have the exercises at the end of this module. They will cement the behavior you will need to move forward with success and happiness and joy. Tony Robbins always says you have to take massive action in order to make a change. That is why I have the exercises for you. To help cement what you have learned so you can change your life. I was also fearful knowing that if anything ever happened that required money, I had no one to help me. I cried myself to sleep a lot of nights

because my grandmother was getting older and I worried what would happen to us if she passed away while we were young. My older sister and I had developed a bond with our grandmother instead of our mother since our mother had been away from me and Betty Jean several years at different times and our grandmother raised us. We were very grateful for that. She was a sweet and wonderful person who I miss every day.

I tell you this story so you can understand a little bit about me and where my mindset was for the longest time. It was in survival mode most of my life growing up. How many of you have ever been in that mode??

The process to becoming the confident, successful person I am today, took years. I was not only a fearful child; I became a fearful adult. We take our experiences from our childhood and bring them with us. That is just a part of growing up BUT deep down I also felt I could overcome them. I just needed to know how. I read self-help books obsessively. I knew there was something I had inside me that I needed to unlock. But what? I wasn't sure but I kept searching. I went through a couple of serious relationships that I know if I had been more secure and more mature, they might

have survived. Tony Robbins also says that life happens for us not to us!!! Let me repeat that. Life happens FOR US not to us. Another belief that changed my life!!! Everything I have experienced just like you, has helped me to grow and become the person I am today but obviously it wasn't without challenges.

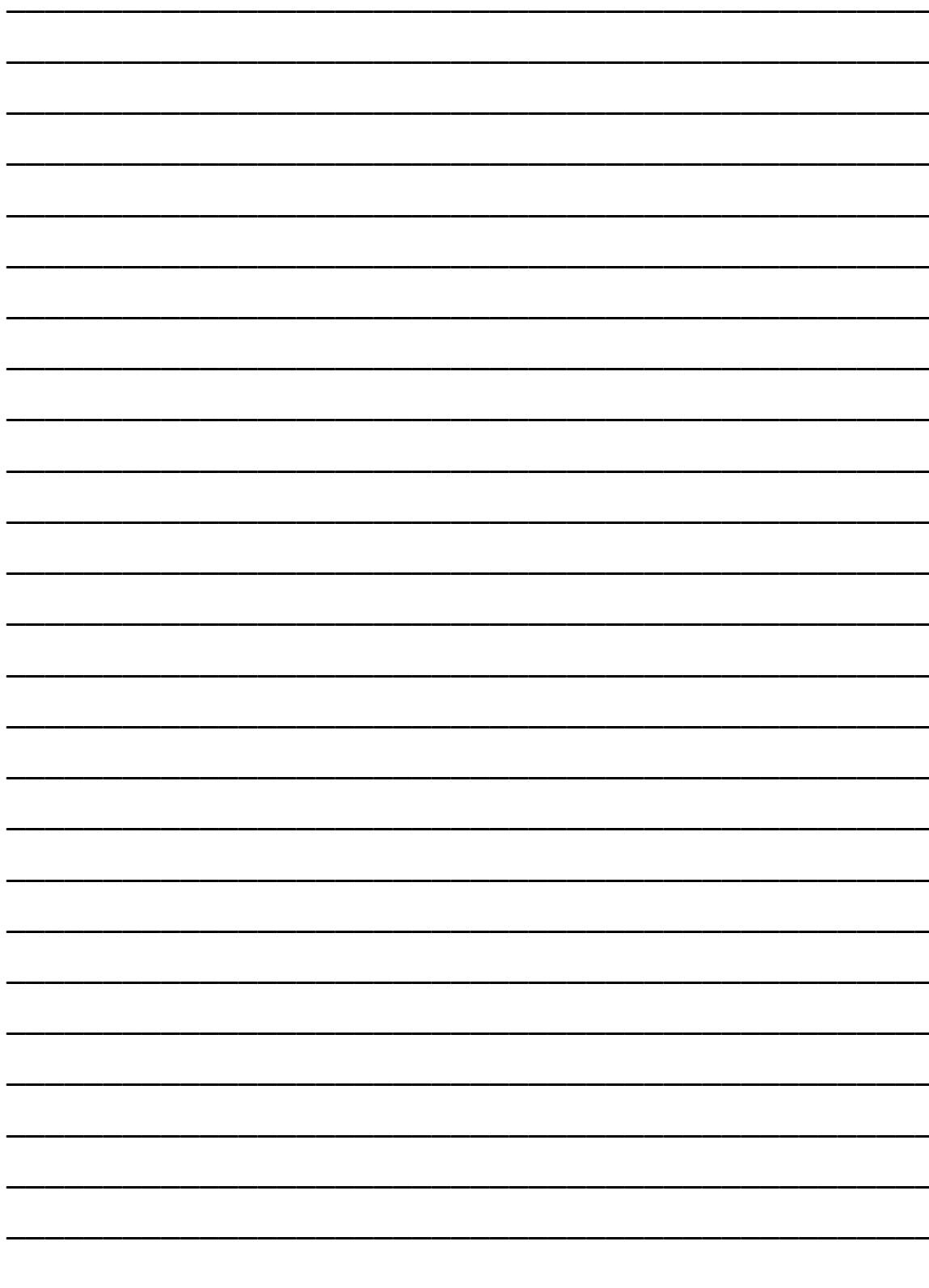
Developing Your Kick-A Mindset**

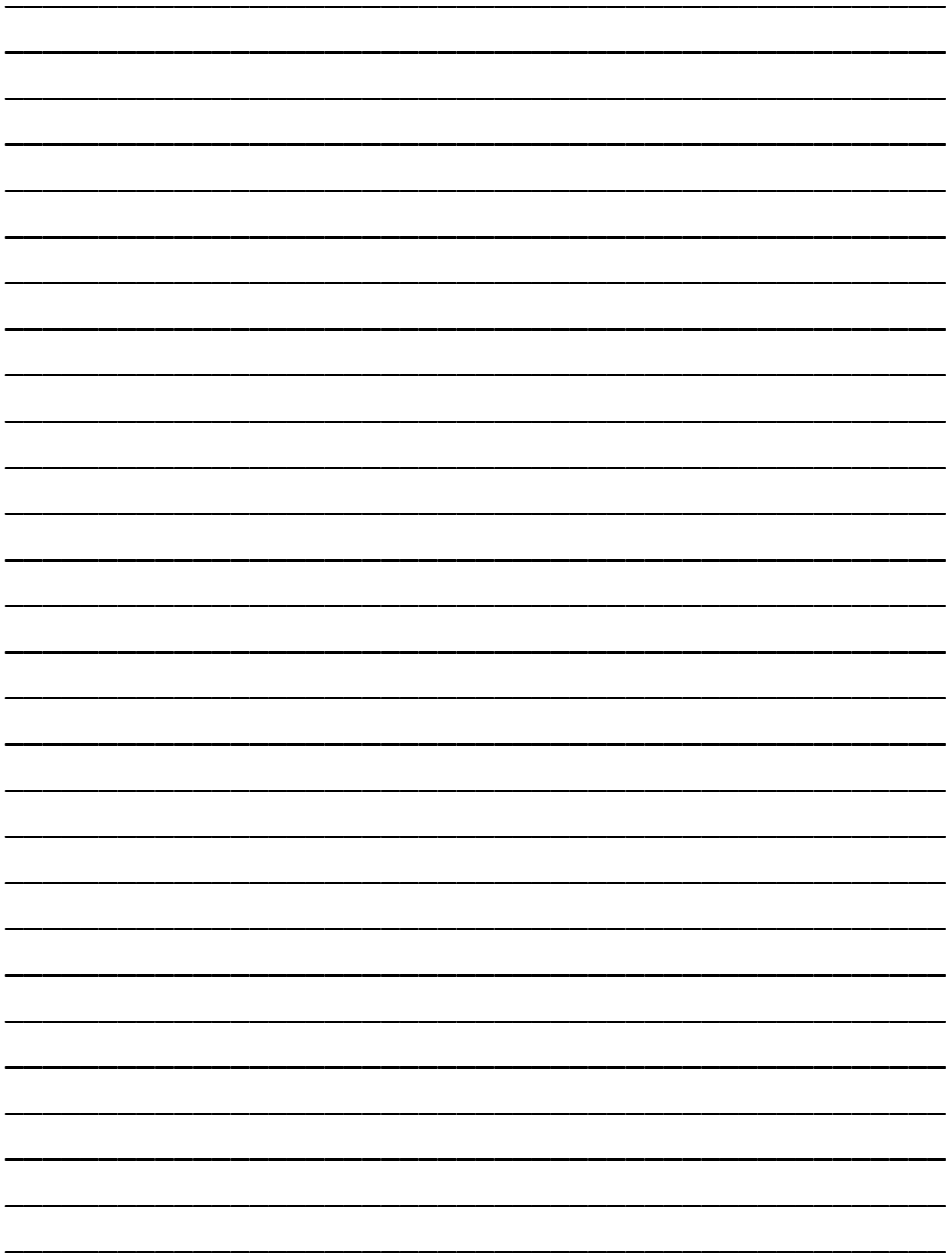
Exercise for Module 1

- 1) I want you to sit in a quiet place and relax. No interruptions. No phone, no TV, etc. I want you to think about your life right now. Think about your life growing up. What experiences did you have as a child that has affected the way your life is today? Good or bad. This may take some effort on your part to really dig deep. What experiences did you have as a child that has affected the way your life is today? Good or Bad. Now write as many down as you can remember. Now underneath each item you wrote, write down what you can do to overcome them. (For example, I would write the negative things that were said to me as a child. Underneath that, I would write how I overcame them such as reading self-help books and

listening to mentors such as Tony Robbins. Keep this in mind... If life happens for us not to us, what did you learn from the experiences you went through. Are you a stronger person because you were able to overcome some or all of it?

- 2) Are you still dealing or struggling with something (and most of us are), write that down. Perhaps something in the following modules will help you overcome them.





Module 2

I volunteer at my church and the first day in our briefing on what we would be doing that day, the person in charge said that 95% of the people walking through the doors have something they are dealing or struggling with!! I go to a large church so that means thousands of people. The reason I bring this up is because most of us are dealing with something. Some things are bigger than others but every day we are dealing with something. It could be health, family issues, financial struggles. Whatever it is, it can either derail you from the path you are on or it can motivate you to actually get going faster on your current trajectory. Either way, the decision is yours. You decide how you want the rest of your life to be.

If you are like me, I was tired of being average. I had felt average most of my life!!! I don't ever want to feel average again!!! And I won't, because that is up to me!! I want to be an exceptional person and I want to help others to be exceptional as well, if that is what they desire.

Have you ever felt that you have so much more to give but don't know how to bring it out? Have you

ever thought that you would like to be a better anything!!! As Tony Robbins says, For things to get better, YOU have to get better. Don't ask things out there to change, you have to change inside. These are words that have changed my life.

Take advantage of the time you have to better yourself. **It's the best investment you can make.**

Don't give up until you get to where you want to be. No matter long that takes you. Step by step, piece by piece, book by book. Persist until you get to where you want to be!!

If you want to be an impactful personality, you have to develop certain types of thinking and perceptions that change the way you see yourself and see the world.

Let's talk a little bit about the lion. The lion has what I call the spirit of leadership. The word spirit is referring to attitude. The lion is the king because of one word.

Attitude. The lion has a different attitude that makes every animal afraid of him. When I use the word fear, we're talking about respect. The elephant respects the lion. The hyenas respect the lion. The giraffes respect the lion. What makes

these massive animals respect such a small animal? He's not the tallest, not the strongest, not the smartest, not the heaviest, not the most intelligent. But yet, he runs things. That's because the lion has something that we need to capture. The attitude is the difference.

For example, a lion will see an elephant and the thing that comes to his mind, one word, lunch. Now, the elephant is 10 times the size of the lion, probably 50 times heavier, and has more power. One stomp of his feet could destroy the lion. But when the lion sees the elephant, he doesn't look at size, and weight, and strength, and power. He looks at lunch. I could eat this thing and he acts the way he thinks. You see, the size is not the problem. The weight of the elephant is not his concern. What makes him act is the way he thinks and because he thinks he can eat the elephant, he attacks him.

The elephant is larger, bigger, stronger, more powerful, heavier, and more intelligent and yet, when the elephant sees the lion, he thinks that he is lunch. The elephant is controlled by the way he thinks. Therefore, his size, his weight, his power, his might, his authority is a victim of the way he thinks. It doesn't matter how big you are, how

intelligent you are, how many degrees you have, it's your mind that keeps you small and it doesn't matter how small you are, or how unintelligent you may seem to be, or how much you don't have, it's your mind that keeps you small. Your Attitude. Can you imagine if we all had the lion's attitude what we could accomplish on a daily basis??

The bible says, "Be not conformed to this world, but be ye transformed by the renewing of your mind." So, the renewing of your mind will help you transform your life. I'm talking about mind management. Do you want to transform your life? Do you want to change your life to a better quality of life? If God says to you that you can be transformed by the renewing of your mind, he's given you the responsibility. He's telling you that you can make it happen. He's instructing you to do it because he's put the ability within you to do it. So, you can actually change your life by the renewing of your mind.

What you do to your mind will show up in its character. It will show up in what happens. Why are you the way you are? What more would you want to add to your life? What would you like to take out of your life? In a meeting like this, there are things you'd like to add to your life. There are

things you'd like to take out of your life. It's great that you know it's possible in the first place. If you don't manage your mind, then it's going to keep giving you what it's already got. Where you are today is a function of your mind. You are the expression of all that's in your mind. The workings of your mind, that's who you are. Your personality is the expression of your mind. The Bible says, "As a man thinketh, so is he."

In other words, it is the thinking of the person that makes them see circumstances differently. People ask me, "How am I doing?" My answer is, "I am doing great. I have no problems." Why? Because nothing in my life is a problem. The word problem is a human definition of an opportunity to grow. If you call it a problem, it's a negative. If you see it as an opportunity, it becomes a positive. How do you think? **Attitude is a product of belief. You cannot have an attitude beyond your belief.** So, your attitude comes from your belief system. The lion is the king because of what he believes about himself and what he believes about the elephant and the giraffe. He believes that they are lunch and he believes he can eat them. His belief system controls the whole situation when they meet.

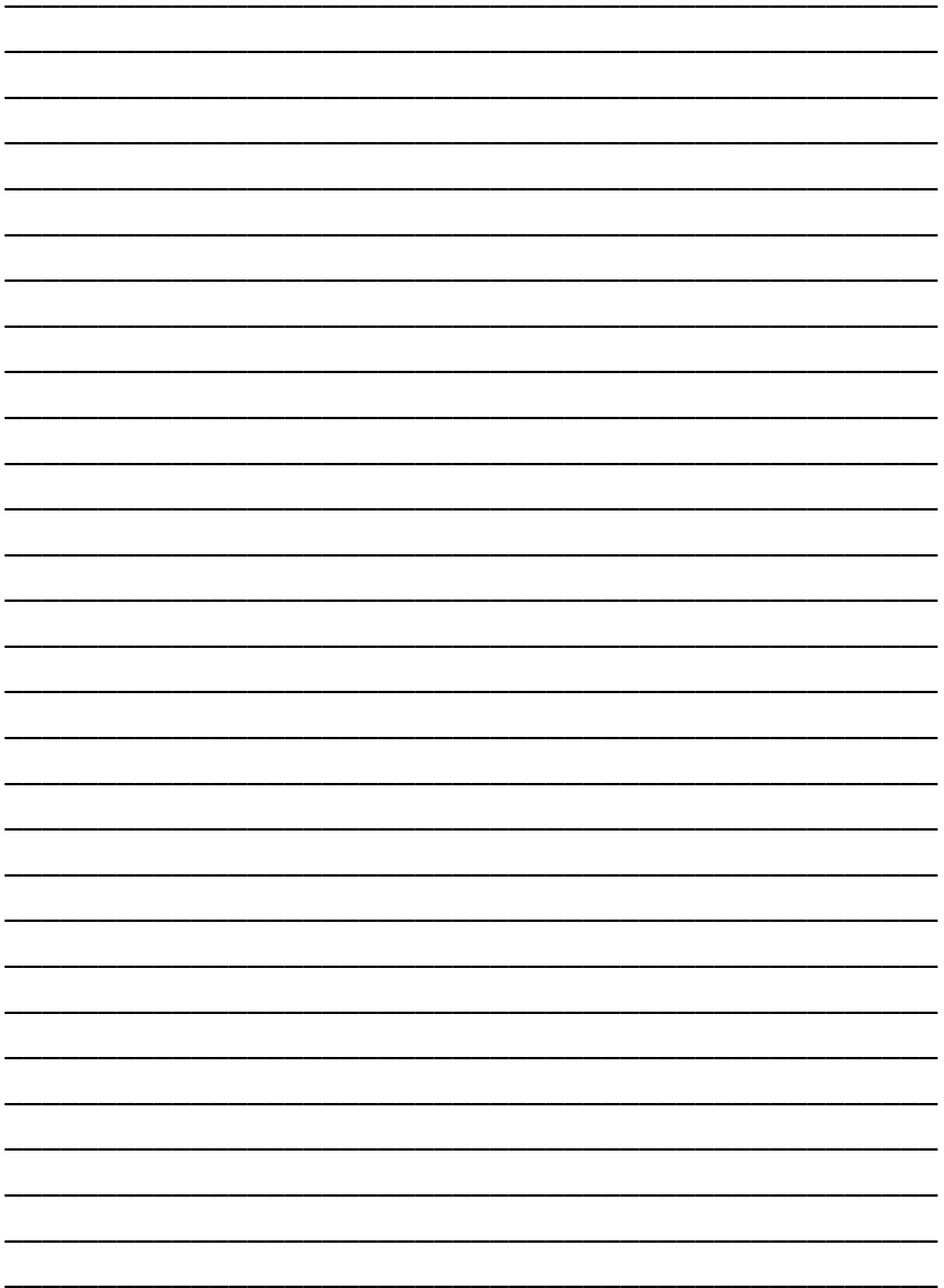
Developing Your Kick-A** Mindset

Exercise for Module 2

- 1) Go to a quiet place where you won't be disturbed and can just sit quietly and think. I want you to think about the Lion. Imagine yourself as a lion. If you had the mentality (mindset) as the lion has, what could you accomplish in one day, one week, one year? Write these down. It might take a while to visualize, but you can and must do this to help you achieve what you want to achieve. Remember taking massive action will help you achieve your goals faster.
- 2) Now beside each item you wrote that you could accomplish, I want you to write down what you are going to do to accomplish it. This might take a little time but it will be well worth it. Make sure you write beside each item you want to accomplish to ensure you take the action and ensure your success. Taking massive action will ensure you get further faster.
- 3) Now if there is an item you aren't sure what to write next to it, leave it and come back to it. However, you definitely need to come back to it. Right now, start taking the action you wrote beside the ones you could identify. This will

4) As you are having success, write that down as well so you can see what your successes are and continue piling on. You can do this!!!

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Module 3

Something else of such great importance that I have learned are 3 questions you must ask yourself so you can become the person you were meant to be!! When answered honestly, these queries will allow you to become that person. These are so important to helping you to see yourself the way God sees you. Are you ready?

Question one... Who are you? What is your perception of who you are?

**Question two... Why do you think you exist? and
Question three... What is your sense of significance?**

So... Who are you? This is not what you do for a living and its not what anyone else says you are or thinks of you. This is what YOU think about yourself. In order to be the person, you were meant to be, you have to start with this question. If you do not have a positive response to this, you have to first change your perception of who you are and that starts with your belief system. First, your perception of who you are. Who are you? Most of us have never asked ourselves that question. We will wonder about other people all

day long but have never thought to ponder on that for ourselves. If you do not have a good perception of yourself, you have to change it. Honestly, most of our perceptions are other people's concepts of us, and therefore, we don't have self-concept. We have other people's concept. What is your perception of who you are? Secondly, why do you think you exist? Why are you still here on this earth? It doesn't matter where you are right now in life, you can change it and make your life the way you want it to be. You have to discover that you were born for something, some reason. There's some purpose for your life or you wouldn't still be here.

Third, you must develop a sense of significance in your life. Discover that you are important to the human race. You are important to the world. You are important to your universe.

When I had to grapple with that question, it was tough, because I've been taught, like you have, that you are just a person existing. But that's not true. You were born to do something very significant in the world and you have to get to the point where you believe that. You can have "potential", but if you don't have the belief, your potential becomes a victim of your present belief.

Remember the elephant? The elephant has great power. But what makes him afraid of the lion is his belief system. Belief is so powerful it can make an elephant act like a sheep in the presence of a lion. If you get these three questions to come alive, you will be unstoppable

Your belief system has you where you are today. How is that working for you? Don't you feel you have more in you? More to give? More to contribute? More to say?

Developing Your Kick-A** Mindset

Exercise for Module 3

- 1) Go to a quiet place so you can reflect on these questions and answer them honestly. No one else has to see them. If you do not like where you are, you can figure out where you want to go and who you want to be. By figuring them out, you will be able to gain the confidence so nothing will hold you back anymore!! Make it happen!!
- 2) Who are you? This is not what you do or what anyone has ever said about you. This is who you think you are. If it's not positive, ask a trusted friend or family member to tell you how they see you and build from that. You are extremely valuable. Incorporate these words into your daily mantra. Who do you want to be? This exercise will allow you the freedom to truly move toward becoming the person you want to and were meant to be.
- 3) Why do you think you exist? God has us on this earth to accomplish something. For example, I feel like I was put on this earth to help people. I also feel that the way we can answer this question is to know what makes us happy. I know God has put something in all of us that makes us just feel good and whatever that is, I feel that is our purpose. If you don't know what your is and you are a prayerful person, pray on it. If you go to church, perhaps ask your

minister to help. This one is one to ponder and figure out so you keep moving forward.

4. What is your sense of significance? Where do you think you can make an impact in this world? Remember, it starts with just one small thing that you can build on. Step by step, one thing at a time. It's like building blocks. One at a time. You are meant for something. Is it to help others? Is it to invent something? Keep pondering these questions. Write everything down and I promise you, when you do you will start to develop the answers to all these questions.

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