

TRANSFORMING DREAMS INTO REALITY

Workbook

THE THREE STRATEGIES OF THE

UNSTOPPABLE

WOMAN

BRITT SANTOWSKI

Workbook: The Three Strategies of the Unstoppable Woman

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Published by: I'm Allowed Publishing Inc; www.imallowed.com

Address all inquiries to: 6511 Stonewood Dr, Sooke BC, V9Z 0Y6 CANADA,

ISBN

Business 2. Entrepreneurship 3. Women I. Santowski, Britt. II Title.

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First Edition, 2010

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INTRODUCTION

The Three Strategies (Overview)

Accountability means being responsible for who you are today. You either have excuses or results. You don't blame the past for who you are, you know your strengths, and you know where you are headed. In your own words, Accountability is: _____

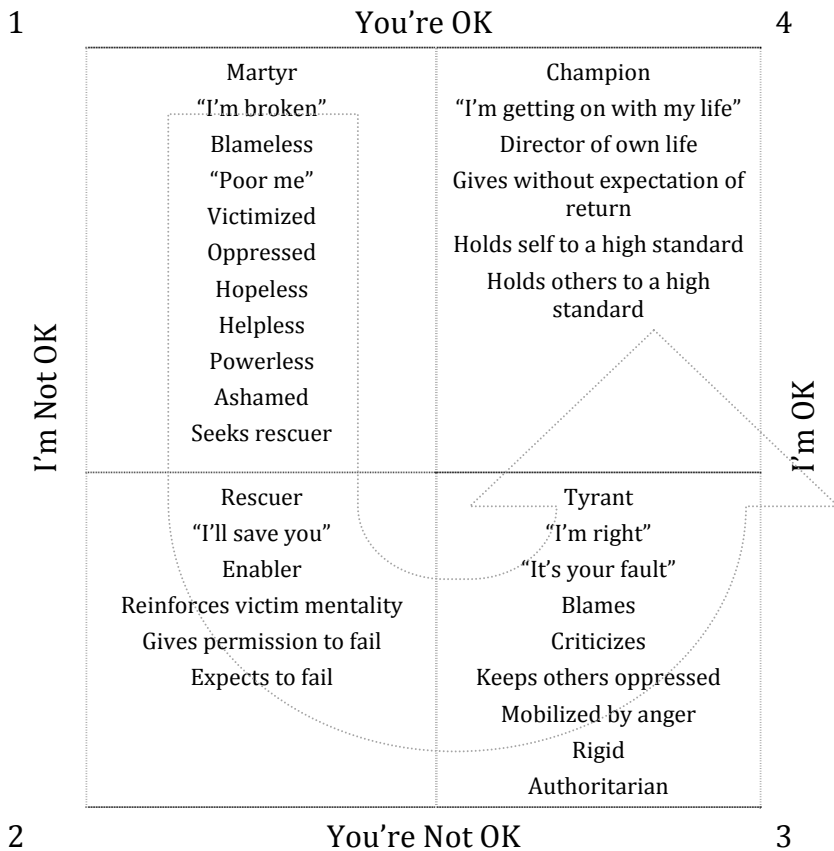
Collaboration means choosing the right people to travel with you as you pursue your vision. It's about nurturing the people who nurture you. It's your community, your mentors, and your "inner circle of champions." In your own words, Collaboration is: _____

Initiative means stepping out of your comfort zone. It is aspiring to navigate the abyss between what is and what can be. It is navigating the abyss in spite of your fears. In your own words, Initiative is: _____

SECTION I: ACCOUNTABILITY

Chapter 1: What's Your Excuse?

Mapping the Archetypes



Another viewpoint From David Logan¹

Tribal stage	% of people	Description	In the four quadrants
Life sucks	2%	Despairing hostility. Life is suffering, so I'll fully engage in that suffering. Commonly seen among prisoners and mafia members.	Martyr , as perpetrator of the crimes committed against him or herself.
My life sucks	25%	Victim/Martyr mentality. Somebody owes me something; life should be good, but something really bad happened to me.	Martyr , as sufferer
I'm great	48%	Lone Warrior. I'm great; you're not so great.	Rescuer : I'm great at your expense. Tyrant : I'm great; you're wrong.

¹ David Logan on TED tv at http://www.ted.com/talks/david_logan_on_tribal_leadership.html; another excellent summary of Logan's views is offered on a blog called The Mouse Trap at <http://the-mouse-trap.com/2009/11/07/the-five-tribal-stages/>

We're great	22%	Team pride. Values, recognition that the whole is bigger than the individual parts.	Champion , beginning steps. Optimum human state.
Life is great	2%	Altruistic pursuit of a noble cause. Truth and reconciliation prevail. Example: Mother Teresa.	Enlightened Champion , free from ego connections to his or her identity; does for the sake of doing, regardless of what's in it for him or her.

When have you played, or when do still play, the role of the **Rescuer**? Think of a specific incident. What did it feel like? What did it sound like? What did it look like? Again, you can make some notes below. _____

When have you played, or when do still play, the role of the **Tyrant**? Remember a specific incident. What did it feel like? What did it sound like? What did it look like? Record your thoughts. _____

The Greatest Human Weakness

In his book *The Magic of Thinking Big*, David J. Schwartz claims that the greatest human weakness is self-deprecation.²

Call to Action

What follows is the first of many lists you will compose during your journey through this book.

List ten things you are reasonably good at.

² David J. Schwartz, *The Magic of Thinking BIG*. New York: Prentice-Hall, 1959. Reprint 1977. p. 54.

List five things you consider to be your top strengths.

List three things other people consider to be your talents.

List three things your mother (or a mother figure in your life) most admires about you.

For each item above, make a list of skills required to be successful at that particular strength or talent.

Skills required for the ten things you are reasonably good at.

Skills required for the five things you consider to be your top strengths.

Skills required for the three things other people consider to be your talents.

Skills required for the three things your mother (or a mother figure in your life) most admires about you.

Luck as a Self-Fulfilling Prophecy

Recall the four tips for becoming lucky:

1. Go with your gut. It's your instinct trying to tell you something. It's probably right.
2. Break with your normal routine. Try new things. Open yourself to new experiences.
3. At the end of each day, recount how many things actually worked out for you. You might be surprised! Spend a few moments each day remembering things that went well.
4. If you're going into a high-stress situation like a job interview or a presentation, spend a moment to visualize yourself as a lucky person. Tap into the self-fulfilling power of luck!³

³ Professor Richard Wiseman (University of Hertfordshire), "The losers guide to getting lucky." BBC News. Monday, December 22, 2003. <http://news.bbc.co.uk/2/hi/3335275.stm>

Call to Action

Here are a few questions to contemplate.

Do you consider yourself lucky or unlucky?

If unlucky, what needs to change in your life so you can consider yourself lucky?

How can you bring this change about?

How can you start finding luck in your story?

What lucky events can you expect to happen to you today? List three.

What lucky events have already happened to you today? List three.

How Our Unspoken Signals Influence Our Reality

	Anthony Robbins	Jack Canfield	T. Harv Eker
External impositions, "The world"	Environment Event	Event	
Internal beliefs, "You," "Life as you know it"	Knowledge Past results Experiencing results in advance	+ Response =	Thoughts (lead to) Feelings (lead to) Actions (lead to)
Your reality	Your potential	"Outcome"	"Results"

A Look at Perspective

The Blindmen and the Elephant by John Godfrey Saxe

It was six men of Hindustan
To learning much inclined,
Who went to see the Elephant
(Though all of them were blind)
That each by observation
Might satisfy the mind.

The first approached the Elephant
And happening to fall
Against his broad and sturdy side
At once began to bawl:
"Bless me, it seems the Elephant
Is very like a wall."

The second, feeling of his tusk,
Cried, "Ho! What have we here
So very round and smooth and sharp?
To me 'tis mighty clear
This wonder of an Elephant
Is very like a spear."

The third approached the animal,
And happening to take
The squirming trunk within his hands,
Then boldly up and spake:
"I see," quoth he, "the Elephant
Is very like a snake."

The Fourth reached out an eager hand,
And felt about the knee.
"What most this wondrous beast is like
Is mighty plain," quoth he;
"'Tis clear enough the Elephant
Is very like a tree!"

The Fifth, who chanced to touch the ear,
Said: "E'en the blindest man
Can tell what this resembles most;
Deny the fact who can,
This marvel of an Elephant
Is very like a fan!"

The Sixth no sooner had begun
About the beast to grope,
Than, seizing on the swinging tail
That fell within his scope,
"I see," quoth he, "the Elephant
Is very like a rope!"

And so these men of Hindustan
Disputed loud and long,
Each in his own opinion
Exceeding stiff and strong,
Though each was partly in the right
And all were in the wrong.

So oft in theologic wars,
The disputants, I ween,
Rail on in utter ignorance
Of what each other mean,
And prate about an Elephant
Not one of them has seen!

Automatic Negative Thinking (ANTs)

In his book *Change Your Brain, Change Your Life*, Daniel Amen gives an overview of ANTs:

1. “Always” thinking. Universalizing or generalizing your interpretations of the world. “She is always grumpy.” “That fax machine has never worked.” Common triggers are words like always, never, no one, everyone, every time, and everything.
2. RED ANT: Focusing on the negative. Seeing only the bad in a situation. The glass is half-empty and will *never* be full again.
3. RED ANT: Fortune telling. Predicting the worst possible outcome to a situation. “If I go on this airplane, I know it will crash. Look, there’s a man praying. He has an inside scoop and knows that this will happen.”
4. RED ANT: Mind reading. Believing that you know what another person is thinking, even though she hasn’t told you. “She’s mad at me because I looked away while she was speaking.”
5. Thinking with your feelings. Believing negative feelings without questioning them. “I’m lousy at writing/singing/speaking/painting/playing the piano.”
6. Guilt beatings. Words like “should,” “must,” “ought” and “have to.” SHOULDING on yourself.
7. Labeling. Attaching a negative label to yourself or to someone else. “Oh, *I see*, she’s a LAWYER” (As if the professional label encompasses everything there is to know about that person).

8. Personalization. Innocuous events taken to have personal meaning. “Great, this traffic jam happened just to guarantee that I’ll be late for the meeting.”
9. RED ANT: Blame. Blaming others for your own problems. “I can’t start my job because Samantha didn’t finish hers.”⁴

⁴ Daniel G. Amen. *Change Your Brain Change Your Life*. New York: Random House, 1998. p. 64.

Overcoming Mentality of Entitlement (ME) Thinking

Call to Action

It's time to look at your own thoughts of entitlement. We all have them. Moving beyond them starts with awareness.

Have you ever experienced ME thinking? Do you still? When is it triggered? _____

Who do you feel "owes" you something? _____

What can you do yourself to take control of the situation, while acting within the boundaries of your ethics? _____

Chapter 3: Your Inner Genius

Gardner's Multiple Intelligences

Verbal-Linguistic

- You enjoy word play, puns, and tongue twisters.
- You read everything.
- You're a good storyteller or writer.
- You like referencing things you've read or heard.
- You like to do crossword puzzles and play Scrabble.
- You use complex words.
- In school, you preferred English, history, and social studies.
- You often engage in verbal repartee and debates.
- You talk through problems and ask questions.
- You can readily absorb information from the radio.

Total number of checks (✓):

Visual-Spatial

- You love visiting art galleries.
- You like to record events with photographs or video.
- You find yourself doodling when talking or thinking.
- You like using maps to navigate.
- You enjoy visual games such as puzzles and mazes.
- You can take things apart and put them together.
- In school, art classes engaged and excited you.
- You often draw diagrams to make your point.
- You can see things from a different perspective.
- You prefer books that are heavily illustrated.

Total number of checks (✓):

Musical-Auditory

- You can play a musical instrument.
- You sing on key.
- You easily remember melodies.
- You often listen to music at home and in your car.
- You find yourself tapping in time to music.
- You can identify different musical instruments.
- Commercial jingles often pop into your head.
- You can't imagine life without music.
- You often whistle or hum a tune.
- You like to play music while you're working.

Total number of checks (✓):

Body-Kinesthetic

- You like sports and physical exercise.
- You buy items that require assembly.
- You figure out problems when exercising.
- You don't mind getting up on the dance floor.
- You like the most adrenaline-inducing rides at the fair.
- You physically handle something in order to understand it.
- You loved physical education in school.
- You talk with your hands.
- You like rough-and-tumble play with children.
- You learn more by doing than looking at a manual.

Total number of checks (✓):

Logical-Mathematical

- You enjoy working with numbers.
- You're interested in new scientific advances.
- You can easily balance your checkbook.
- You like detailed itineraries for vacation trips.
- You like brain-teasers and other logic puzzles.
- You find logical flaws in things people say and do.
- Math and science were your favorite subjects.
- You like to have examples to support a point of view.
- You systematically solve problems.
- You like to organize things into appropriate categories.

Total number of checks (✓):

Naturalists

- You keep or like pets.
- You can name different types of plants.
- You know much about how the body works.
- You are conscious of tracks, nests, and wildlife.
- You like to farm or fish.
- You are a keen gardener.
- You understand global environmental issues.
- You like astronomy and/or evolution theories.
- You like to learn about social issues, psychology, and motivation.
- You are concerned about conservation and sustainability.

Total number of checks (✓):

Interpersonal

- You like working with other people.
- You take pride in being a mentor.
- People tend to come to you for advice.
- You prefer team sports to individual sports.
- You like games that involve other people.
- You're a social butterfly.
- You have several very close personal friends.
- You communicate well and can resolve disputes.
- You take the lead with no hesitation.
- You talk over problems with others.

Total number of checks (✓):

Intrapersonal

- You keep a personal diary.
- You like your "quiet time."
- You set your own goals.
- You are an independent thinker.
- You have solitary hobbies and interests.
- You like your own company.
- You'd spend your vacation in an isolated hilltop cabin.
- You know your own strengths and weaknesses.
- You have attended self-improvement workshops.
- You would like to work for yourself.

Total number of checks (✓):

Transfer your scores here:

Verbal-Linguistic _____	Logical-Mathematical _____
Visual-Spatial _____	Naturalists _____
Musical-Auditory _____	Interpersonal _____
Body-Kinesthetic _____	Intrapersonal _____

Quiz Results per Section

0: This area is definitely not one where you have a natural talent. This is neither good nor bad; it simply is what it is. Consider it like having a preferred hand for writing or eating with a fork. This score means this hand is not the preferred one.

1-4: You have a slight inclination toward this talent but it is not dominant. If you wanted to, you could hone this strength. Bear in mind that successful entrepreneurs and business people focus almost exclusively on their strengths and delegate the rest.

5-7: You are somewhat talented in this area. If you applied yourself to sharpening this talent, you could truly flourish. Perhaps you haven't had the time in your life to focus on what you consider to be your hobby; perhaps you have always been discouraged in this area because of other peoples' beliefs.

8-10: This is your innate talent, and it comes to you easily. You do it naturally and without thinking.

Now compare the areas in which you scored the highest with the lists below to learn more about your natural talents or affinities.

Verbal-Linguistic

Verbal-linguistically talented people work with spoken or written words. They display great facility with words and languages, and they are keenly sensitive to the meaning and sequencing of words.

- ✓ They are good at reading, writing, and telling stories.
- ✓ They can easily memorize lyrics, passages, and dates.
- ✓ They tend to learn by using three faculties: seeing (reading), feeling (taking notes), and hearing (listening to lectures, discussion, and debate).
- ✓ They excel at explaining, teaching, oration, or persuasive speaking.
- ✓ They learn foreign languages very easily.
- ✓ They have high verbal memory and recall.
- ✓ They can easily understand and manipulate syntax and word structure.

This type of intelligence is found in comedians, copywriters, editors, English teachers, journalists, lawyers, linguists, media consultants, orators, philosophers, poets, politicians, PR consultants, speakers, teachers, trainers, translators, TV and radio presenters, voice-over artists, and writers. Famous examples include Charles Dickens, Abraham Lincoln, T. S. Eliot, and Winston Churchill.

Visual-Spatial

Visual-spatially talented people work primarily with vision and spatial judgment. People with strong visual-spatial intelligence are capable of thinking in pictures and can “see” both the abstract and the literal. They are very good at “seeing” themselves in a particular scenario.

- ✓ They are very good at visualizing.
- ✓ They can mentally manipulate objects.
- ✓ They are often proficient at solving puzzles.
- ✓ They have a strong visual memory.
- ✓ They are often artistically inclined.
- ✓ They have a very good sense of direction.
- ✓ They have very good hand-eye coordination, a characteristic shared with the bodily-kinesthetic intelligence.

Careers that suit those with this type of intelligence include architects, artists, beauty consultants, cartoonists, cosmeticians, designers, engineers, inventors, photographers, sailors, sculptors, storyboarders, strategic planners, town-planners, and visionaries. Famous examples include Picasso, Frank Lloyd Wright, and Albert Einstein.

Musical-Auditory

Musical intelligence has to do with rhythm, music, and hearing. Those who have a high level of musical-rhythmic intelligence can create, understand, and appreciate music to a much higher degree. They thrive on the complexities of a wide variety of musical genres.

- ✓ They display great sensitivity to sounds, rhythms, tones, and music.
- ✓ They have good (or even absolute) pitch.
- ✓ They are able to sing well.
- ✓ They play several musical instruments.
- ✓ They compose music.
- ✓ They learn best via lecture.
- ✓ They often use songs or rhythms to learn and memorize information.
- ✓ They may work best with music playing in the background.

Careers that suit those with this type of intelligence include acoustic engineers, composers, conductors, disc-jockeys, entertainers, environment and noise advisors, instrumentalists, music producers, musicians, orators, party planners, piano tuners, recording engineers, singers, voice coaches, and writers (to a certain extent). Famous examples include Mozart, Leonard Bernstein, and Ray Charles.

Body-Kinesthetic

People who are body-kinesthetic oriented focus primarily on bodily movement. They can use their body as a tool in either self-expression (as in dance) or toward achieving athletic goals.

- ✓ They learn best by moving around rather than reading or hearing about a subject.
- ✓ They are good at physical activities that apply muscle memory (sports or dance).
- ✓ They may enjoy acting or performing.
- ✓ They are good at building and making things.
- ✓ They use words or images to remember things.

Careers that suit those with this type of intelligence include actors, acupuncturists, adventurers, athletes, builders, chefs, craftspeople, dancers, demonstrators, divers, doctors, drivers, ergonomists, firefighters, fishermen, gardeners, healers, osteopaths, performance artists, physical training instructors, soldiers, and surgeons. Famous examples include Charlie Chaplin, Ginger Rogers, Fred Astaire, and Michael Jordan. The kinesthetic style is also referred to as Physical, Tactile, or “Touchy Feely.”

Logical-Mathematical

This area or talent correlates most strongly with traditional concepts of intelligence or IQ. Those with strength in the logical-mathematical area thrive on logic, abstractions, reasoning, and numbers.

- ✓ They use their strong numeric comprehension for activities such as mathematics, chess, and computer programming.
- ✓ They like to use their reasoning capabilities.
- ✓ They are good at abstract patterns of recognition.
- ✓ They employ scientific thinking.
- ✓ They like investigation.
- ✓ They can perform complex calculations.

Careers that suit those with this type of intelligence include accountants, analysts, bankers, bookmakers, computer experts, detectives, directors, doctors, economists, engineers, insurance brokers, lawyers, mathematicians, negotiators, researchers, scientists, statisticians, traders, and troubleshooters. One famous example is John Dewey, the founder of the Dewey Decimal System.

Naturalists

Naturalists enjoy anything that has to do with nature, nurturing, and relating information to one's natural surroundings.

- ✓ They are highly sensitive to the natural world.
- ✓ They see the human species as *one of many* that live and thrive on the planet.
- ✓ They nurture and grow things.
- ✓ They care for, tame, and interact with animals with ease.
- ✓ They can discern changes in weather or similar fluctuations in their natural surroundings.
- ✓ They enjoy recognizing and classifying things.
- ✓ They connect current experience with prior knowledge.
- ✓ They learn best when the subject involves collecting and analyzing.
- ✓ They don't enjoy learning subjects with little or no connection to nature.
- ✓ They learn more through being outside or using their body.

Careers that suit those with this type of intelligence include biologists, conservationists, farmers, gardeners, naturalists, and scientists. Famous examples include Charles Darwin, E. O. Wilson, David Suzuki, and Jacques Cousteau.

Interpersonal

Those with interpersonal talents excel in interaction with others. They empathize with other individuals, and they can easily sense the moods, desires, and motivations of other people.

- ✓ They tend to be extroverts who are sensitive to others' moods, feelings, temperaments, and motivations.
- ✓ They work cooperatively as part of a group.
- ✓ They communicate effectively.
- ✓ They empathize easily with others.
- ✓ They are natural and effective leaders.
- ✓ They learn best by working with others.
- ✓ They enjoy discussion and debate.

Careers that suit those with this type of intelligence include advertising professionals, clergy, coaches, counselors, doctors, educators, healers, human resources professionals, leaders, managers, mediators, mentors, organizers, politicians, psychologists, salespeople, social workers, teachers, and therapists. Famous examples include Gandhi, Ronald Reagan, Mother Teresa, and Oprah Winfrey. This type of intelligence is associated with the Intrapersonal intelligence outlined below and what is termed Emotional Intelligence (EQ).

Intrapersonal

People with strong intrapersonal talents are introspective and self-reflective, and they have a keen understanding of their own moods, motivations, and desires.

- ✓ They are typically introverts and prefer to work alone.
- ✓ They have a high degree of self-awareness.
- ✓ They understand their own emotions, goals, and motivations.
- ✓ They have an affinity for thought-based pursuits such as philosophy.
- ✓ They learn best when allowed to concentrate on the subject by themselves.
- ✓ They often have a high level of perfectionism.

Careers that suit those with this type of intelligence include counselors, philosophers, psychologists, scientists, theologians, and writers. Famous examples include Sigmund Freud, Eleanor Roosevelt, and Plato.

Call to Action

Each of us has a talent, an area in which we primarily excel.

Go back and review the previous questionnaire that assessed your multiple intelligences. Perhaps you identify with one of Gardner's areas of talent, or perhaps you scored high in three or four.

Review your answers to the questionnaire and record the four talents in which you excel, in order from highest score to lowest. _____

Now think back on your life using the following questions as a guideline, and record the answers in the bigger column.

As a child (ages 1-10), what were your top two favorite activities? _____

<p>Associated Talent:</p>

As a child, in what kind of activity did you have a sense of timelessness? _____

Associated
Talent:

As a pre-teen and teen (ages 10-20), to which clique did most of your school peers belong? Your peers at home? Your peers during the summer? _____

Associated
Talent:

As a pre-teen and teen, what was the most delightful trouble you ever got in? _____

Associated
Talent:

What illicit activities, if any, did you engage in? How long did those activities last? What did you gain from those activities? What did you lose? _

Associated Talent:

As a young adult (ages 20-30), what were your most significant growth quests? World travel? Your first job? A business? A family? What single event most impacted your development? _____

Associated Talent:

As a maturing adult (ages 30-50), which sideline activities did you incorporate into your life? What did you do to escape and replenish? _____

Associated
Talent:

As a mature adult (age 50+), where do you get a sense of timelessness? _____

Associated
Talent:

Now go back to the top of this list and associate your top four talents with these experiences.

This process will help you recall some forgotten passions and point you to your true talents.

Next, you need to align your talents to your values. What are your strongest values? What means the most to you? The chart below lists a number of values, and you are free to add your own.

Rank each value from your list from the least important to the most. In other words, if you have seventeen values, begin your list by identifying the *least* important in relation to the others by first looking at all the values you rated low, then medium, then high. If you get stuck, remember to rank the values only in relation to the others that remain.

Once you have identified your top five values, you then need to articulate specifically what that value means to you. Different people will have different definitions for the same value. For instance, if you rank “Family” as high, think about what family means to you. It may mean living in the same town as your immediate family. It may mean weekly connecting with your siblings who are scattered worldwide. It may mean providing shelter from the storms of life for your new family. Be sure to create your own unique definition.

In completing this exercise, you identify some of your talents and values. When you can incorporate those talents and values into a singular activity, you will have identified a core passion. Core passions act as your life’s compass.

Top 5 values	Extended definition

Chapter 4: Achieving Clarity

Defining Your Destination

Napoleon Hill, author of *Think and Grow Rich*, coined the term Definite Major Purpose.

Hill's five-step formula for realizing your Definite Major Purpose is as follows:

1. Know that you can achieve your purpose.
Promise yourself that you will persist until you succeed.
2. Realize that what you think inside will be reflected on the outside. Get a clear mental image of yourself at the final destination, and revisit that image often.
3. Know that persistence produces results.
4. Record your purpose on paper (below).
5. Remember to leave everything in better shape than how you found it. That principle will serve you well. Integrity and honesty supersede negativity and greed.

If you follow these five simple steps, Hill proposes that others will believe in you because *you* will believe in yourself and your own purpose.

Create a plan of action, and whether you are ready or not, begin implementing this plan. Do *something* today. Anything. _____

Write out a statement that clearly and concisely captures the previous four steps. Put it in your wallet. Duplicate it and post it all over your house. Read it at least twice a day, once in the morning and once at night. Make it the first and last thought of every day. And every time you read this statement, see yourself living the vision.

SECTION II: COLLABORATION

Chapter 5: Understanding Collaboration

Collaboration versus Cooperation

High Cooperation

- **Shared Objective.** There must be both the belief and the shared dedicated drive to move toward the same final outcome. Cooperation is high.
- **Interpersonal Bonds.** The bonds that develop in a shared pursuit are strong and unifying, and each player is committed to sharing her strengths.
- **Generous Outlook.** Helping others is essential. You succeed when you help others in their success.

High Assertiveness

- **Complex Interpersonal Engagement.** Collaboration is not perpetual Happy Land. Relationships are complex and multifaceted, and they must be allowed to exist as such.
- **Safe.** A sense of belonging must be nurtured. It is okay to say what's on your mind. In fact, it's critical for you to do so. It is okay to make mistakes. It is okay to voice dissent.

These components work together to create high levels of assertiveness and cooperation.



The keys to successful collaboration are:

- Get to know the people who have already accomplished what you intend to achieve.
- Consciously set out to work with them and tap their knowledge to boost your own success.
- Complement your weaknesses with the strengths of others.

Call to Action

Take an inventory of the people in your life you consider to be successful.

Whom do you know who has been driven to succeed at her dreams, no matter what? _____

How did she do it? How does she do it? Interview the person if you can to find out what enables her to have such a clear vision and follow it to the end. _____

How can you follow the same path? What aspects of this person's success can you incorporate into your life? Vision boards, goal setting, mission statements? _____

Selecting Collaborators

Call to Action

Make a list of people who are of equal or higher status that you envy. Make a list of what they specifically have or do that you desire. Think of that promotion you should have had. Think of that technological gadget your neighbor just bought that you can't afford. Think of that vacation your sibling took that was out of this world.

I am envious of _____

I am envious because this person
has/is/does/owns (etc) _____

This envy shows me that I can have/be/do/own
(etc.) _____

What small (ninety-second) step can I take today to move myself closer to attaining something I envy?

I am grateful this person is in my life because

Chapter 6: Making Meaningful Connections

Networks

Call to Action

The following exercise is a list-generation exercise referencing your mental inventory of people you know, including your family, friends, colleagues, and neighbors. It also includes the people in your community with whom you do volunteer work, or whom you encounter in living your daily life (going grocery shopping, getting your hair cut, or catching the bus to work).

Mastering Mastermind Groups

Standard Agenda

1. Facilitator opens the meeting with a reading of her choice (5 min max)
2. Round table, Check In⁵
 - a. Accountability⁶ (Last week I said ___ and I did ___)
 - b. Impact of last meeting, if any
 - c. Good news item
 - d. Request for extra time (if you have an emergency and need more time, ask)
3. Round table, Items
 - a. At this round table, you have a designated time to present and receive input on your item. Please come prepared with a concise statement of your need or request from the group. Take notes. Take what is valuable to you; discard the rest.

⁵ Time to be determined at the beginning of each meeting; dependant on the number of participants

⁶ This accountability check is mandatory; the other points are not

4. Commitment to Stretch (1 minute per participant)
 - a. Make a commitment to the group that you are bound to follow through on between now and the next meeting. Be sure it is realistic. Stretching (stepping slightly beyond your comfort zone) is a good thing. It is this component that will accelerate your growth.
5. Announcements
6. Adjournment

Time Keeper's Aid for a 1.5 hour meeting

7 People – 8 min ea ⁷	6 People – 10 min ea ⁸	5 People – 12 min ea ⁹
8:50 – 9:00 Show up!	8:50 – 9:00 Show up!	8:50 – 9:00 Show up!
9:00 – 9:05 Opening	9:00 – 9:05 Opening	9:00 – 9:05 Opening
9:05 – 9:15 Check In	9:05 – 9:15 Check In	9:05 – 9:15 Check In
9:15 – 10:15 Items	9:15 – 10:15 Items	9:15 – 10:15 Items
9:15 – 9:23 First	9:15 – 9:25 First	9:15 – 9:27 First
9:23 – 9:31 Second	9:25 – 9:35 Second	9:27 – 9:39 Second
9:31 – 9:39 Third	9:35 – 9:45 Third	9:39 – 9:51 Third
9:39 – 9:47 Fourth	9:45 – 9:55 Fourth	9:51 – 10:03 Fourth
9:47 – 9:55 Fifth	9:55 – 10:05 Fifth	10:03 – 10:15 Fifth
9:55 – 10:03 Sixth	10:05 – 10:15 Sixth	
10:03 – 10:11 Last		
10:15 – 10:25 Stretch	10:15 – 10:25 Stretch	10:15 – 10:25 Stretch
10:25 – 10:30 Announcements	10:25 – 10:30 Announcements	10:25 – 10:30 Announcements
10:30 Adjournment	10:30 Adjournment	10:30 Adjournment

⁷ 4 minutes overflow

⁸ No overflow

⁹ No overflow

My Definite Major Purpose for This Cycle

Weekly Prep Sheet

Meeting Worksheet Template

Invocation to Share (Facilitator)

(Opening plan and quotation, 5 minutes)

News/Update to Share

(opening round table, __ minute)

“My win for the last two weeks is

and I need extra time for” *(only if applicable)*

Round Table (__ minutes total time; indicate brainstorm format if desired; else group will do round table)

“I said I would

“and then I did

“What I need/My challenge is”

Announcements

My commitment to stretch (comes from round table discussion on your item, __ minute)

Discussion Notes from your Round Table Item

Challenge/problem to share	Suggestions from the group
Contacts/people/resources suggested	Action items

Chapter 7: Collaboration Tools

Call to Action

Social networking can be a colossal waste of time, or it can be extraordinarily beneficial. Like anything, a tool in and of itself is neither good nor bad; what makes it so is how you use it. (A hammer is relatively useless when it comes to opening a bottle of Champagne, but incredibly capable of putting a nail into the wall to hang a picture.) Prior to setting up any social networking tool, ask yourself the following questions:

What is the purpose of this specific tool? _____

With whom do I intend to interact? _____

How will I reach this intended audience? You will want to pre-qualify your “friends” or “followers” (customers, networking leads, friends, future prospects, mentors, etc.) _____

Before getting started, do I have what I need to set up my site? (Appropriate avatar aka electronic image of yourself, resume, infomercial, etc.) _____

What, if known, are its time-wasters? (e.g. Facebook is cluttered with game applications; Twitter is flooded with irrelevant tweets about who ate what today.)

Knowing the time-wasters lets you avoid them, so you can maximize your benefit. _____

These questions set the context that enables you to maximize the value of your social networking tools. If you already have pre-existing social networking tools, go through this process anyway. If you need to, you can re-vision your existing accounts, or you can establish new accounts. What's important is that these social networking tools work for you, not the other way around.

SECTION III: INITIATIVE

Chapter 8: The (f)Law of Attraction

Mapping the Law of Attraction Continuum

Educational
forum
promoting...

...partial personal
responsibility

...substantial
personal
responsibility

...total personal
responsibility

Philosophy	You have some control over the outcomes of your life.	You can shape the outcome of events that impact your life.	You have created every aspect of your life.
Degree of action required	Significant.	Significant. Your thoughts are key, but only if you have the emotional desire to persist through and survive your trials and your failures.	Insignificant. Your thoughts shape everything. That which follows is all a result of your ability to think the right thoughts.
Forums	Books, counseling and therapy sessions, community workshops, one-on-one.	Seminars, classes, leading to larger group.	Large Group Awareness Training (LGATs).

Educational
forum
promoting...

...partial personal
responsibility

...substantial
personal
responsibility

...total personal
responsibility

Examples

Positive-thought
proponents,
authors,
counselors,
Alcoholics
Anonymous.

Dale Carnegie's

How to Win

Friends and

Influence People

1. Fundamental
Techniques in
Handling People

2. Six Ways to

Make People Like
You

3. Twelve Ways to
Win People to
Your Way of
Thinking

4. Be a Leader:

How to Change

People Without

Giving Offense or

Arousing

Resentment

5. Letters That

Produced

Miraculous Results

6. Eight Rules For

Making your Home

Life Happier

Events happen to
you; how you
respond to those
events will have a
significant ability
to shape your
future.

Jack Canfield's
formula $E+R = O$
encapsulates it
(Events +
Response =
Outcome).

Napoleon Hill
advocated that you
can receive what
you conceive *if* you
have an intense
burning desire
driving your
action.

Landmark
Education. Their
philosophy is that
personal
responsibility
begins and ends
with one's
willingness to be
central cause of all
results in one's
life. Being both the
cause and the
effect is the ideal
way to live.

T. Harv Eker's $T \rightarrow$
 $F \rightarrow A \rightarrow R$ formula
encapsulates it
(Thoughts lead to
Feelings lead to
Action lead to
Results). It's all
you.

Educational
forum
promoting...

...partial personal
responsibility

...substantial
personal
responsibility

...total personal
responsibility

Extreme
examples

Your negative thoughts contributed toward your current situation. If you are down, it's because you don't believe you are worth better.

Pat Robertson, an evangelical Christian suggests that the recent Haiti earthquake was brought about by the Haitians themselves in a deal they made with the devil to free them from the French.

Further research

Irrelevant to the success of the relationship.

Encouraged. The greater your exposure, the greater your chances at success.

Not encouraged. The knowledge you will receive here is definitive. Stay away from the negative influence of fear-mongering newspapers and magazines.

Costs might fall
into this range

\$20/book

Free intro nights

Free intro nights

Free consultation then typically \$30-\$50-\$100/session depending on the type

\$100-1000/classes
\$50-\$500+/session

\$500-\$30,000+/seminars
Seminars are frequently hosted by a high-profile success story, and run behind the scenes by volunteers.

Educational
forum
promoting...

...partial personal
responsibility

...substantial
personal
responsibility

...total personal
responsibility

Types

Positive thinking
Therapy
Counseling
Community
classes

Community
classes
Seminars

Seminars
Several of the
Large Group
Awareness
Training (LGAT)
programs

Techniques

Comfort zone is
challenged
Guided learning
Journaling
Peer-led group
study

Comfort zone is
challenged
Mental
breakdowns lead
to breakthroughs
Call-and-response
technique

Comfort zone is
challenged
Mental
breakdowns lead
to breakthroughs
Deprivation
(contact,
food/beverage,
bathrooms, etc.)
Group chants or
call-and-response
technique
Deviation from the
group can lead to
personal
humiliation
Independent
thinking is
discouraged (you
are here, after all,
because you are a
failure and you
want to learn from
the successful
expert so shut up
and learn)

Educational
forum
promoting...

...partial personal
responsibility

...substantial
personal
responsibility

...total personal
responsibility

Spirituality	Not typically present unless specifically seeking religious or spiritual guidance	Implicit or explicit religious overtones	Implicit or explicit religious overtones
Qualifications/ Status	Academic achievement	Track record success	Cult-like status of the guru Group conversations discouraged Challenging the teachings discouraged (you can be physically removed from the session)
The Interpretation of Failure	Failure means you haven't yet been able to turn it around and look at it from a different perspective.	Failure means you are one step closer to success. Success is built on a succession of failures.	Failure means you are personally being punished. You haven't "played" at 120%. You are personally weak. Typically, more classes will help you achieve a better rate of success.
The Interpretation of Success	You can live in your current circumstances and be a happier human being.	You can persist through the rough times knowing that the plan and the journey will get you there.	You will be rich.

Spotting the Slick Snake-oil Salesman

I include here an interview that Michael Lovitch (owner of The Hypnosis Network in Dallas Texas) had with Dave Lakhani¹⁰ (a marketing expert and persuasion specialist, NLP practitioner, speaker, author, and trainer). The interview took place in the aftermath of three deaths in a sweat lodge on October 8, 2009, at a self-improvement event in Sedona, Arizona.

Lovitch and Lakhani speak about “cult awareness, guru protection, or how to think independently.” Lakhani details how coercive groups tempt you to part with your money in return for insider information. The following is a direct transcript of Lakhani’s information.

1. You start out by pointing to people’s shortcomings their missed hopes and dreams and when possible you point them to existing large beliefs sets around religion or philosophical constructs that appear to support the behavior that they hope to learn as being the cause of their missed hopes and dreams.

¹⁰ The excerpt in this book is printed with permission from Lakhani. The full interview can be heard on Michael Lovitch’s blog Exploring the Mind, at <http://exploringthemind.com/how-to-protect-yourself-from-coercive-groups-and-leaders/>

2. Then you suggest there is knowledge that exists that always existed that's available if you know how to access it.
3. Then you position a charismatic talking head as the leader and dispenser of the secrets.
4. You demonstrate how the leader has persevered and learned the secrets and is now willing to reveal them to you, you are so fortunate.
5. You tie the knowledge to mystical practices, to ancient civilizations or societies, and to supposed laws or mystical places.
6. You make very tenuous ties using social proof backed science particularly science most people don't understand like quantum physics.
7. You make acceptance of the secret exclusive often based on price.
8. You encourage people to act alike, dress alike, pray together, and take aggressively more aggressive behaviors together. You have them shave their heads, fast, engage in exhaustive prayer, deprive them of sleep, food, contact with others.
9. Use noise and light discipline. Practice sensory overload and deprivation.
10. Discourage logical thinking and reward faith.

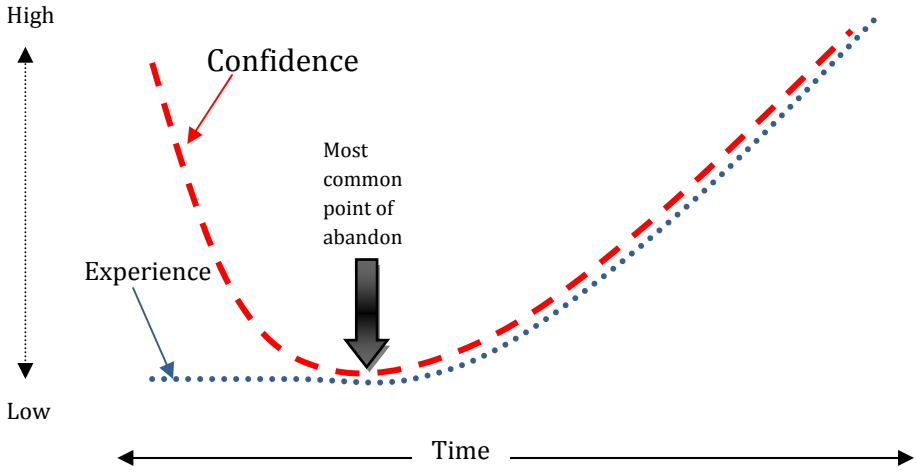
11. Encourage them by telling them pushing past the boundaries is part of their initiation into a new way of being.
12. You have them value being misunderstood by their peers and have them use that lack of understanding by their peers as validation that they are in fact moving in the right direction.
13. You offer them progressively more esoteric opportunities for more money of course with no real quantifiable measurable results.
14. You give the group names, rites of passage, special ways of knowing or recognizing each other.
15. You forbid them from sharing the secret knowledge or events that occurred during their initiation with others so that those people, should they become enlightened enough as well, are not deprived of the opportunity to fully experience what's happening.
16. And then when things go wrong you bring it back to the leaders pain and rally the true believers around him, get them to talk about how terrible the leader feels and have them express what his internal condition is. Make it about his suffering and not that of the effected.
17. You turned the attention to the teachings and the teacher not the failure.

Chapter 9: Changing Your Mind(Set)

The Four Stages of Learning

1. The first stage: unconsciously unskilled. You don't know what you don't know.
2. The second stage: consciously unskilled. You know what you don't know.
3. The third stage: consciously skilled. You know you are applying skills.
4. The fourth stage: unconsciously competent. You don't know you are applying the skills.

The Confidence Curve



Stage	1	2	3	4
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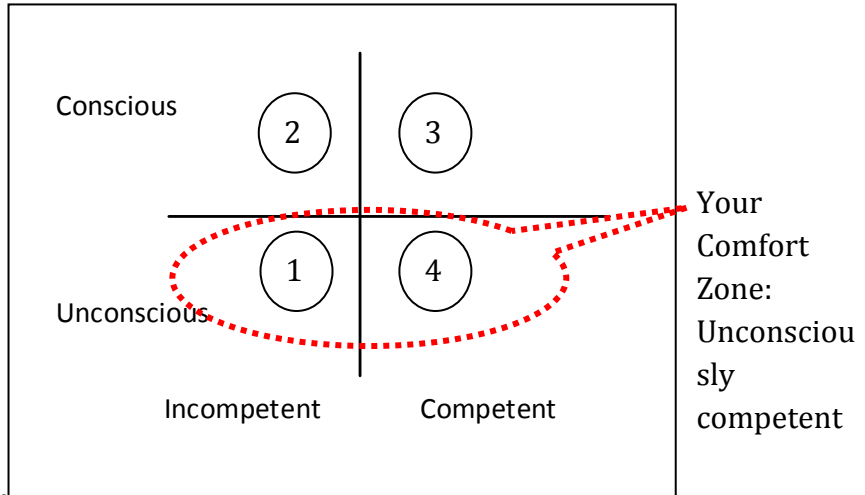
Call to Action

Where are you right now within your comfort zone, and how does this align with the confidence curve?

What skills are you using in your business and personal life that require little or no thinking? In what areas are you unconsciously competent? _____

In what areas are you consciously incompetent? What skills do you know that you need to brush up on? _____

Your Comfort Zone



Employing Self-Talk to Shape Your Self

Call to Action

On the left side, record your negative self-talk. On the right, dispute the negativity, and rework it with a more positive tone or outcome.

Example:

Negative Self-Talk	Dispute and Rework It
<p><i>Oh my GOD, I've just been fired. I'm going to lose my shirt, my house, and my husband. How am I ever going to get through this living hell?</i></p>	<p><i>Oh my GOD Auntie May! How did you get into my head?! Of course I'm scared. I'm scared because I don't know what tomorrow will bring. But I've been scared before. Like the time when I was eleven and got lost in the Amsterdam airport. Or the time we had the house fire. Or the time I got divorced. I survived those, and I can survive these. Thanks for caring, Auntie May, but I don't need your fears at this time. I've got work to do! Options to explore! Maybe now I can start that business I always wanted. Thanks for sharing, but buh-bye Auntie!</i></p>

Now you can try reworking some of your negative self-talk. Have fun with it!

<i>Negative Self-Talk</i>	<i>Dispute and Rework It</i>

Instead of saying		Say	
I feel	good	I feel	fantastic
	okay		awesome
	motivated		driven
	confident		unstoppable

Your vocabulary impacts how you feel.

Write down some of the positive (or extremely positive) words you have used in the past. _____

Write down some of your old good phrases. _____

Replace your old phrases with phrases using magnificent words and magnificent phrases. _____

Body Language

	<i>Assertive body language</i>	<i>Passive body language</i>
Eye contact	Comfortable and direct Quick raising of the eyebrows upon greeting	Not meeting the gaze Absent-minded gazing, infrequent blinking (zoned out) Staring Down and away or dropped glances
Mouth	Warm, smiling Relaxed Uncovered (don't cover your mouth when you smile!)	Pursed, tightlipped, unsmiling Smiling at everything Frequently swallowing Biting lips
Head	Head tilted while listening Nodding appropriately Chin up	Not fully facing, at an angle Excessive nodding Frozen, locked into position Chin into chest
Handshake	Firm grasp	Weak like a jellyfish None
Body	Open, inclusive gestures (palms showing) Fully facing others Leaning forward Upright but relaxed posture Feet firmly planted Sitting forward Still and focused	Leaning away Hunched shoulders Too-stiff posture Arms crossed or Legs crossed Fidgeting

Call to Action

In keeping with the perpetual call to awareness, I want you to consider what confidence look like to you. What does a person who is confident physically project?

When you see someone who lacks confidence, how does she:

Talk _____

Walk _____

Move her body _____

When you see someone who emanates confidence, how does she:

Talk _____

Walk _____

Move her body _____

In order to emanate increased confidence (and grow it within yourself), how will you:

Talk _____

Walk _____

Move your body _____

Chapter 10: Redefining Fear and Failure

Rewriting Your Fears

Basic Fear Statement. _____

Recast your Basic Fear Statement from an “I’m afraid of” statement to an “I want to” statement. Use this formula:

I WANT to

[Your Basic Fear Statement]

and am
concerned that

[Your underlying fears and concerns]

Chapter 11: Becoming Unstoppable

Your Promise Plan

_____ Promise Plan	
What (simple, personal)	
When	
Where	
Why	
Who (network, mentors, mastermind team)	
How	

_____ Promise Plan	
What (simple, personal)	
When	
Where	
Why	
Who (network, mentors, mastermind team)	
How	

Chapter 12: Pulling It All Together

Your Final Call to Action

An epic story contains these eight characteristics:

1. Begin in the middle of your story. You have your past behind you and your future still to come.
2. Call upon a muse to inspire you. In ancient mythology, a muse was a female goddess or spirit that would inspire the creative process, and the author would be the spokesperson of her story. In modern terms, a muse is someone who inspires you and compels you forward in your quest. Look over your list of mentors. Reconsider the people you most admire.
3. Main Character: Your main character is both yourself and an archetype, a generic version of a personality. She could be an Angel or a Warrior, a Detective or a Knight, a Trickster or a Professor.
4. The Plan: You have a statement of purpose. This is your cause, your *raison d'être*.

5. **The Battle:** You have opponents (people or groups who do not support your cause). These could be the naysayers in your life (who, as you remember, are acting from a place of caring but in a way that doesn't serve your growth). It could be the failures you encounter en route. Whatever or whoever your opponents are, you will encounter conflict. These will be your Dark Moments.
6. **The Army:** Your army is represented by the people in your network, your supporters, mentors, and guides. You are guided by a force greater than yourself. Consider your mastermind group here.
7. **Your Self-Discovery:** Your self-discovery usually occurs while you are outside of your comfort zone, while you are engaged in conflict and out of your element. It can also be referred to as an awakening. Here is where you finally see something that has been there all along.
8. **Happily Ever After:** You have a Triumphant Return.

Your saga is for exploration, not entertainment. Like all the exercises in this book, you are writing this piece only for yourself. This is yours to create. Take care and have fun.

Writing Your Epic Saga

Main Character's Name and Archetype:

Main Character's Purpose:

The Opponent(s):

The Plan:

The Battle:

The Army:

Self-Discovery:

RANDOM QUOTES

Great minds discuss ideas, average minds discuss events, small minds discuss people. — Eleanor Roosevelt

I would venture to guess that Anon, who wrote so many poems without signing them, was often a woman. — Virginia Woolf

The statistics on sanity are that one out of every four Americans is suffering from some form of mental illness. Think of your three best friends. If they're okay, then it's you. — Rita Mae Brown

You take your life in your own hands, and what happens? A terrible thing: no one to blame. — Erica Jong

We cannot have a world where everyone is a victim. "I'm this way because my father made me this way. I'm this way because my husband made me this way." Yes, we are indeed formed by traumas that happen to us. But you must take charge, you must take over, you are responsible. — Camille Paglia

Never interrupt someone doing what you said couldn't be done. — Amelia Earhart

Women must pay for everything. They do get more glory than men for comparable feats. But, they also get more notoriety when they crash. — Amelia Earhart

I have met brave women who are exploring the outer edge of human possibility, with no history to guide them, and with a courage to make themselves vulnerable that I find moving beyond words. — Gloria Steinem

While they were saying among themselves it cannot be done, it was done. — Helen Keller

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do. — Eleanor Roosevelt

Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose. — Helen Keller

Optimism is the faith that leads to achievement. Nothing can be done without hope or confidence. — Helen Keller

I finally figured out the only reason to be alive is to enjoy it. — Rita Mae Brown

The first problem for all of us, men and women, is not to learn, but to unlearn. — Gloria Steinem

There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom.

— Anais Nin

Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is bliss, taste it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfill it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is life, fight for it.

— Mother Teresa

Failure is impossible. — Susan B. Anthony

Promises are the uniquely human way of ordering the future, making it predictable and reliable to the extent that this is humanly possible. — Hannah Arendt

Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong. — Ella Fitzgerald

Life is either a daring adventure or nothing at all.
Security is mostly a superstition. It does not exist in
nature. — Helen Keller

ADDITIONAL ONLINE RESOURCES

Online Social Networking resources: for a comprehensive list of the hundreds of online networking sites, go to http://en.wikipedia.org/wiki/List_of_social_networking_websites; the list is both current and comprehensive.

Online Networking Resources for Women

Entrepreneur Journey Blog:

<http://www.entrepreneurs-journey.com>

Femalepreneurs:

<http://www.femalepreneurs.com/blog>

Mommy Millionaire:

<http://www.mommymillionaire.com>

National Association of Women Business Owners:

<http://www.nawbo.org>

Startup Princess: <http://startupprincess.com>

Women Into the Network:

<http://www.networkingwomen.co.uk>

Women's Funding Network:

<http://www.womensfundingnetwork.org>

Women's Environmental Network:

<http://www.wen.org.uk>

National Women's Health Network:

<http://www.nwhn.org>

Women's Executive Network:

<http://www.wxnetwork.com>

Other Networking Resources

BNI: <http://www.bni.com> and
<http://www.bnipodcast.com>

BNI podcasts, for free, at <http://www.bnipodcast.com>

General Resources

A Complaint Free World (focused on promoting positive thinking). <http://www.complaintfreeworld.biz>

Facebook: How-to-use-Facebook guide, Mahalo Web site <http://www.mahalo.com/how-to-use-facebook>

Fifty ideas on how to use Twitter for business:
<http://www.chrisbrogan.com/50-ideas-on-using-twitter-for-business>

I'm Allowed: <http://www.imallowed.com>

The Three Strategies of the Unstoppable Woman:
<http://www.thethreestrategies.com>

Twitter Glossary on the Twitter Fan Wiki:
<http://twitter.pbworks.com/Twitter+Glossary>

The Ten Rules of Twitter (and how the author Robert Scoble breaks every one of them):

<http://scobleizer.com/2007/09/23/the-10-rules-of-twitter-and-how-i-break-every-one>

Twitter Style Guide as explained by Grammar Girl:

<http://grammar.quickanddirtytips.com/twitter-style-guide.aspx>

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Wiseman, Professor Richard (University of Hertfordshire), "The loser's guide to getting lucky." BBC News. Monday, December 22, 2003.

<http://news.bbc.co.uk/2/hi/3335275.stm>

DEATH SENTENCE BY GABRIELLE BOULIANE

Some of you will know what I'm talking about here.

The ones of you quiet in the audience
who have had gun placed to their heads.

The one out of three women that have been raped.

People who have survived car crashes,
the victims of child abuse,
anyone anywhere who has had a death sentence imposed
on them from outside.

That moment where the world stops
and all the things you think are so important every day
fall away,
and it's all you can do to whisper a prayer
for your parents
your lover
your children.

You get this one moment to regret
all the things you'd said you do but never did
and then it's over.

You die or you live.

If you live, the look in your eyes is never the same.
And when the normal people around you complain
about how terrible some slight on their ego is,
All you can do is smile and even be thankful that there
are people out there who don't know how precious life is
Not to be wasted on such bullshit.

Cancer is like that.

One minute, everything is normal.
You're worried about paying the bills,
what your boss said at work that day,
if you'll ever lose that weight
take that class
get that job
toy
dress
man
whatever

And the next thing you know some stranger in a lab coat
is telling you
your life expectancy is less than a year.

And nothing is the same
ever again.

You think you have problems, but things can always be
worse.

I kept a photo of a woman being wrapped
after a radiation treatment from breast cancer
over my desk for 10 years
To remind me when I got sad or upset that I didn't have
any right to complain.

Until I joined this sister.

And while I may have both my breasts
and my hair (at least for now),
I think: I've had to give up my job my apartment my car.
My parents take care of me.
I'm on 16 kinds of pills.
I have to inject myself twice daily with blood thinners
to make sure no more clots might slip up to my brain.
I can't worry anymore about imagined offenses
someone might have made.

I can't fuss about not being properly kissed for the last
two-and-a-half years.

I can't pretend I'll be the next Terentino or J.K. Rowling.

Most days, my job is breathing,
making sure I have enough calories.

I've gone from selling a TV show to having a bowel
movement
be the biggest event of my day.

Morphine is just asperin to me,
and I could tell you the best way to the hospital cafeteria
from the infusion center
the pharmacy
or the lab.

And it might be true,
Maybe I won't live until next September.
And you know what makes you different from me?
One blood clot.
One defective gene.
Maybe that cigarette or the next beer you drink
your liver will finally give up on you as well.
We never know when it's going to come.

So I ask you tonight:

What are you waiting for?
Why are you not being everything you can be right now?
Why haven't you asked that crush you have out on a date,
or applied for your motorcycle licence
or told your family you're going back to school to become
the one career you've always wanted to become
(Thelida)
Whether it's sensible or not?

I know,
You've heard it a thousand times:

You only get one life.
Let me rephrase it for you in a way that will make more sense:

You're gonna die.
Sometime.
Some how.

The only difference between me and you is that I may have an idea of when and how.
And I'm lucky, you know.
I get to tell my parents I love them every day.
I get to say goodbye to everyone.
I'm in hospice.
I'll never be in pain.
I'll just drift away like a feather in a dream some day.
While you're stuck in traffic,
going to a job you never liked,
cursing the people around you,
Dreaming your "If only's."

Please.

Take it from a girl who's already half angel:
Do.
Not.
Wait.

If you don't start today,
get the fuck up,
walk out that door,
and change your life to the best it can be
then when?

Are you hearing me?

Don't wait for that moment when you almost lose your life;
Don't you dare waste your fucking time.

I'll be watching
Whether from the front row or from somewhere a little
higher.

I've got your wings.
I'm keeping them right here.
The only price is letting go of your irrational fears.
I got them right here.
Come.
Find them.

Gabrielle Bouliane, at the Austin Poetry Slam 12.05.09

Watch Gabrielle Bouliane at
<http://www.youtube.com/watch?v=gePQuE-7s8c>

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