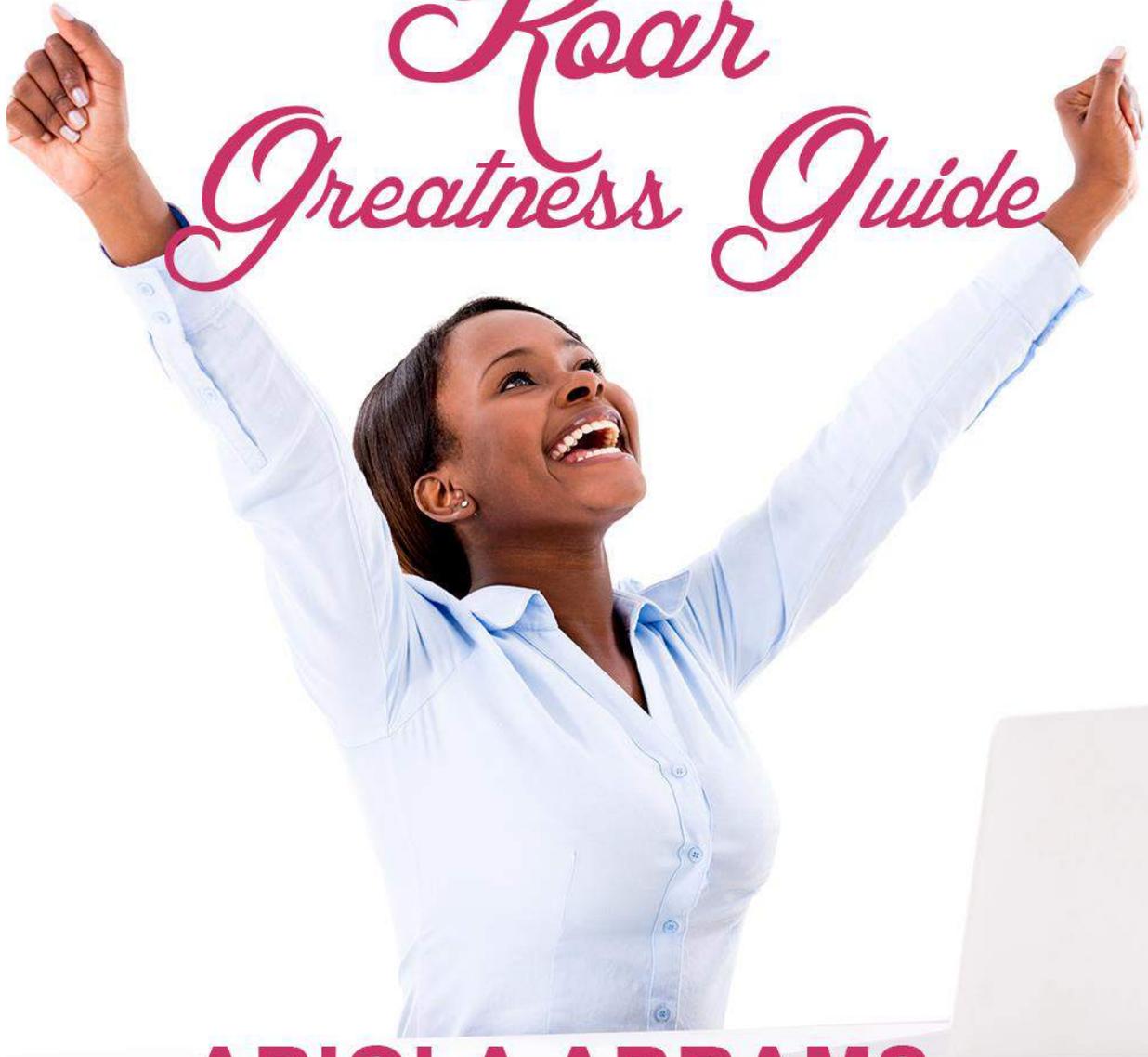


*The Hear Me
Roar
Greatness Guide*



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Hello Powerful One,

So excited that you're here, my friend. Are you ready to finally *truly* answer your calling and take your vision to the next level?

Welcome home. If you have a big, bold, inspired life calling, then you are on the right page. What is a calling? Having a calling means that you have a message or a mission. My purpose and passion is to help you to activate that mission. I provide soulcare, sacred strategy, intuitive empowerment, and vision birthing for Big Vision Women.

Here, we think outside the cubicle. If you are a committed naysayer, happy with the status quo, have non-visionary aspirations, or have already fulfilled your potential, then I'm not your coach.

I am known as "The Midwife for Your Inspired Life." That means that I empower Women With An Inspired Calling to step into their greatness and stop playing small so that they can birth the magic to change their corner of the world. Yeah! How do I do this? I help you dissolve everything that blocks your vision. Together, we slay the dragons, dissolve your fears, remove the barriers, and leap over all of the blocks so that you can answer your calling and change the world. The biggest barrier to you doing what you came to do is you.

That's right – by loving yourself and changing your life you change the world. My job is to help extraordinary women create outrageous joy and realize their juiciest lives as an empowerment coach, award-winning writer, media personality, and transformational speaker. My "beat" is: self-worth and self-esteem via healing feminine power, self-love, and your mind-body-spirit.

My work has always been about women getting to be who we really are. I came to this planet to share the secrets of living with more verve and positive energy than we ever thought possible. This is what the Hear Me Roar Coaching Club and my latest book, "The Sacred Bombshell Handbook of Self-Love" are about. Masks off. No more holding back. Let's do it. Life is not meant to be a passive experience. It's a passionate experience! If you were looking for a sign THIS IS IT.

I am here for you. Please [get in touch](#).

Abiola

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Your Time is Now!

19 Ways to Answer Your Calling Right Now, This Year

Self-love lesson: How to launch yourself and make an impact.

Do you have a message or mission that you have been yearning to give birth to? Many of us do. Get clear about your purpose, and once you have this clarity, get clear about who you serve. Yes! This really is our time.

As your self-worth midwife, I call this passion you want to give birth to “your calling.” Your calling may be teaching healthy eating like cookbook author Rhonda Peters, helping women tune into their sensuality like Carmen Victorino of Le Femme Suite pole fitness, empowering single mothers like Tinzley Bradford, or guiding writers to find a voice like Cherise Davis Fisher of Scribe’s Window. At a recent party, I was talking to a woman (let’s call her Miss Jackie) who kept going on about how open-minded she is. Most people who say that turn out to be the most judgmental folks! Miss Jackie, a retired elementary school teacher, told me that her 10-year-old granddaughter wanted to be a writer. To her, this was a calamity. She told her granddaughter, “No! Get a real profession and then you can be a writer on the side like your mom.”

I happen to know Miss Jackie's daughter, the child's mom; let’s call her Becky. Becky is a lawyer and pretty much miserable. She has spent the majority of her legal career secretly plotting her exit but never has the courage to make a leap. It may look like she makes a big income but she has a scarcity mindset so she is often complaining about money and lives like she doesn’t have two nickels to rub together. Writing the book Miss Jackie was referring to had been the greatest bright spot in Becky’s life, but she was still stuck. Most likely Miss Jackie’s programming was stopping her from making the next move. I didn’t accept Becky as a coaching client when referred by someone else because she seemed heavily invested in her own negativity and limitations.

Somehow in the conversation it came up that my dad is a professional writer. Miss Jackie asked me what his day job had been and seemed flabbergasted that he spent the last 40 years as a professional writer, speaker, and international expert on a topic he was passionate about. Now, it’s your turn to tune out the Miss Jackie's and make an impact! Ready to reinvent yourself and create your future? You can do it.

How to start your mission this year:

1. Claim your unique vision.

Your way to change the world may look completely different than your bestie's. Starting a franchise or a credit union may support an under-served community. Using your passion for math to create a tutoring business can help others to rise and shine. You may be able to build an empire with your passion for fitness. Whether your passion is makeup or politics, you owe no apology for what makes your heart sing. The fastest way to get what you want is to help others to get what they want.

2. Become an expert.

What you majored in may have nothing to do with the business that you want to start. That's okay. While you are alive you can be furthering your education. Grab your Kindle and start reading. Listen to audiobooks while you're driving. Watch training programs from those who teach what you want to learn. Read biographies and autobiographies of gurus who are living their dreams. Commit to reading 100 books in your field and you will be an expert.

3. Write a book.

Every day someone asks me how they can get started writing. My biggest advice as a professional writer is JUST WRITE. Twenty-five minutes a day is a great place to begin. If there is a story within you that you want to tell, tell it. If you wrote just 1,000 words a day (half the length of this article!), you'd have a pretty meaty manuscript in a year. The best thing to turn up is your voice.

4. Take a stand.

You may have unpopular beliefs but change is made by those who have the courage of their convictions. Taking a stand doesn't require being fearless. It requires harnessing your fear into positive energy and moving forward on your mission. Many of us are people pleasers. We were taught to be nice and not make waves. We want people to like us. Growing up is realizing that no matter what, you will never have everyone like you. You might as well stand firmly for what you believe.

5. Write a letter to the editor.

Don't just read the news, be the news. Instead of sitting around waiting for the news to declare that you are worthy, declare it yourself. Almost every publication shares letters to the editor. *The New York Times* and *The Washington Post* feature opinion sections called the OpEd. You can get your voice into the world.

6. Blog it out.

You can start a blog in 60 seconds. Ideally, you put more energy and thought into it than that. However, in our current media climate, if it didn't happen online it doesn't exist. The great thing about that is that you can answer your calling from your sofa. Ebony Magazine's dedicated

and thought-provoking Jamilah Lemieux created her own award-winning platform and launched herself by blogging. There are natural hair bloggers, gossip bloggers, and business bloggers creating their own publishing -- and product -- empires. Stop waiting for someone to pass you the mic. Take it!

7. Podcast it.

The podcast is the multimedia syndicated approach to blogging. Most podcasts are audio, like talk radio shows, although they can be video as well. I created my first inspirational podcast, The Goddess Factory, way back in 2005. People are still listening to it on iTunes today! If your calling is poetry, maybe you interview top poets. If music makes you sing, maybe your podcast is a showcase with valuable critiques for emerging musical artists. There's something for everyone. The creators of a podcast called "Drunk History" have been invited to major news networks from CNN to FOX.

8. Launch a YouTube channel.

If you have a phone with a camera, and who doesn't these days, you can launch a YouTube broadcast. There really is no excuse for not getting your voice into the world. Making sure you have something to say that is worth listening to is another conversation. The brilliant Issa Rae used her "Awkward Black Girl" channel to launch her into career as a writer and actor who is now working with HBO and producer Shonda Rhimes. You can use your YouTube channel to broadcast news, give reviews or give advice.

9. Start a hashtag movement.

A hashtag is basically a way of indexing an idea on social media and across the web. It is also the way to organize with people you don't know around an issue. Movements like #BringBackOurGirls and #YesAllWomen were powerful and attention-getting in 2014. Hashtag activism may sound like activism lite, but it is a powerful way to galvanize people everywhere to important ideas and causes.

10. Create a weekly meetup.

I've heard defeatist people complain about not being able to "get ahead" because it's about "who you know." If that's the case, get to know some people! Who are you spending time with? If the people you spend your time with are small-minded thinkers, you will be a small-minded thinker without even knowing it. There's no need to be limited by the people you already have access to.

Use Meetup.com and social media to meet new like-minded folks. The resourceful Scott Dinsmore launched the inspirational "Live Your Legend" movement by creating meetups worldwide.

11. Change your own life and teach others how to do the same.

Change your own life and then show others how to do what you did as a teacher, trainer, coach, speaker, or writer. We want to learn from those who are doing it. For example, I can teach other introverts how to conquer fears around public speaking because I've done it. Your ministry can be based on your own internal or external transformation.

12. Learn something new and share about your missteps.

Along those lines, you don't have to wait until your transformation is complete to consider yourself answering your calling. Maybe you're learning how to sew so you can become a designer and you take us on the journey. Remember the movie and book "Julie and Julia" about a woman blogging her way messily through Julia Child's masterful cooking. Overcome your challenges and we will all be rooting for you - and learning from your journey.

13. Start a business.

Your business may be a for profit or non-profit enterprise. It may be a franchise or you may be a solopreneur. Do the research, get educated, and go for it! Stay away from non-believers and other low vibrational energy folks. Be clear about who you are serving. Don't be afraid to be specific. As they say, the riches are in the niches.

14. Get a mentor.

Here's where a lot of us get twisted. Stop approaching people and telling them what you want them to do for you. Asking to pick someone's brain is insulting. Author Michelle Y. Talbert of @BlackLoveRules and #HerPowerHustle calls picking someone's brain picking their pockets. Instead, ask yourself, what can you do for them? What are you offering? Do you want to interview them? Feature them on your blog? Guest post on their blog? Take their training course? You will get a lot further with this approach. Another way to go is to join a professional mentorship group in your field.

15. Join an organization.

There is networking everywhere from the church pews to the National Urban League. Join an organization of others who are answering a calling similar to yours. Your objective here is not shoving your business card in people's faces or talking about yourself, but developing genuine relationships. Real relationships and referrals are the power center for anyone trying to make an impact.

16. Get coaching and support.

If Serena Williams and Oprah Winfrey have coaches and advisers, why would you think that you don't need support? You don't have to be in an "Iyanla, Fix My Life" crisis to invest in your own personal Iyanla. There is a coach for every person and every need. Other famous coaches include AJ Johnson, Tony Robbins, and Lisa Nichols, who all help very different tribes of women. There are love coaches, career coaches, and grief coaches. My Hear Me Roar Coaching Club is all about helping my sacred bombshell spiritpreneur sisters to answer their calling. If you want to get unstuck, enlist a life coach or business coach to help you move forward.

17. Speak from the "stage."

Just like I said if you want to write just write, if you want to speak just speak. As my mom would say, "stand up and be counted. Speak up and be heard." Malcolm X started out speaking on street corners. In our multimedia, multi-platform society, you can 10x that. If your passion is poetry, rent a spot monthly, invite other poets, and make it happen. If you're a financial or legal wizard, rent a space weekly or monthly and give seminars. Speak for free in the beginning and then charge as much as you want. The marketplace will pay you for the value you provide.

17. Start a challenge.

The ALS ice bucket challenge was pretty memorable, wasn't it? Create your own challenge that people everywhere can join. Partner your cause with a visual representation and tag folks. Alicia Keys' #WeAreHere peace movement educates and subtly publicizes her music. Adam Bouska's #NOH8 challenge educated people about marriage equality and helped him to make an impact.

18. Start a weekly Tweetup.

You want to begin to answer your calling from your kitchen? Start a Tweetup or a facebook group of aspiring vegans. This is the online version of a meetup. With a Tweetup or Twitter party, you meet weekly online organizing around a specific hashtag and ask or answer questions. You can develop a following around your message, mission or movement and spread your mojo, miracles, and magic throughout the universe.

19. Most importantly, believe in yourself.

Stop waiting for the world to give you permission. Our parents were living in a whole different time. There are almost no 40-year safety jobs anymore. It is okay to reinvent yourself. The world is waiting for what you have to offer. Figure out what you want to do, learn how to do it, then move forward and monetize it. Don't stay stuck in eternal preparation mode. You want to answer your sacred calling and start a movement? Just do it!



Know Your Worth!

16 Keys to Raise Your Self-Esteem

Self-love lesson: How to stop hating your beautiful self!

People ask me why I say that loving yourself is a revolutionary act. The reason is that low self-esteem is an epidemic in a society that says continually that we are not good enough. If you're raised by people with low self-worth and educated with extreme self-hatred, guess what often happens?

For most of us, self-esteem issues have their roots in our childhood. If you are repeatedly told that you are worthless, whether with words or behavior, then you will believe that you are worthless. Even well-meaning parents can lay the foundation for low self-esteem later in life. For example, if a parent compares you to a sibling or makes it seem as though your accomplishments are irrelevant this can manifest in self-worth issues later in life. As children we see ourselves as the center of the universe, and so if a parent is absent or even betraying another parent, we blame ourselves.

I received the following heart-breaking email the other day:

Hi Abiola, I've been struggling with self worth and low self esteem and fear since I can remember. I'm afraid of revealing my true self, all of me, the non-reserved part of me because I don't want to be judged or rejected. I was teased as a child and felt misunderstood all my life. I'm better than I used to be but I still have issues. Tonight, I feel like I'm not enough to be a friend to some people or be around them. Sometimes I just feel like I will never overcome my battle with low self esteem and fear. Advice please.

When you see your world through the lens of low self-esteem, you can find proof of your lack of worth in every interaction. Rejections, dismissals, abandonments, and betrayals are heightened because they seem to confirm for you that you are not enough. You then don't feel like trying because your worthlessness seems imminent. Your thoughts of your own inadequacy become a self-fulfilling prophesy. You feel generally not good enough for honors, accolades, prosperity, and love. When we accomplish anything as an adult with low self-esteem, we see ourselves as a success impostor who could be found out, that we are truly worthless.

No matter who you are, you have your whole life ahead of you. You are worthy are all the good things in the world! The time is now to take actions to change your ingrained beliefs about yourself.

Here are action steps you can take to raising your self-esteem shift and learn to love yourself:

1. Get support.

First of all, partner with a great cognitive behavioral therapist. Many people with low self-esteem have low grade depression as well. Interview your therapist to make sure that they are right for you. Your low self-esteem will tell you to just take who you can get. Ignore that voice. Ask your therapist how long clients typically work with them for self-esteem issues. This will not be a quick fix, but you don't want someone whose clients come for 10 years with no change either.

Your fear voice may tell you that you can't afford this kind of support. You can't afford not to do this. Make this investment in you.

2. Manage your negative self-talk.

The Inner Bully is a raging wildebeest, even in the best of circumstances. When we have low self-esteem, that inner voice is on blast all the time. Don't believe it just because you think it. Monitor the language you use to speak to yourself. Most of it you may not be aware of so start by creating a Self-Love Journal and noting for a week everything you say to yourself. Also note the trigger situations that cause you to beat yourself up. Track your self-loathing triggers.

Remember that although it may not seem like it, everyone has issues of feeling inadequate, even your most amazing friends.

3. Create new mantras, or as I prefer to call them, womantras, for yourself.

In your notebook write down a list of 10 new "I AM" statements. Here are a few to begin with: I am worthy, I am beautiful, I am smart, I am a good person, I am enough. Add 5 more and read them to yourself every morning, at noon, and before bed - every day for the next year. In addition, a great self-worth mantra to write on the inside cover of your new Self-Worth journal is "This too shall pass." Whether life is amazing or not so great, things keep moving forward. It is only us who remain stuck.

4. Learn not to take things personally.

When you have self-esteem challenges everything seems personal. We see this in our own urban neighborhoods on a daily basis where everything is about superficial respect. People want to fight and physically hurt someone for looking at them the wrong way or saying hurtful words because their idea of respect is external not internal.

Someone rolling their eyes at you or being rude to you says nothing about you. It says everything about them. As stated in "The Four Agreements: A Practical Guide to Personal Freedom" don't take anything personally. It feels personal when you don't have your own internal power source to fall back on but it is not. As Maya Angelou said, you're not in it, meaning you are not in other people's behavior.

If someone is bullying you, lying to you, cheating on you, or ignoring you, you are not in it. They would be doing that to whomever was in your place. Let them keep their own problems, issues, and dramas with themselves. If someone gives you a gift and you don't take it, it still belongs to them. The same with personal dramas.

5. Be present in your emotions.

When life sucks, it is instinctual to tune out sometimes. We are great at this as Americans. We numb, avoid, and tune out from our own lives and feelings by soothing ourselves with drugs, alcohol, food, TV, porn, video games, the web, shopping, gambling, work. Basically, anything to stop us from really looking at our lives and feeling our feelings. You cannot improve a situation if you don't address it.

Denial is self-destructive. Stop numbing, avoiding, and tuning out. Develop a practice of mindfulness, and paying attention to your feelings. Be the observer of your feelings and situations, not the victim.

6. Do something kind for people you don't know.

It is a great self-esteem booster to do for others. No matter who you are there is also someone in a lesser state. Volunteer, give, make an effort to give to others. Bring food for your elderly neighbor, offer to babysit so that your friend can have a night out, volunteer to feed the homeless at a food kitchen. Give, give, give.

7. Up your self-care game.

Love up on yourself. People with low self-esteem usually fall into one of two camps when it comes to self-care. You either feel you suck anyway so why try, and make no effort in your appearance or anything else, or more often you are super vigilant about what you look like on the outside while neglecting yourself. Many women with low self-esteem have their hair, nails, makeup and clothes on point and don't feel comfortable with anyone seeing them less than done. When you are comfortable with yourself whether glittered up or not, you have healthy self-esteem.

Self-care is not getting just your hair and nails done, or bubble baths and massages, although that helps. Self-care includes how you take care of your mind, body, and spirit. Treating yourself well includes eating healthy foods, taking mental time when you feel overwhelmed, having a practice of stillness or spirituality according to your beliefs, and surrounding yourself only with those who treat you in loving and respectful ways.

Nine More Positive self-esteem boosting quick hits:

8. Release people pleasing and passive aggressive communication.
9. Release judgment of others. Judgment is an act of violence.
10. Burst out of your comfort zone by learning something new.

11. Find a new tribe. Join a support group or meetup group of like-minded people.
12. Speak up for yourself.
13. Forgive yourself for everything. Let yourself off the hook for being human.
14. Read biographies of famous and powerful people. You'll learn that we all experience mistakes, failure, and rejection.
15. Stop judging yourself by other people's social media. You have no idea what is happening in anyone's life.
16. Release the need to be perfect at anything.

You are no more flawed or imperfect than anyone else. The same force that created the flowers and sunshine created you. Most importantly, you are enough and you are worthy.

Rock on!



Pissed Off!

27 Things to Do When Feeling Righteous Rage After News Events

Self-Love lesson: When you feel rage

There is civil unrest throughout the country as many people are pissed off. It's easy to feel down, defeated, hopeless, and helpless. We wave our metaphorical fists as our screens - TV, tablets, laptops, and phone. We rage on Twitter, Instagram, and Facebook. And the very brave take to the streets to peaceably protest.

For those who watch the news there can be much to feel angry about on any given day. So when you feel angry or hurt because of the things that unfold in your world, what can you do?

Here's a list of options. This list includes ways to manage your emotions in a healthy way, then how to express your anger and make a difference, and finally, how to give back. As an empowerment coach, I must remind you that self-care is always key. Taking care of your mind, body, and spirit, respecting your own body temple, leaves you healthy enough to love and fight again another day.

What to do When You're Pissed Off About What's Happening in the World

It is healthy to acknowledge and feel your emotions. You have a right to feel angry. You have a right to your sadness. You also have a right to your joy and everything in between. This is your humanity.

4 Ways to Take Care of Your Emotional Needs.

1. Journal it out.

Sometimes we can feel so confused about a situation where it seems like human rights are being denied. Then we're supposed to go on like nothing happened. Journaling, writing it out, is a healthy tool to figure out exactly what you're feeling. Punctuation and grammar don't matter here. This is just for you. Set a timer for 20 minutes and just free-write.

2. Emotional Freedom Technique.

EFT Tapping which uses affirmative statements is a wonderful self-soothing technique. I use EFT as a technique with my one-on-one coaching clients and with myself. I make EFT support videos as do many other practitioners. Do a YouTube search for EFT for anger or whatever uncomfortable

emotion you're feeling and find a video that resonates with you. Then just tap along for emotional relief. Meditation and yoga are also incredible self-care. (EFT Link: <http://youtu.be/CKu88AY-9sl?list=PLxQoRCU-XkFQr2xxNBtOpo58KH4m65i2S>)

3. Work out your body.

Moving your body is a healthy anger management technique. Many of us turn our rage inward or outward on the people closest to us. Instead of doing this, move, move, move. Run, grab kettlebells, or turn up the radio and dance. This may seem like an irrelevant thing to do when you're angry, but remember, you have to heal yourself first to make a difference.

4. Talk to a Counselor.

If you feel distress, it is healthy to talk to family members or friends. For additional support, don't be afraid to reach out to a therapist, coach, clergy member or other counselor.

Until lions tell their own stories, tales of the hunt will glorify the hunter. As Zora Neale Hurston put it, "If you are silent about your pain, they'll kill you and say you enjoyed it." If you are angry, speak your piece. Many laws on the books from drunk drivers to voters rights, came from activist channeling righteous rage.

14 Ways to Speak Your Peace.

5. Write an Op Ed to your local paper.
6. Blog about the changes you want.
7. Be an activist. Protest. March. Speak.
8. Make videos about your POV.
9. Run for office.
10. Write letters to your local politicians.
11. Work to change the laws.
12. Wear a pin or button. The virtual version is a social media icon or banner.
13. Boycott.
14. File a lawsuit.
15. Create a rally or awareness event with signs expressing your discontent.
16. Use art to express your voice.
17. Go on strike to protest workplace situations.
18. Hold a candlelight vigil.

One cure for feeling hopeless is to support others in our community or abroad who are in need of help.

9 Ways to Channel Your Anger by Giving Back.

19. Raise funds to support a cause you believe in.
20. Start a petition.
21. Volunteer to serve in your local fire and police departments.
22. Give time to those less fortunate.

23. Raise the energy and vibration overall by taking part in positive activities.
24. Come up with new ways to help empower underserved communities.
25. Start a reading or study group at a local hospital or prison.
26. Give money to charitable organizations.
27. Start your own support group or organization.

You are worthy. You have a right to be.

Your life matters. Tell your stories.

Feel your emotions.

Speak your truth. Be not silenced.



The Leadership Mindset!

12 Ways to Rock Your Success

Self-love lesson: How to rock your success your way

I see you. You have a vision for your life. There is something big that you want to do. Something huge you came to say. Some kind of magic you were born to make.

We know you. We are you.

There's just one tiny problem. Actually it's not a problem because it's easy fixable. Let's call it a challenge.

If I was a teacher grading your paper, I might write that you are not living up to your potential. Why not? Many reasons, but the excuses stop here. While I've been on book tour with "The Sacred Bombshell Handbook of Self-Love" I have had so many women tell me that they want to live their dreams.

My visionary sisters, this one is just for you. It's time to manifest what you want and reinvent your own life.

How to Step Into Your Business Bombshell Best!

1. Have your own magnitude of greatness.

In our celebrity driven culture, it can be a challenge to keep your eyes on your own "paper." Beyonce Knowles and Oprah Winfrey are impacting the world in huge ways, but their ways don't have to be yours. It can be daunting to compare your life to celebrities and super stars. So many of us have FOMO and what I call, "Death by LOL," because social media is showing us only other people's show off moments. Be focused on your self. You are the only one you're competing with.

2. Visualization.

If you cannot clearly see it, chances are slim that you can be it. Have a clear vision for what you want to do and who you want to be. Cultivate this vision. Literally close your eyes, get quiet, and see yourself in the job, running the business, releasing the unhealthy weight, or whatever your big dream is for you. Visualization is used to train both astronauts and athletes because our bodies can not tell the difference between you imagining something and you living it. Visualization sets your mind in motion to figure of the "how."

3. Write it down.

You've heard it once, you've heard it a thousand times. Those who have written goals tend to be more successful. Write down exactly the life you want to live. This is not a blueprint written in stone, however. You still have to be flexible and open to the fact that All That Is may be dreaming a much bigger dream for you than you have for yourself. Writing down your goals also helps you get clear on whether opportunities that come your way are a yay or a nay.

4. Start small with what you have.

Sure, you want your jewelry line or new branding company to be a million dollar venture - and it can be. Don't waste valuable time trying to find investors, greenlighters, or cheerleader before you move forward. You should definitely open yourself up to having support, but don't wait to begin. The Universe rewards movement. Start where you are. What can you do today with what you already have?

5. Release perfection.

Perfect is the enemy of good. Many of us have analysis paralysis. If you wait for your big vision, website, business cards or whatever to be absolutely perfect before you begin, you'll never start. Perfection does not exist. The very idea of perfection keeps us small and puny. You are perfect in your imperfections. Begin.

6. Don't wait until you're not afraid.

So you have a big idea, dream, or goal. Wonderful for you. It is a gift to know your purpose and feel a calling. That's the good news. The bad news is that you're terrified. It is scary and downright frightening to put yourself out there. It's all good. You are human. This is natural. Do not wait until you are not scared anymore to move forward. Feel the fear, acknowledge it, and rise into your shine. Fear just means that you are human. Courage is built in tiny actions.

7. Use your envy as an indicator.

All of us have experienced the little green monster. That envy is something else, isn't it? The voice that says with an eye roll, "look at her!" The shine you see in anyone else is only because you have light within you too. Let go of comparing yourself or hating on someone else's magic. Put the energy instead into you doing you. Use your envy instead as a valuable indicator of your own wants needs and desires. Then, genuinely send love to the other person and pray for their success. Say, yes, "look at her!" with a proud smile. Rising tides lift all boats.

8. Examine your yeses and your nos.

Yes and no are such small words -- but they dictate so much of our lives. You want to be the kind of woman who says yes when she means yes and no when she means no. This is true personal power. Saying yes when you don't mean it is detrimental people pleasing. You are worthy of having your needs met -- so spot it! Say yes, to big, bright opportunities. Say yes to your self-care. Say yes to yourself. Say no and have clear boundaries.

9. If you can't find the right opportunity, create it.

Sure, it helps if you have money or know people. However, you can start from scratch at any moment. There is a powerful movement of women entrepreneurs sweeping our country. The conglomerates are still doing their thing but small business owners are rocking it. IF you can't find a job, figure out a way to create one. My mom sold Avon when I was a baby. My cousin in Guyana makes meals in her kitchen then rides from business to business on her bike selling healthy breakfasts and lunches. You have the power. You are the mistress of your destiny.

10. Your comfort zone will not move you forward.

Becoming the mistress of your own domain will require you to step outside of your comfort zone. If your vision required comfort you would have already done it. If it was easy, everyone would do it. Step beyond what feels easy and comfortable. Partner with people who are strong where you are weak. If your goal requires you to get on stages and you have stage fright, get some coaching. If the players in your industry are all in Cali and you live in Detroit, meet with them virtually. I know a power publicist who was running things in NYC from her garage in Atlanta for years and none of her high profile clients knew the difference.

11. Forget the haters.

Haters are an irrelevant myth, like the bogeyman. Yeah, they exist but they have nothing to do with you. Eyes on your own lane. Don't waste time wondering who is throwing darts from the sidelines. If you know who your haters are you are spending too much time thinking about losers who have no bearing on your success. If the hater is a boss or higher up don't sweat it. Be clear on your vision, make your paper trail tight, manage your own brand within the company and online, and you will be a'ight!

12. Don't expect non-visionaries to get your vision.

Some people won't get your vision. That's okay. They are not the ones who have to live your life. You don't need to convince anyone of your greatness. Just be it, do it, live it. They will have no other choice but to lead, follow or get out of the way.

Ready? You have been given a mission. That mission is to become your extraordinary self. There is no one else who can do it but you. The mission will self-destruct unless you stop playing small.

Release the excuses and GO for it! Stop worrying about what other people think of you. Stop waiting for the right time. Stop waiting period.



When Life Sucks!

Coping Kit to Feel Better

If You're Mildly Depressed

Self-love lesson: What to do when things fall apart

If you live long enough, stuff happens.

The women I coach and speak to in audiences are just like you. I call us Big Vision Women. Women who want to change their little corner of the world somehow. What no one tells you when people are posting the "I'll rest when I'm dead" and the "I stay winning" memes is that life is up and down. If you judge life by your timeline it can seem like everyone is living it up. They are not. We have all experienced times where it feels like every area of our lives is blocked.

This week I received the following email from a Twitter buddy:

"Sorry to write to you so late. I just wanted to reach out to you and gain some of your positive energy and encouragement. I am going through a tough season in my life. I am having woes in just about every area. I am trying to stay positive and trust God's timing. However it's difficult. What are some affirmations, books, scriptures etc. that you use during those valleys of life?"

I applaud this queen for reaching out for support. It's important to know that "the blues" are a real thing. If you're feeling down because crappy things are happening, that is normal. This is called situational depression. It is normal to be sad when sad things happen.

Can you imagine if we treated our physical health the same way we see mental health? You have the flu? Maybe you should just snap out of it. Broke your arm? Maybe it's all in your head. Sneezing? Have you just tried to stop?

So while it's normal to have down moments, it's not healthy to stay in a deep, longterm funk. If you have clinical depression, see your doctor ASAP. Please note that this does not constitute medical advice. These ideas are for informational purposes only. Check with your own health care provider to decide what works best for you.

Here are 13 powerful ways to feel better right this minute.

1. Practice extreme self-care.

If things around you are falling apart, you can easily neglect yourself while you're trying to hold your life together. The decisions, the bills, the relationship issues, the job stuff naturally takes front and center. However, your self-care is as important to your survival as everything else. Put you on your to-do list. If mommy is not happy and whole, no one is.

Mani-pedis are fun but true self-care includes getting sunlight and 7 to 8 hours of sleep. Remember that missing out on the sun can increase Seasonal Affective Disorder and compound depression. Without sleep you may be doubly stressed.

Whole healthy eating is good self-care and an act of self-love. Nourish yourself with healthy foods. Omega 3 foods are a natural mood regulator. So is exercise. Try to walk for at least 20 minutes a day. Keep a self-care journal and check these items off daily.

2. Release the need for perfection.

Just showing up for yourself is half the battle. So what if your new website is not perfect and your living room doesn't look like a catalogue? Perfect is the opposite of done. You just want to be moving forward.

Don't overwhelm yourself with everything that needs to be done. Limit yourself to rocking one goal a day. For consistency include regular items like a weekly playdate with a friend, a daily walk with yourself, etc.

3. Music as Therapy?

Never underestimate the power of music. Create a positivity playlist as a part of your music therapy. When we're depressed, we tend to listen to music that matches our mood. Stay away from negative or sad music. We love Billie Holiday but you want music that will help transform your blues, not reflect it.

Try something new. Step outside of your musical box. Have you listened to Bob Marley's feel-good reggae lately? What about the classical jazz of John Coltrane or classical music of Beethoven. Go old school girl power with TLC, The Spice Girls, and Salt-N-Pepa. Find a fun disco playlist and dance like no one is watching!

Your Sacred Bombshell Positivity Playlist: Mary Mary "Go Get It," Yolanda Adams "I Believe I Can Fly," Rihanna "Diamonds," Katy Perry "Roar," Whitney Houston "I Didn't Know My Own Strength," Mariah Carey "Make It Happen," Alicia Keys "Girl Is On Fire," Destiny's Child "Survivor," Lady Gaga "Born This Way," Nikki Minaj "Fly," Christina Aguilera "Beautiful," Diana Ross "I'm Coming Out," Jill

Scott "Golden," Salt N Pepa "Expression," Brandy "Departed," Madonna "Express Yourself," Janet Jackson "Control," Beyonce "Girls Run the World" and Sara Bareilles "Brave." Yeah!

4. Daily Meditation.

Meditation is more than a buzzword or something that is in to do. Getting quiet and going inward is key to your survival. If getting still is a challenge for you, I have guided meditation free on my Youtube Channel and I know many other life coaches who do too. By using mindfulness or what I call self-being, every day things like walking, eating, or even washing the dishes can be a meditation. Try chanting -- and if you don't know what to chant, just start with the word love!

5. Spend some time in nature. Yes, nature.

How did we become a society where it's "weird" to spend time in our God-given natural resources, it's "odd" to walk barefoot in dirt, and it's "strange" to hug a tree but it's normal to walk around bitchy and stressed in uncomfortable shoes. Huh? If there's a park or lake nearby head over there and just walk. Check out the organization Girl Trek to join other women just walking for empowerment in nature.

6. Read Inspiring Scriptures.

Since you asked for motivational scriptures here are three especially juicy ones from the Bible. If these are not of your faith, you may enjoy the powerful poems of Rumi, Maya Angelou, Nikki Giovanni, or Hafiz. Poetry can be of great solace when dealing with depression. Remember that life is seasonal. Winter follows the summer. We reap and we sow. There are highs and lows.

- *"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." ~Psalm 139:14*
- *"But no weapon that is formed against you shall prosper, and every tongue that shall rise against you in judgment you shall show to be in the wrong." !Isaiah 54:17*
- *"He is my rock and my salvation; He is my defense; I shall not be moved." – Psalm 62:5-8*

7. Try New Healing Modalities.

Out of the box healing modalities like Reiki, Polarity Therapy, Chakra Clearing and Emotional Freedom Technique or Tapping have been very helpful for many people. If you want a different result, don't be afraid to try something different. Watch this space --we'll be talking about these here soon. Yoga is also incredibly healing for depression as it helps your mind, body, and spirit to reconnect.

6. Make Decisions.

Notice the language we use, "paralyzed by fear" and stuck. When we are feeling overwhelmed, we tend to avoid making simple decisions. This hurts rather than helps. When you're in any state of limbo that only adds to your anxiety. If there are decisions that need to be made, weigh out the pros and cons. Get counsel if you need it and move forward.

Fear of the unknown is keeping you from making the decision -- but take the leap. You will feel better once you've decided.

7. Take a new class in something fun.

Break up the monotony by trying something new. Whether you want to learn to cook, twerk, knit, play the guitar, build bookcases, or make jewelry, there is a class out there for you. If nothing is in your area, find an online class. If you can't afford a class, use YouTube. Learning something new is the fastest way to wake your life up!

8. Journal it Out.

Don't let your feeling stay bottled up. You need to get them out. People try to dismiss our emotions as a weakness. Your emotions are a strength that tells you something is not right. Instead of trying to numb or avoid your feelings, just feel them. This is not wallowing. Be in the moment. Write it out if you can't talk it out.

9. Get support.

There is no shame in getting support. Find a therapist, coach, or counselor. If you're worried about privacy issues there are therapists who will work with you anonymously online. A support group is a great way to remember that you're not alone. If you have an issue like addiction, there are 12-Step Groups for everything from money issues (Debtor's Anonymous) to hoarding (Clutterers Anonymous) to Food Addiction (Overeaters Anonymous.) Head over to **Recovery.com** to see what works for you.

10. Watch comedies.

It sounds basic but laughter is really serious medicine. See your old favorites or new flicks. Laugh, laugh, laugh. Watch a funny movie every night if you have to. Laughing reinvigorates your immune system and gets your feel-good hormones like endorphins going. Your body can't tell the difference between whether you're laughing while watching a funny movie or you're laughing because life is awesome. Watch the funny stuff. Stay away from stressful entertainment.

11. Use Positive Affirmations!

Affirmations are an incredible pick me up. Write out positive affirmations and inspirational quotes and put them everywhere. Put "I am enough" by the bathroom mirror. Tape "Everyday in every way things are working out for me" by the front door. I created a motivational deck of African Goddess Affirmation Cards because I wanted more diverse images but you can buy incredible affirmation cards from such luminaries as Louise Hay, Wayne Dyer and Doreen Virtue. Pull a card every day for a pick-me-up.

12. Volunteer.

If we want to be loved, we have to love someone else. If you want to feel whole again, help someone else to do the same. Sweep an elderly neighbor's porch, volunteer for Meals on Wheels and bring

food to sick shut-ins, pack up a barrel of clothes and send them to Guyana or Haiti. It makes it a bit more challenging to be depressed about your own situation when you're giving back and considering the less fortunate.

13. Read Personal Development Guides and Books.

When they said that reading is fundamental, they meant it. Especially when it comes to inspirational materials. Feed your brain with good stuff just like you feed your body. This year, the nominees for Best Self-Help Book via The African American Literary Awards included: "Forgiveness" by Iyanla Vanzant, "Stillness" by Russell Simmons, "The Sacred Bombshell Handbook of Self-Love" by Abiola Abrams (me!) and "Instinct" by Bishop T.D. Jakes. If you have a Kindle or download a Kindle app, Amazon will allow you to read a sample of any of these books for free.

Our mental wellbeing is like a garden that needs to be carefully cared for and tended too. I'm sorry for your distress. Good times are ahead. This too shall pass -- everything does. Meanwhile, I will hold a vision for you of strength, positive energy, self-love, and empowerment.



Abiola's Gospel of Greatness

Self-Inquiry Questions

1. Do you have a message or a mission you were born to share?
2. What matters most to you? What do you value in your life most of all?
3. How do you define success?
4. What are your top super powers? What do you consider to be the best things about you?
5. What feels the most fun and effortless for you?
6. What makes you feel amped up and excited? When do you feel like you're living "on purpose"?
7. What are you passionate about?
8. What are your true strengths? What do people come to you for?

9. What areas in your life need improvement or are works in progress?

10. Where in your life are there opportunities you need to take more advantage of?

11. Where do you feel that there are threats to your happiness and/or success?

12. What movement were you born to share? How do you want to be remembered?



8 Reasons You Keep Shrinking! Why Are You Playing Small?

*"Well-behaved women seldom make history."
—Laurel Thatcher Ulrich*

(This section is excerpted from "The Sacred Bombshell Handbook of Self-Love.")

Let's get into how to "own your bombshell" and stop playing small. This lesson is the one that says, "Yes, *you* are the one that you've been waiting for." This conversation is about how to rise and shine. Our objective is for you to create a pathway to becoming the woman you were born to be, to do the things that you came to do – for you to become you. Depending on you and your vision, this fullness does not have to be loud. It can also be quiet contentment.

My typical coaching client (although there is nothing typical about these Sacred Business Bombshells) is the woman who looks like she has everything on the outside but on the inside she feels like something big is missing. She is not rising to her shine. She is not fulfilling her potential. She is not living her truth. She is not owning her bombshell. We play and work together for a minimum of 12 weeks with the Bombshell Breakthrough Process – customized for her needs. The goal is for her to have a breakthrough and begin to step into her fullness.

A common issue that got-it-going-on women tend to experience is Impostor Syndrome – the feeling that she does not have a right to her majesty (see Chapter 7 for more on Impostor Syndrome). She fears that if the people who praise and applaud her saw the mess she imagines herself to be, they would be appalled. At first, if I say there's a self-esteem issue at the base of feeling like an impostor, some of you amazing women get upset with me. But my dear Sacred Bombshell, self-esteem outages take many forms. Imagining that you're not good enough for the accolades that you receive or for the life you are living or wanting to live means that you see yourself as deficient, insufficient, broken, secretly wounded – a closet failure who only looks like the world's biggest success to everyone else.

So why do you play small?

1. You Think Following the Rules Will Keep You Safe.

You, like the rest of us, are always either seeking pleasure or avoiding pain. That's the pleasure principal. If you are playing small, you are avoiding the potential pain of being out there. You don't feel safe so you want to stay in your comfort zone.

We forget that the whole point of "the rules" is to keep everyone else safe from your big ideas, to keep us uniform, to keep us from standing out. "I can't do that with my house, with my clothes, with my relationship, with my career, with my website, with my whatever ... because *it's just not done.*" The rules say it's just not done. The rules – take a breath – the rules may keep us safe from your genius. Sure the rules might also keep you safe from potential mistakes. But if you live long enough you realize that *there is no safety*. Like the saying goes, "We plan and God laughs." You are here to

evolve. That means becoming comfortable with the fact that there is no safety. You might as well go on and be yourself. You might as well fulfil your purpose. You might as well shine like your Creator made you to.

2. You Are Afraid.

You just said, “Duh, Abiola. I’m terrified.” At a meeting with my uber-coach and sister bombshell Rha Goddess (yes, coaches need coaches), she explained that I needed to triple or at least double my fees in order to best maximize my time and serve my clients the way that I need to. She asked what would be the problem with me tripling my prices. You know what my answer was? “Nothing. Except for sheer terror” – and I teach this stuff! We all have fears of failure, fears of rejection, fears of success, and fears of fear.

3. You Believe You Are Flawed at the Source.

Well, I can tell you right now that your Source is not flawed at all. Your Source is what makes the seasons change. So no, you are not the one flawed, broken thing God made.

4. You Don’t Really Believe in Yourself.

You may have a lot of pomp and circumstance and that can look like perfection: the perfect hair, the greatest apartment, the most fabulous car. Unfortunately, if you believe yourself to be a loser you will have to keep losing to prove yourself right.

5. You Have a Low Happiness Set-Point or Success Set-Point.

We delved into this concept in Chapter 3 with the idea of the Heart Ceiling. You are comfortable with a certain amount of happiness or success. When you surpass that, you self-sabotage to bring yourself back to the low standards to which you are accustomed. Take a breath.

6. You Think Living Your Shine Will Make You Less Lovable.

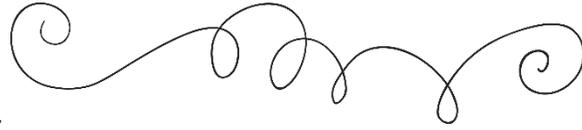
Who wants to be unlovable? I’m not raising my hand. Are you? Nope! We all want to be loved and if you think that standing out, standing up, and shining is going to make you less lovable, then you’re just not going to do it. The good news is that it’s not true! You are more lovable when you are true to yourself.

7. You Have Not Given Yourself Permission to Stand Out.

Winners and successful folks are weirdoes and oddballs. They’re different. They stand out and they embrace that. They don’t try to fit into the box. Give yourself permission to stop dressing yourself, your home, or your life like a catalogue. Color outside the lines. You have to give yourself permission to create a customized journey with you as a stand-out star. Write yourself a permission slip to shine. Remember the one you signed at the beginning of this journey? Revisit it. Reaffirm the commitment to yourself.

8. You Experienced Failure, It Hurt, and You Don’t Want to Feel That Again.

Someone in your childhood said that it was not okay to fail or stand out and you believed them. Maybe it hurt to fail, and you were made fun of when you stood out. Luckily, you can take the lessons of the past and use them to shine even brighter.



16 Ways to Stop Playing Small and Own Your Bombshell

(This section is excerpted from "The Sacred Bombshell Handbook of Self-Love.")

1. Start with Your Why.

You want to step into your greatness but why? Ask yourself, "What am I hungry for? Why do I want this?" Knowing why you want something can help you determine if a goal is just a fantasy that you think you should want or if it's in alignment with the yearnings of your heart.

2. Get Comfortable with Being Uncomfortable.

Hang out with people you normally would not be around. Expose yourself to new situations. Say something in a group where you would normally be too terrified to speak. If you feel like, "That's not me. I wouldn't do that," that's not a reason by itself not to do something.

"What am I afraid of?" is a question that you can ask yourself when there is a chance to rise into your shine. Take the next step to go out on that date, give that speech, ask for the raise, step up to the plate, confront your friend. Then here's the best question: "What is the best thing that can happen for me taking this step?" That felt good, right? Take a breath.

3. Choose Your Company Carefully.

Choose your tribe with care. If you surround yourself with people who insist that life is small, you're going to keep reflecting that back. We all have judgmental people in our lives that we are related to or have been friends with for a long time. Limit your exposure. Treat them like salt. A dash of salt adds flavor; too much ruins a dish. The same applies to your snarky, salty friends. Stay away from fearful people. Fear is contagious. Spend time with those who believe in themselves and you, people who are not afraid to say, "Hey this is what I am going to do," and then do it.

So that you're also positive company to be around, release the need to be judgmental. You have to eliminate your judgment of others because what you're afraid of is judgment. If you're judging others, of course you're going to be afraid that they're judging you. You know how you rip other people apart for not looking right, believing what you believe, presenting themselves appropriately? Screw appropriateness.

4. Choose a "Playing Big" Fullness Role Model.

When I first started to give talks about how to stop playing small, I wondered about the words "playing big" because, well, I don't want you playing at anything. I want you doing it. I want us doing it. But it really is playing big because the world is a stage and we are all players on this journey. So, yeah, play big. Play full-out. Don't get stuck in the illusion. See beyond the story that you're

insignificant, that you must follow the rules. See that you are a spiritual being having a human experience. And so, why play small?

My “Playing Big” role model is E. Jean Carroll of *Elle Magazine*’s “Ask E. Jean” column – the longest running advice column in America. When I’m “whipsawed by confusion” I am lucky enough to have her as a mentor. When writing this book I was embarrassed to be finishing eight months later than my original goal. E. Jean sent me the most supportive message! She insisted that I put my bombshell self on the cover when I originally had a model skipping through daisies. The over-the-top writer is witty, generous, fun, and her own kind of woman. She’s also an entrepreneur and life coach with a matchmaking site.

5. Remove the Victim-Colored Glasses.

If you are seeing your life through victim-colored glasses, you are forgetting that you have choices. You’re not making decisions because you think you don’t have a right to make choices. You see yourself as a victim of your whole drama rather than seeing yourself as a star and a heroine. Take the victim-colored lenses off and take responsibility because if someone else is responsible for your life being the way it is then only someone else can fix it. We may not have a choice in everything that happens to us, but we always choose how we respond, rebound, and move forward.

6. Commit to Yourself.

To rise into your shine, you have to be committed to you. There is nothing wrong with being different because this world needs every single one of us. We need queen bees and worker bees. Everybody is important. We all have the potential to shine. So when I say rise into your shine, I mean with whatever you do. If that means being the best mommy in the world, that is rising into your shine. If it means becoming a rocket scientist, do it. We all have different callings, so whatever yours is, step into it.

7. Be Grateful.

If you are not grateful for what you have and where you are right this minute, you will never be happy. You just won’t. It’s not possible. Whenever you acquire whatever it is that you think will make you happy, you won’t be able to appreciate it if you don’t know how to be grateful and you will still see yourself as lacking.

8. Act As If.

Dress, speak, and live as if you are who you want to be. Get your updated vision of yourself into your bones. Put on your new story. Wear it. Live it. Be it. You may be walking through someone else’s story of you. Rewrite yourself, reinvent yourself, and step into your greatness. Step into the feeling. It’s not enough to do these assignments on paper because you don’t live on paper. Just be it.

9. Build Self-Trust.

You probably don’t trust yourself – most of us don’t – but self-integrity matters. If time and time again someone says, “I’m going to be there for you” and then they aren’t, you don’t trust them. So if you say you’re going to do something for yourself, do it. Here’s how you build trust in yourself: pick one

small act of self-care that you can commit to daily and do it. Perhaps for the next 40 days you will: do yoga videos, get eight hours of sleep, or eat only healthy food.

10. Risk Failing Greatly.

Become comfortable with failure. I'm not telling you to stop playing small because you're going to run out there and never fail. Sometimes you will. If people were not comfortable with failure, we would not have the magnificent inventions that we do. We've all heard the story about how many times Thomas Edison failed at creating the light bulb before he invented one that worked.

11. Eliminate Negative Self-Talk.

Stop ripping yourself to shreds. That's why affirmations close each chapter. I want you to look into the mirror and say these positive energy phrases over and over again. Most of us are saying horrible things to ourselves 90% of the time, and the goal is to get different thoughts rolling around in your head. Your unconscious mind is a radio that keeps going even when you turn the volume down. You may think you're not listening, but it's still playing. So for today, decide to think one less negative thing about yourself. Micro steps.

12. Soften the Vibration.

There's a Zen proverb that states, "Only when you can be extremely pliable and soft can you be extremely hard and strong." We're all vibrational beings. Everything is energy. Everything we want to do is energy. An idea may feel unattainable to you because it's a different energetic vibration than where you are. So soften the energy around it.

Instead of asking, "Why can't I just do that?" think, "Wouldn't it be cool if I went to that convention and spoke?" Say: "It might be fun if I felt confident enough in yoga to sit in the front." Ask yourself: "Wouldn't it be femergetic if I met the man or woman of my dreams this year?" Ponder: "Wouldn't it be divine if I released the health-blocking weight for good?" Remind yourself: "It would be such a blessing if I made this the year I healed from the heartbreak that I experienced when my father left." Soften the energetic vibration.

13. Face Forward.

Be clear about what you want to do. Picture yourself trying to walk down the sidewalk backward. Even if you can do it, you'll run into things. You're doing the same thing when you walk into your future backward. You're trying to move forward while focused on your past. Turn around. Focus on what you want rather than the things that didn't work.

14. Tell Loved Ones You're Ready for Lift-off.

I'm a fan of keeping your goals between you, your Creator, and people who will support you. Resist sharing your plans with non-visionary people until they come into form. However, if one of the things holding you back is a fear of outshining your tribe, then part of giving yourself permission to fly may mean having a meeting with somebody you love. Say, "Hey, I've decided that I'm going to stop playing small. I'm going to outshine everything that I have ever done. Will you still love me?" They will probably say yes and you'll have one less barrier.

15. Stop Arguing for Your Limitations.

Stop arguing for all the reasons why it won't work and start to think about why it will. You may fall on your face but that is okay. You are unlimited. Break your big goal into 100 tiny steps.

16. Declare Yourself the Great "I Am."

If you want to be a writer, how do you start? Simply announce to yourself: "I am a writer." Declare yourself, whatever you are or want to be. Approach life assuming that you're already shining. You just have to see it and learn what you need to rock it. So declare yourself: "I am a professor." "I am a publicist." "I am an incredible spouse." "I am loved. I am lovable. I am worthy. I am deserving." Declare it. Own it. Be it.

People accept you at face value. Whatever you put out there and say, "This is me," we say, "Okay." So if you say, "I am a loser," we say, "Okay." If you say, "I am a writer," we say, "Oh, wow. Okay." And does that mean you won't get, "Who does she think she is"? No. You'll get that and more; I guarantee it. But that is not a reason for you to deprive us of the light you came to be.



Resource List

Inspiring AbiolaTV YouTube Videos

- ❖ Having a Big Bold Life: <https://www.youtube.com/watch?v=OPSeP1p9f0c>
- ❖ The Power of Words: <https://www.youtube.com/watch?v=J8zco9p8oB8>
- ❖ Body Love Meditation: http://youtu.be/M0DtLf_RRB4
- ❖ Be Your Own Superhero: <https://www.youtube.com/watch?v=Y1D0FA61WHk>
- ❖ How to Feel Happier Right Now: http://youtu.be/ifLnTzh_lrQ
- ❖ Create a Vision Board: <https://www.youtube.com/watch?v=-sIMmm54Jao>
- ❖ Women and Loneliness: <http://youtu.be/RyHwBeiPqto>
- ❖ Your Comfort Zone: <https://www.youtube.com/watch?v=KteD5eVUWd0>
- ❖ Jump Higher: <http://youtu.be/OqGQXU8Kwno>
- ❖ Face Your Fears and Live Your Dreams:
<https://www.youtube.com/watch?v=p0oN7gbLHj0>
- ❖ How to Rise and Shine: <https://www.youtube.com/watch?v=-awDNLokOto>
- ❖ About The Sacred Bombshell Handbook of Self-Love:
<https://www.youtube.com/watch?v=6Bp21kds3Ig>

Abiola's Inspiring Soundcloud Audios

- ❖ 10 Ways We Block Our Business Blessings:
 - <https://soundcloud.com/abiolatv/10-big-fat-ways-we-block-our>
- ❖ Self-Love Lessons from Maya Angelou:
 - <https://soundcloud.com/abiolatv/maya-angelou-self-love-lessons>
- ❖ Meditation for Receiving:
 - <https://soundcloud.com/abiolatv/meditation-chakras-clearing>