



OWN YOUR SUCCESS KEY NOTES

OWN YOUR SUCCESS

Message:

There are 3 people in our lives that we need in alignment that lead us to OWN OUR SUCCESS: who we were, who we are and who we are becoming...

Who we WERE...calls us to OWN OUR STORY...whatever that may be...learning to embrace our past experiences.

Who we ARE...calls us to OWN OUR POWER...to stand in it...tall...grounded in our essence and knowing we have something of value to bring to the world table.

Who we are BECOMING...calls us to OWN OUR PRESENCE...to manage how we show up in the world.

Quotes:

- “Be there for others, but never leave yourself behind.” ~ Dodinsky

OWN YOUR STORY

Message:

The stories we tell about our life become our truth. They give our life the meaning, or depending on our story...lack of meaning...

Until we take the time to become consciously aware of our stories...it's like being on autopilot...we are living our lives by default versus by design.

Each day we get a clean slate...it's an opportunity...to start over...to step up...to lean in...to forgive...to make amends...to let go of things that no longer serve us.

I invite us to stop living our lives like a WORD document. Copy/paste...copy/paste...copy/paste. I'm inviting you to honor all of your defining moments. But in a way that serves your highest self. You are transitioning...you have a blank slate.

It's time to answer: What is the NEW story you want to tell? You hold the pen!

Quotes:

- “You either walk inside your story and OWN it or you stand outside your story and hustle for your worthiness.” ~ Brene Brown
- “It's hard to be what you can't see.” ~ Marion Wright Edelman



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OWN YOUR POWER

Message:

Dr. David R. Hawkins defines power as what energizes, gives forth, supplies, and supports. Power gives life and energy, while force takes these things away.

We even have acronyms to the common meaning of FEAR: **Forget Everything and Run**
Our minds think it's real.... even though it may have no real substance. It usually comes about when we feel undermined or threatened...it makes us hang on even more to the known and what we're used to...in other words, stay in our comfort zone.

- Where are we not stepping into our greatness because of FEAR?
- What are the things we are still holding on to because of FEAR?

Use the opposite acronym: **Face Everything and Rise**

Here's the thing...what you choose to do with your FEAR now, can shape your future based on if you decide to respond or react. If we look to respond to FEAR as an opportunity... as a defining moment...we enable our brains to look at it differently.

Quotes:

"We let fear drive our lives versus it just being a passenger". ~ Liz Gilbert

Books:

Power vs Force by David R. Hawkins

OWN YOUR PRESENCE

Message:

Presence has been defined as the air of a person or the space immediately around a person. OWNING YOUR PRESENCE is all about IF you show up and how you show up in the world...every day.

How do we SHOW UP so our 99-year-old selves warmly smile, and our 8-year-old selves would gaze up in awe? I AM is a statement...I AM is a declaration...I AM carries power!
It tells the world how you see yourself and how the world should see/treat/recognize you.
Whatever follows "I am" starts the creation of it!

How you complete the sentence I AM...either creates sink holes of mediocrity or channels of greatness!



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It will be very challenging to try to OWN YOUR SUCCESS without a tribe/circle/network.

So here are some folks you need in your network and the benefits they bring:

Feedback: they are able to give you feedback...honesty w/o malice (coaches) and non-judgmental and accountability

Insight: they can give you a different perspective...perhaps something you haven't thought of...ideas (mentors)

Accountability partners: If you promise something and fail to deliver, they will challenge you

Personal support and energy: These are your cheerleaders...they may help you "fly" until you can do it yourself

So...when you think about OWNING YOUR SUCCESS...What does that look like?

- If you were OWNING YOUR SUCCESS...how would you stand in YOUR story?
- If you were OWNING YOUR SUCCESS...how would you LEVERAGE your power?
- If you were OWNING YOUR SUCCESS...how would you SHOW UP?

Quotes:

"It's much bigger than that. You're the average of ALL the people who surround you." ~ David Burkus (reference to the quote: You are the average of the five people you surround yourself with)

"What you want is out of your reach so that you can become the person it takes to have it." ~ Shawne Duperon

"The opportunity of a lifetime has to be seized in the lifetime of that opportunity." ~ Leonard Ravenhill

Books:

Friend of a Friend by David Burkus

A Return to Love by Marianne Williamson