

I KNOW THAT...

there is more to you than what meets the eye. There is enough courage, confidence, and talent inside of you to make your dreams come true. I want to help you to discover the personal essentials needed to live a power-packed life!

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Chapter 1

HUMAN UNIQUENESS: PREPARING FOR THE FIGHT

When my purpose and why it was my purpose connected, it was electrifying. My eyes were opened and I knew the worth of my experiences and pain, what I had, why I had it, and what I had to offer because of it. At that moment, everything began to change.

Who are you? What do you stand for? What is your purpose? What is your plan? What choices will you make in various situations? Discovering who you are is a journey. Life is dynamic and as it changes so do you.

Who I was at thirteen, I wasn't at fifteen. And who I was at fifteen got lost somewhere between eighteen and twenty-four. At thirty-something, defining who I am is harder than ever before. Why? Because I have more experiences to draw from. Good and bad experiences are rapidly shaping me, just as your experiences are shaping you. Yet, internally I'm doing all that I can to hold on to what I want life to be versus what it's trying to force me to be. In a nutshell, when you live in a world full of contradictions, immorality, and uncertainty it's hard to go for what you know is right. I know this because, like you, I've had my share of disappointments, feelings of uncertainty and loneliness, and fear of change. And I'm still not immune from experiencing these emotions again. But I decided a long time ago that I wanted to live life on my terms.

I've learned that this desire is possible, but there is a price to pay. Taking control and being accountable for your life requires discipline, focus, and sacrifice. At times, it means standing alone. My saving grace was a conscious decision to embrace the process, to grow through the process while holding onto my self-worth despite my hurt and disappointments. Bottom line, after realizing that I had to like myself before anyone else would like me; I learned how to fight for the person living inside my skin.

I was willing to fight for her because I got to know her. I liked her. I understood her. I began to see her value. I viewed her as a good person. There wasn't a doubt that she wasn't worth fighting for. Maybe you don't like who you are right now. Let me suggest that you're not looking at what makes you special. It's unfortunate that many people will use every breath they take fighting for a relationship that doesn't mean them any good, but don't give a second thought to the unique person living inside of them. Perhaps because they don't realize that there is such a being within them? Oh, but there is!

There's a person of personality, character, and substance. A person that was born to make an impact. A person destined for greatness. A person that can handle every obstacle, challenge, and perceived defeat. A person who doesn't have to emulate someone else to feel important and be accepted. A person who refuses to get attention through retaliation or by acting out someone else's pain. A person like this lives inside of you!

GET TO KNOW THE REAL YOU

Our primary purpose on this earth is to solve the mystery of our own soul and to find the rhythm of our own heartbeat so that we can be of good service to others. There are rich resources within us—the blueprint to our life journey, the solution to overcoming our weaknesses, and the light source that enables us to live and understand life on a deeper, more

Take a moment to think about and complete the following statements.

1. I am...

2. I stand for...

3. I'm motivated by...

4. I'm most talented at...

5. I'm naturally good at...

6. I enjoy reading about...

7. I enjoy talking about...

8. I can see my uniqueness when I...

9. My unique qualities are...

10. I will celebrate my uniqueness by...
